

Fitness Assessment Testing at BCOM

Information and Prices

At BCOM we have a number of fitness tests which are compatible with different fitness goals and can be chosen according to your requirements and level of training. Regular fitness testing can be used to objectively measure the effectiveness of your exercise programme over time.

Fitness assessments are available at the BCOM Human Performance Laboratory at Lief House just across the road from Finchley Road Tube Station.

Aerobic Fitness / VO2 Max

As assessed by maximal exercise stress test using Cortex Metalyser 3B on either bicycle ergometer or treadmill. The VO2 max is regarded as the gold standard test for aerobic fitness, and describes an individual's ability to take in and utilise oxygen by the working muscles.

Fees: £60

You will be sent a medical screening questionnaire which must be completed prior to testing to check suitability for a VO2 max test.

BodPod

Body Fat Percentage and lean mass assessment , including calculation of estimated total energy expenditure and resting metabolic rate. Such an assessment of body composition can be useful in assessing health and monitoring effectiveness of diet and exercise programmes

Fees: £40

Bone Scan

Using CUBAclinical heel ultrasound. This test describes the bone mineral density of the heel bone, which helps to indicate whole body bone health.

Fees: £30

Lung Function Tests

FVC (Forced Vital Capacity) and FEV1 (Forced Expiratory Volume in One second) measured using digital spirometer. These three tests describe an individual's lung capacity, strength and power

Fees: £20

Muscle Strength & Power

Maximal force generated, work per repetition and fatigue index using Cybex Norm, usually working the knee, although other joints may be selected

Fees: £60

You will be sent a medical screening questionnaire which must be completed prior to testing to check suitability for a maximal force test. Please note it is not advisable to book VO2max and muscle strength tests on the same day.

Resting Metabolic Rate Measured by Indirect Calorimetry

Resting metabolic rate (RMR) represents the total amount of energy used by the body when at rest. During measurement of RMR, the client rests for a 45-minute period on a massage couch, wearing a mask attached to our Cortex Metalyser. The Cortex device is a gas analyser which measures the oxygen and carbon dioxide content of exhaled air. Because the ratio of oxygen and carbon dioxide is altered depending upon the amount of energy used, and the amount of fat and carbohydrate providing that energy, the unit is a useful tool for objective measurement of RMR.

Preparation: It is necessary to fast during the 12 hours prior to RMR testing, and to avoid exercise during the 24 hours prior to testing. In addition, alcohol, caffeine, recreational drugs and smoking should also be avoided during the 24 hours before the test. This all helps ensure that metabolic rate is close to its true resting value.

The fee for RMR measurement is £60

To make an appointment or for further information please contact Daphne Bird on 0207 472 5841 or email db@bcom.ac.uk