

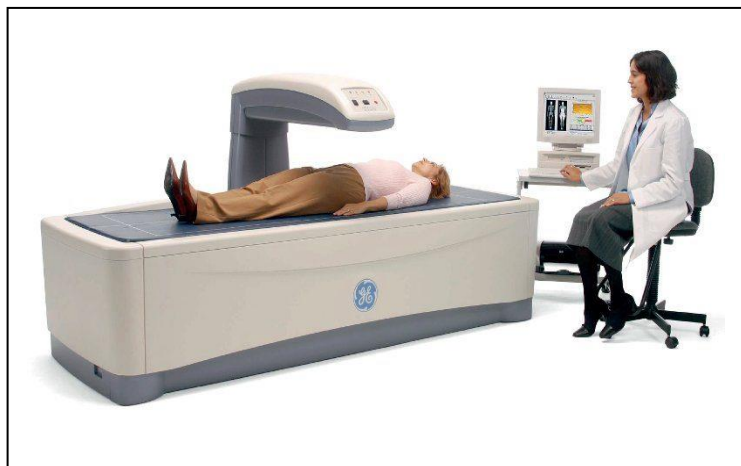
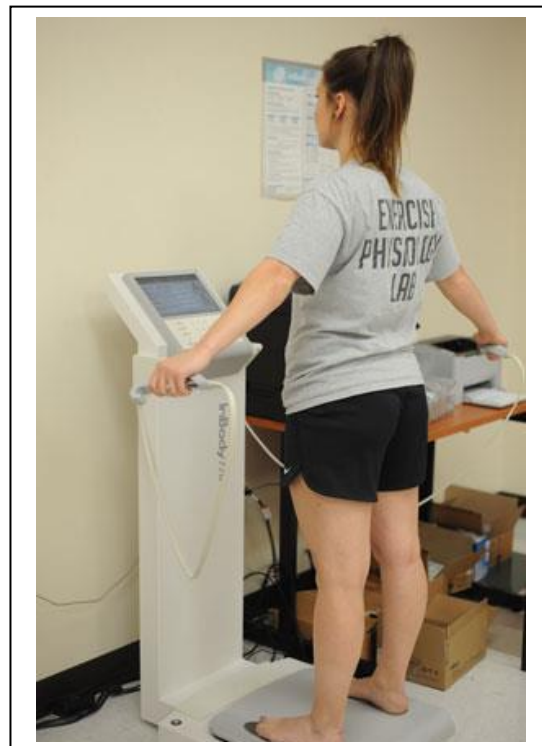
The **Department of Exercise Science and Sport Management** at Kennesaw State University is now offering fitness assessments to the campus and surrounding community. Faculty members working with Exercise Science students who have been certified by the American College of Sports Medicine as Exercise Physiologists will conduct the assessments, and will interpret and explain test results to clients.

Three testing options are being offered:

Performance Package includes:

- Resting heart rate and blood pressure
- 4-compartment body composition assessment with bone mineral density
- Maximal treadmill test for aerobic capacity and ventilatory threshold
- Plasma lipids and glucose
- Pulmonary function
- Biodex knee flexion/extension
- Grip strength

Cost - \$250 (\$150 for KSU Staff and Students)



Clinical Package includes:

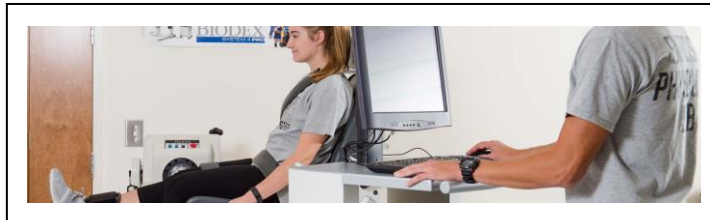
- Resting heart rate and blood pressure
- 4-compartment body composition assessment with bone mineral density
- Resting metabolic rate
- Plasma lipids, glucose, and hemoglobin A1c
- Submaximal aerobic fitness
- Pulmonary function
- Grip strength

Cost - \$250 (\$150 for KSU Staff and Students)

Body Composition Assessment includes:

- 4-compartment body composition assessment with bone mineral density

Cost - \$100 (\$60 for KSU Staff and Students)



For information, or to request an appointment, please go to:
<https://wellstarcollege.kennesaw.edu/essm/fitness-assessment.php>

WELLSTAR COLLEGE OF HEALTH AND HUMAN SERVICES
Exercise Science and Sports Management