

Fitness 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.

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

Fees: £30

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.

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