

Pre-Test Information: Physiological Assessments

Before your visit to the Human Performance Unit please consider the following information and instructions.

Client Information

You must complete your client information sheet and return by e-mail 48 hours before your scheduled test

Food & Drink

- Do not consume alcohol or caffeine 24 hours before test
- Do not eat 2 hours before test
- Make sure you eat breakfast if you are being tested in the morning

Training

Do not exercise 24 hours before test, we require you to be rested for the test. Do no 'hard' training or competition for 72 hours before.

Kit

Please bring the following:

Treadmill Test running shoes, shorts and t-shirt

Bike Test cycling shoes and cycling kit

Pedals we have Look Keo's, original Look's, Time Impacts, Shimano SPD-SL's. If you use anything else or are unsure what pedals you have, please bring your own pedals with you. If you can't get them off your bike, bring your bike along and we'll do our best to take them off for you.

Injury & Illness

We strongly advise that you reschedule your appointment if you have illness or injury in the days leading up to your test, as this may affect test results. Cancellations must be made at least 48 hours before your test.

Health Screening

If you answer **YES** to any of the questions below, please contact a member of HPU staff to discuss your circumstances **BEFORE** your appointment.

1. Has your doctor ever said that you have a heart condition?
2. Do you feel pain in your chest when you do physical activity?
3. Do you lose your balance because of dizziness or do you ever lose consciousness?
4. Do you have a bone or joint problem?
5. Are you currently being prescribed medication by your doctor for a medical condition?

If you require any further information or you have any questions please contact the Annika Broster at the HPU before your test (01206 873290 or ahbros@essex.ac.uk)