

Testing Packages

The Fundamentals Package

The Fundamentals Testing Package includes a **Functional Movement Screen, Y-Balance assessment, SECA Body composition** and a **Direct VO2** test before any further testing.

Upon completion of these tests, each athlete can choose additional tests they would like to perform (additional \$). Recommended testing for your sport is listed under *Scouting Combine Tests*.

The Fundamentals Package: \$195 (120 minutes)
Re-Test within 6 months: \$170 (120 minutes)

The Assess & Correct Package

This package includes the Functional Movement Screen, Y-Balance Test and corrective exercises.

The Assess & Correct Package: \$100 (90 minutes)

Scouting Combine Tests

In preparation for recruiting, training camp or scouting opportunities, complete your sport's combine test (details on our website).

Please contact us at 306-585-4004 for pricing, booking and scheduling. Some combine tests will be booked over a course of 1-3 days.

Build your own Package

Combine any of our tests into a unique package to give you the information you need! Visit our website or call us for pricing!

*** Discounts available for groups of 10 or more.*

Don't see your test listed? Let us know - we can work with you on specific testing!

Additional test pricing varies & can be added to any of our packages, visit our website for more information & prices.

Training & Programming

Can be used for program development, periodization of training programs, or corrective exercises or progressions based upon Functional Movement Screening and Y-Balance Testing.

One on One Training (60 minutes)

1 session - \$65.00
3 session package - \$187.50 (\$62.50 each)
10 session package - \$600.00 (\$60.00 each)

Team / Group Training

Training at the University of Regina at our facilities.
Call for pricing.

Facilities

The Centre features a 25,000-square-foot three-court gymnasium, two multipurpose gymnasiums, an elevated 200-meter four-lane running track, large fitness Centre, an Aquatics Centre, lecture and classroom facilities, High-performance training centre, dance studio, combative room, an artificial turf field and two natural grass fields.



Dr. Paul Schwann Applied Health & Research Centre

Phone: 306-585-4004

Fax: 306-585-5363

E-mail: schwann.centre@uregina.ca

www.uregina.ca/kinesiology/dpsc



Specialized & Athlete Testing & Training



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UNIVERSITY OF REGINA

**ATHLETE HEALTH
& PERFORMANCE**

FACULTY OF KINESIOLOGY
& HEALTH STUDIES



September 2017

University
of Regina

Specialized & Athlete Testing

Physiological tests provide insight into an athlete's physical abilities while performing sport specific drills.

Functional Movement Screen (FMS)

FMS* is the screening tool used to identify limitations or asymmetries in seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain complaint or known musculoskeletal injury.

FMS Screen Only \$25 (20 minutes)



Y-Balance Test (YBT)

Y Balance Test allows us to quarter the body and look at how the core and each extremity function under bodyweight loads. This device and protocol are highly accurate and can be used for measuring pre and post rehabilitation performance, improvement after performance enhancement programs, dynamic balance for fitness programs, and return to sport readiness.



Y-Balance Test Only \$25 (20 minutes)

**The combination of FMS and YBT has been scientifically linked to predict injury rates in the near future.*

Body Composition

SECA mBCA 515 Bioimpedence – This machine has been validated against the medical science gold standard. It precisely measures values such as fat mass, extracellular and intracellular water, and skeletal muscle mass all in less than 20 seconds. The SECA will give you five distinct measures:

Energy, Fluid, Function/Rehabilitation, Health Risk & Development/Growth

SECA mBCA Consultation \$30 (30 minutes)

Skin Fold & Body Measurements

Skin folds and anthropometric measurements – Assess body fat using appropriate skin fold method, body measurements, body mass index (BMI) and waist-to-hip ratio

Skin Fold & Body measurements \$48.75 (30 minutes)

Direct VO2 Max Testing

VO2 max, or maximal oxygen uptake, is generally considered the best indicator of an athlete's cardiovascular fitness and aerobic endurance. VO2 max refers to the maximum amount of oxygen that an individual can utilize during intense or maximal exercise. It is measured as milliliters of oxygen used in one minute per kilogram of body weight.

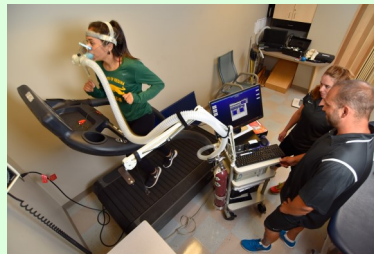
Direct VO2 testing can either be performed on a treadmill or cycle.

Direct VO2 Max Testing: \$110 (60 minutes)

Resting Metabolic Rate Test

Resting Metabolic Rate (RMR): This test uses the Parvo Medics TrueOne 2400 Indirect Calorimeter to determine the number of calories your body expands (burns) at rest in a 24-hour period to maintain normal bodily functions. The test also provides accurate and reliable measures of the amount of fats and carbohydrates you are burning at rest.

Resting Metabolic Rate Testing: \$150 (60 minutes)



Blood Lactate Testing

Lactate is an essential substrate that aids in energy production. The body continually creates lactic acid and is able to clear the substrate at low levels of exercise. Once the body starts to create more lactate than is able to clear, the levels of blood lactate start to rise and fatigue sets in. This is the point most commonly referred to as the Lactic Threshold. Once that point is established, individuals now have a training point that they can train at without having fatigue set in.

Cost: \$10/strip + test cost (ex. blood lactate and Wingate would be cost of Wingate+\$10/strip)

Off Site Testing : \$10/strip + \$65/hour + \$0.42/km

Additional Sport Testing

The DPSC offers a variety of testing that can be added onto the high performance assessment or booked separately. Some tests can be booked together, while others we would recommend a minimum of 4 hours recovery between tests to allow the body to recover before subsequent testing.

We offer a variety of **Sprint testing, Agility tests, Strength/Power tests & Anaerobic tests.**

Please visit our website or inquire for more information on the tests that we offer.

Sprint testing

Sprints are used to primarily test an athlete's acceleration.

Agility Testing

Agility is the ability to change the body's position efficiently, and requires movement skills using a combination of balance, coordination, speed, reflexes, strength, and endurance.

Strength / Power Testing

These tests are primarily used for development of strength training programs and measuring absolute strength as a ratio to body weight.

Anaerobic Tests

Anaerobic tests are designed to test an athlete's ability to produce short bursts of intense activity. As a by-product of short bouts of intense activity, lactic acid is formed which may inhibit an athlete's ability to perform. Benefits of testing an athlete anaerobically it to determine the anaerobic capacity, anaerobic power, lactic production and lactic clearance rates.

