

Providing You With Excellence

Southern Illinois University Edwardsville is currently offering performance and fitness testing for the community. Our goal is to provide necessary information to benefit individuals and encourage them to form a healthy lifestyle. For a small fee, we offer a variety of tests to help determine a goal that is right for you!

"The individual and comprehensive testing I received at the SIUE Exercise Physiology Lab helped me achieve my health and performance goals!"

— Program Participant

Where we are...

all roads lead to SIUE!
Our campus is close to Interstate Highways I-55, I-70, I-64, I-255 and I-270. Rt. 157 brings you right to campus.



Contact us for more information!

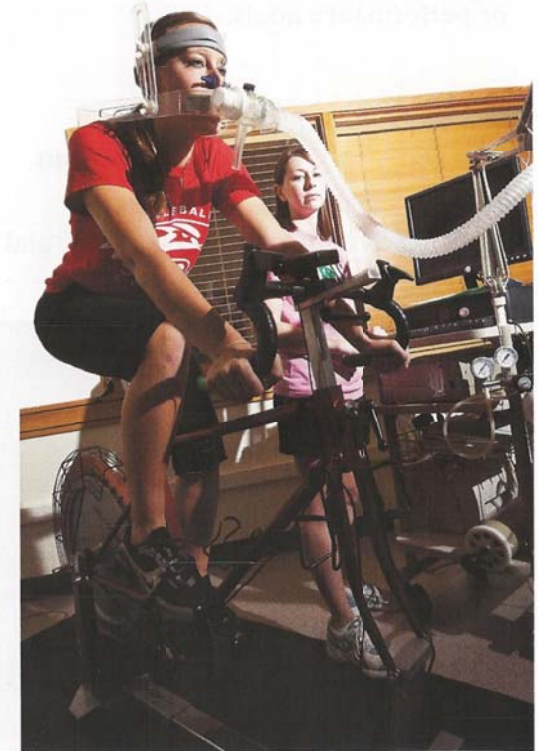
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SIUE

Exercise 
Physiology
Laboratory



Discovering the potential of health and fitness

Community Testing

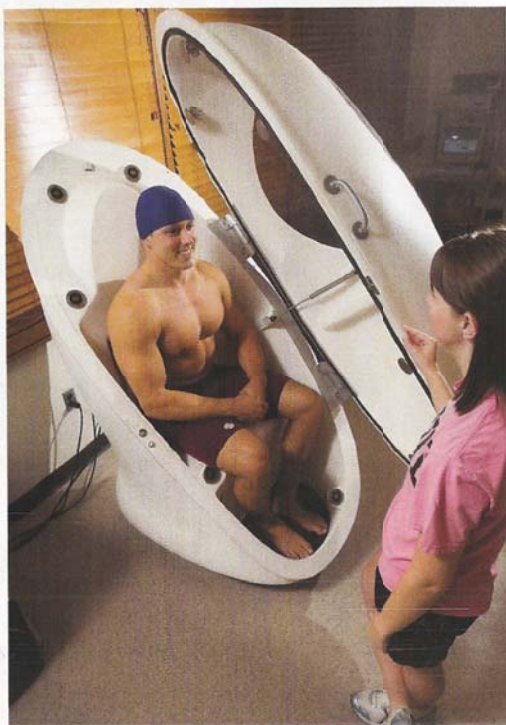
SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

At Southern Illinois University Edwardsville our private state-of-the-art facility is fully equipped to provide you with a comprehensive selection of body composition, cardiovascular and energy expenditure testing. We provide you with a personalized and detailed file with all the tools and information to help you achieve your health, fitness, or performance goals.

Body Composition Testing

Bod Pod **\$40**

The BOD POD Body Composition Tracking System is a fast, accurate, and safe body composition analysis.



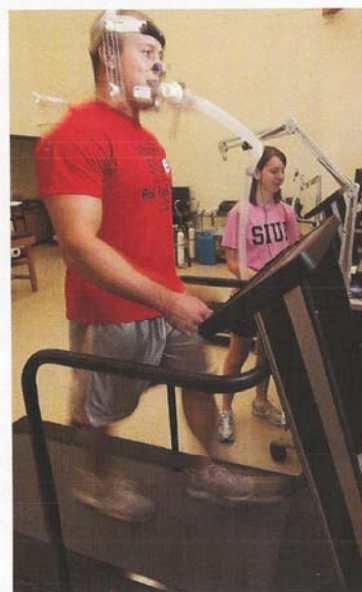
Dual Energy X-ray Absorptiometry (DXA)

Considered the “Gold Standard” of physiological measurements, our DXA machine is capable of measuring bone mineral density, fat mass, and fat-free mass (lean tissue) **\$50**

Cardiovascular Tests

Maximal Oxygen Consumption (VO₂Max) **\$150**

The amount of oxygen delivered to your muscles during exercise. Usually improves with exercise training and is a good measure of overall heart health.



Performance/Fitness Testing Price List

Body Composition

- Skinfold Measures **\$15**
- Bod Pod **\$40**
- DXA Scan **\$50**
- Anaerobic Power **\$50**
- Resting Metabolic Rate **\$75**
- VO₂Max **\$150**

Lactate threshold can be added to the VO₂Max test for an additional **\$50**

Comprehensive Testing Package

Includes VO₂Max test with lactate threshold, body composition assessment (DXA), and resting metabolic rate **\$250**

Training Package

Includes three VO₂Max tests with lactate threshold and DXA that can be scheduled at any agreed upon time during a 12 month period **\$500**

*All fees are due in full prior to any exercise testing (check only)

**Current SIUE students, faculty, staff and alumni will receive a 20% discount of all services. SIUE or alumni card must be provided.

***We also offer team/organization discounts! Contact us for more details!