

CSUSB Kinesiology Department

Human Performance Lab | Biomechanics Lab



🏃‍♂️ FITNESS & PERFORMANCE TESTING MENU

Experience a complete evaluation of your physical fitness in a state-of-the-art lab environment. Choose from a variety of professional-grade assessments.

Assessment	Public	CSUSB Student
Cardiovascular Fitness / VO ₂ Max Test	\$150	\$75
Submaximal Aerobic Test (Step Test)	\$50	\$25
Muscular Strength	\$20	\$10
Muscular Endurance	\$20	\$10
Body Composition (Underwater Weighing)	\$50	\$25
Body Composition (BODPOD)	\$50	\$25
Body Composition (Skinfold)	\$50	\$25
Body Composition (BIA)	\$50	\$25
Body Composition / Bone Mineral Density (DXA)	\$200	\$100
Body Composition (DXA)	\$100	\$50
Bone Mineral Density (DXA)	\$150	\$75
Resting Metabolic Rate (RMR)	\$100	\$50
Flexibility	\$20	\$10
Basic Fitness Evaluation Bundle (See Below)	\$100	\$50
Lower Body Power Test (Wingate)	\$80	\$40
Lower Body Power & Force (Vertical Jump)	\$80	\$40

Speed & Agility Test (Sprints)	\$50	\$25
Balance (Fall Risk Prevention)	\$50	\$25
Balance (Athlete Assessment)	\$50	\$25

BASIC FITNESS EVALUATION BUNDLE INCLUDES:

- Step Test of Aerobic Fitness
- Hand Grip Strength Test
- Plank Test of Muscular Endurance
- Sit & Reach Test of Flexibility
- Skinfold Body Composition Assessment

Custom Packages Available

Create a personalized evaluation based on your fitness goals. Ask us how!

Discounts

10% Discount for Military and Law Enforcement Personnel

Schedule Your Appointment

 Email: kinesinfo@csusb.edu

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Be Bold. Be Strong. Be Coyote Fit.