

QUESTIONS AND ANSWERS ABOUT HEALTH AND FITNESS ASSESSMENT

Q. Why should I have my health and/or fitness evaluated?

- A. Our assessments provide you with a comprehensive picture of your overall wellness and with the information necessary to meet your fitness goals.

Q. Which body composition assessment is most accurate?

- A. The BOD POD and the hydrostatic weighing assessments are equally as accurate in estimating body fat percentage.

Q. How can I schedule an appointment?

- A. Contact the Exercise Science Laboratory at 561-297-2070.

Q. Where is the testing conducted?

- A. All assessments are performed in the Exercise Science Laboratory on the Boca Raton campus.

DIRECTIONS TO THE EXERCISE SCIENCE LABORATORY

From I-95, take exit 45 / Glades Road. Travel east on Glades Road. Turn left at the first entrance into Florida Atlantic University. Turn left at second light (Volusia Street) and Field House 11 will be on the left. Metered parking is available in Lot 15, in front of FH 11.

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Health and Fitness Assessments

Boca Raton Campus



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DEPARTMENT OF EXERCISE SCIENCE
AND HEALTH PROMOTION
College of Education
Florida Atlantic University

BODY COMPOSITION

Whether you are a competitive athlete or are looking to start a weight-loss program, knowing your body fat percentage is beneficial for tracking progress and setting goals.

BOD POD: The BOD POD measures your body composition using air displacement. The test only takes a few minutes of rest and quiet sitting while the machine calculates your body composition.

HYDROSTATIC WEIGHING: The hydrostatic weighing assessment measures your body composition using water displacement. This test involves being weighed on an underwater scale.

SKINFOLD CALIPERS: The skinfold test measures your body composition utilizing measurements of skinfold thickness from various sites on the body. Your skin will be pinched slightly for this assessment.



AEROBIC FITNESS

The VO_{2max} test measures your body's ability to utilize oxygen. As exercise intensity increases, your body utilizes more and more oxygen until the maximal level is reached.

We can perform both maximal and submaximal aerobic testing.

BALANCE AND STABILITY

The EquiTest provides objective assessment of balance control and postural stability under dynamic test conditions designed to reflect the challenges of daily life.

The assessment involves a sequence of tests during which the floor support and surroundings move when your body moves.

