

MEREDITH

COLLEGE HUMAN PERFORMANCE LABORATORY

PRETEST PREPARATION CHECKLIST

- ◆ **INFORMED CONSENT:**

Please read the consent, any questions that you have can be answered by contacting Dr. Eschbach 919-760-8014 or Eschbach@meredith.edu or upon arrival to the Human Performance Laboratory. You will be given a copy of this informed consent to sign upon arrival to the lab.
- ◆ **MEDICAL/HEALTH HISTORY:**

Complete the medical history, submit the form to the Human Performance Laboratory for review. If any problems arise you will be contacted by the laboratory staff prior to you appointment.
- ◆ **PRETEST EXERCISE:**

Ideally you should come to the lab fully rested with minimal to no fatigue. It is recommended that no exercise be done on the day of the test and preferably none on the previous day. If you are concerned with this or feel that you will be fatigued upon you arrival to the lab please call Dr. Eschbach to discuss possibilities of rescheduling.
- ◆ **PRETEST DIET:**

Athletes should maintain a normal diet in the days leading up to physiological assessment and **should not eat two hours before the test.**
- ◆ **TEST DAY INSTRUCTIONS:**
 - Consume only water in the two hours prior to the testing
 - Cyclists should bring their bike, shoes, and appropriate clothing
 - Others should wear light and comfortable clothing
 - Bring a swimsuit if you have scheduled hydrostatic weighing
 - Athletes should be in good health and fully recovered from previous injuries on the day of testing

Timeline for Testing

Endurance Test

- 0:00
- Arrive at the lab
- 0:00 – 0:25
- Change clothes, sign informed consent, and finish filling out pretest questionnaire, assessment of body composition
- 0:25 – 0:45
- Warm up and fit mask to measure pulmonary gasses
- 0:45 – 1:20
- Acquire Testing Data (length of test depends on individual)
- 1:20 – 2:00
- Warm down & review results
- 2:00
- Depart from lab

General Fitness Test

- 0:00
- Arrive at the lab
- 0:00 – 0:25
- Change clothes, sign informed consent, and finish filling out pretest questionnaire, assessment of body composition, flexibility, and muscular strength/endurance
- 0:25 – 0:55
- Acquire Testing Data (length of test depends on individual)
- 0:55 – 1:15
- Warm down & review results
- 1:15
- Depart from lab

Power/Agility Test

- 0:00
- Arrive at the lab
- 0:00 – 0:25
- Change clothes, sign informed consent, and finish filling out pretest questionnaire, assessment of body composition, flexibility, and muscular strength/endurance
- 0:25 – 0:55
- Acquire Testing Data (length of test depends on individual)
- 0:55 – 1:15
- Warm down & review results
- 1:15
- Depart from lab