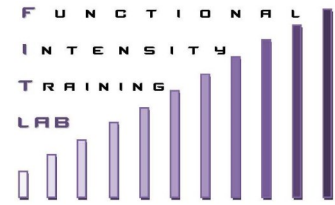


Athletic Performance Testing

KANSAS STATE
UNIVERSITY
Department of Kinesiology

Lifestyle Improvement
through Fitness Enhancement **L.I.F.E.**



The Department of Kinesiology, L.I.F.E. Program, and the Functional Intensity Training Lab are offering athletes in 8th grade and up the opportunity to participate in scientific fitness testing. Athletes will be able to compare their results to other population norms and track their own progress should they want to re-test at later dates. This will help athletes better understand their strengths and areas to improve.

DATE: Sat., June 10, 2017

Time: 8 am—12 pm

Location: Natatorium 4

**(Re-Test—Sat, August 12, 2017,
8 am –12 pm, same location)**

The following tests will be administered using the latest technology including: Vertek Vertical Jump system (used at the NFL combine), Research grade Force Plate measuring ground reaction forces, Research Grade Monarch Cycle Ergometers, Stadiometer, Electronic timing gates, and Tanita Body Composition Scale.

Testing Menu:

- 1) Field/Court Athletes: 300 Yard Shuttle (Anaerobic Capacity), Vertical Jump (Power), 40 Sprint (Speed), Pro Agility (Agility)
- 2) Soccer Athletes: Wingate (Anaerobic Capacity), Pro Agility (Agility), Vertical Jump (Power), 12 min run (Aerobic Capacity)
- 3) Endurance Athletes: 300 yard Shuttle (Anaerobic Capacity), 12 min run (Aerobic Capacity), Vertical Jump (Power), Flexibility

****All athletes** will receive height/weight and percent bodyfat measurements.

Testing Staff: Christian Larson, MS, Jesse Stein MEd

Cost: \$150/athlete

Team Discounts:

25+, \$125/athlete

50+, \$100/athletes

75+, email for pricing

To Register your athlete, please contact Christian Larson, clarson@ksu.edu