



Body Composition Analysis

## METABOLIC AND BIOMECHANICS TESTING

- **TRAINING PROGRAM DESIGN:** Development of season and year-long training plans including: periodization, training loads, recovery, peak phases, etc. Sound planning—the link between intelligent preparation and stable performance.
- **THERMAL IMAGING:** Thermal (infrared) imaging of body heat is used to discern inflammation from training and/or injury. This method allows you to see your body's response to training in a new light.
- **GAIT ANALYSIS:** A variety of measurements using instrumentation including high-speed video, Vicon motion analysis, force plates and electromyography (EMG) are used to characterize locomotion. Do you have pain while running or walking? Is your running smooth and without unnecessary motion?
- **SPORT SKILL ANALYSIS:** Measurements from high speed video, Vicon motion analysis, force plates, EMG and other instrumentation can help tune technique. Do you have technique deficiencies or idiosyncrasies? We can help improve sports technique.
- **AEROBIC TESTING:** Endurance and cardiovascular information. What is your VO<sub>2</sub> max? What is your lactate turn-point? What fuels do you use? How does your heart respond? What intensity is best for your training? Testing can include walking, running, biking or skating on an oversized treadmill.

- **BODY COMPOSITION:** Measurement to determine how much muscle and bone (lean body mass) vs. body fat a person has. Body composition data are important in any weight loss program for determining status and progress.
- **RECOVERY ANALYSIS:** Are you getting enough rest? What are your sources of stress?
- **HYDRATION:** Are you dehydrated? This is one of the easiest aspects of training to neglect—but also easy to fix. Know your status.
- **STRENGTH AND POWER ASSESSMENT:** Tests using accelerometers, force plates and jump power analysis. How high do you jump? What is your strength, power and rates of force development? What are your agility, reaction, anaerobic power, sprint speed and acceleration measurements?
- **BLOOD PROFILES:** Measurements of cholesterol, lactate and glucose levels.



I think we view the Monfort Family Human Performance Lab as a great opportunity to bring athletes and non-athletes alike together in a setting that helps them best understand the human body, and how it functions!

Charles Monfort

## Laboratory Fees

<b>Training Design</b>	
Lab	\$65
<b>Thermal Imaging</b>	
Camera/Lab	\$45
<b>Gait Analysis (Lab)</b>	
High-speed Video Qualitative, Thermal and Report	\$75
Optical Quantitative and Report	\$110
Force Platform and Report	\$40
EMG and Report	\$90
<b>Sport Skill Analysis (Lab)</b>	
High-speed Video Qualitative, Thermal and Report	\$75
Optical Quantitative and Report	\$110
Force Platform and Report	\$40
EMG and Report	\$90
<b>Sport Skill Analysis (Field)</b>	
High-Speed Video Qualitative and Report	\$120
Motus Quantitative and Report	\$220
Motus Quantitative + EMG and Report	\$300
<b>Aerobic Physiology (Lab) **</b>	
Treadmill, Ventilatory Threshold, Max VO <sub>2</sub> , Report	\$75
Treadmill, Lactate Threshold, Max VO <sub>2</sub> , Report	\$100
Bike, Ventilatory Threshold, Max VO <sub>2</sub> , Report	\$75
Bike, Lactate Threshold, Max VO <sub>2</sub> , Report	\$100
<b>Health Assessment</b>	
Full Health Assessment w/VO <sub>2</sub> , EKG, Report	\$100
Full Health Assessment w/out VO <sub>2</sub> , Report	\$50
<b>At Risk Exercise Tolerance (Lab)</b>	
Treadmill, Metab, EKG, Report, Physician*	\$190
Bike, Metab, EKG, Report, Physician*	\$200
<b>Exercise Induced Asthma (Lab)</b>	
Treadmill, Spirometry, Report, Physician*	\$210
Bike, Spirometry, Report, Physician*	\$210
<b>Body Composition</b>	
Skinfolds and Bod Pod Report	\$40
<b>Resting Metabolic Rate (Lab)</b>	
Metabolic Cart, Treatment Table	\$70
<b>Hydration</b>	
Refractometer	\$17
<b>Vertical Jump</b>	
Vertec (height only) and Report	\$20
<b>Vertical Jump Profile</b>	
Force Platform, power, impulse, Report	\$70
<b>Blood Profiles</b>	\$115
<b>Special Tests</b>	
Modify, build, design equipment for test	As Needed
<b>Body Composition</b>	
Skinfolds and Report	\$20
X 2 (group or individual series of measurements)	\$30
X 4 (group or individual series of measurements)	\$40
Bod Pod: (progress report with series of measures)	\$45
X 2 (group or individual series of measurements)	\$60
X 4 (group or individual series of measurements)	\$100

\* With physician, if required

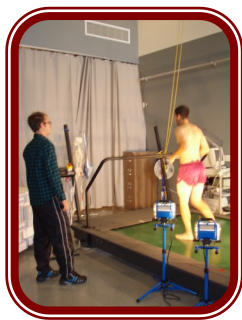
\*\* Series of tests over a season can be arranged at reduced cost.

## Monfort Family Human Performance Laboratory



The Monfort Family Human Performance Lab is one of the most technologically advanced facilities for applied physiological and bio-mechanical research in the inter-mountain west. The lab offers a myriad of services for the community, athletes, students, and faculty. It provides Colorado Mesa University the opportunity to positively impact the health and athletic performance of residents in the region. This integrative, multi-use human performance laboratory fills a need in the community by providing advanced physiological, biomechanical, performance, and wellness testing.

The Monfort Family Human Performance Laboratory is located in The Maverick Center, on the Colorado Mesa University Campus.



## Laboratory Information

- Individuals over 45 years of age or those having cardiovascular risk factors must have a physician present during any max VO<sub>2</sub> test (maximal metabolic test).
- Your physician or therapist should be contacted prior to assessments that involve injury.
- Children under 18 years of age require the permission of a parent or guardian to participate in assessments.
- Group and team rates apply. Please contact the laboratory for more information.



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*The Monfort Family  
Human Performance Lab*



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