

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 (sign up form), If any problems arise you will be contacted by the laboratory staff prior to you appointment. If you completed the online sign up form you have also completed you health history.

◆ PRETEST EXERCISE:

For any fitness type testing and resting metabolic rate assessment: Ideally come to the lab fully rested with minimal to no fatigue. It is recommended that no exercise be done on the day of assessment 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 email or call the lab to discuss possibilities of rescheduling.

◆ PRETEST DIET:

For any fitness type testing: 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
- Individuals should be in good health and fully recovered from previous injuries on the day of testing

Timeline for Testing

Cardiovascular Fitness

Assessment

- 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 - 1:05 Acquire Testing Data (length of test depends on individual)
- 1:05 - 1:25 Shower while data is being compiled
- 1:25 - 2:00 Review results
- 2:00 Depart from lab

Caloric Needs

Assessment

- 0:00 Arrive at the lab
- 0:00 - 0:15 Change clothes, sign informed consent, fill out pretest questionnaire, assessment of body composition
- 0:15 - 0:45 Acquire resting metabolic data
- 0:45 - 1:25 Acquire exercise calorie utilization
- 1:25 - 1:45 Shower while data is being compiled
- 1:45 - 2:15 Review results and depart from lab

RMR/Hydrostatic

- 0:00 Arrive at the lab
- 0:00 – 0:35 Assessment of resting metabolic rate
- 0:35 – 0:55 Evaluate body composition
- 0:55 – 1:15 Review results, depart from lab

General Fitness

- 0:00 Arrive at the lab
- 0:00 – 0:25 Change clothes, sign informed consent, body comp, flexibility, and muscular strength/endurance
- 0:25 – 0:55 Acquire Testing Data
- 0:55 – 1:15 Review results, depart from lab