

INSTRUCTIONS - Metabolic Efficiency (ME) Testing

(3 Pre-tests scheduled now – 3 Post-tests scheduled eight weeks later)

- 1. Appointment: After signing up on the website, signing the “waiver” and the “Par-Q” questionnaire, you will receive a confirmation email after your testing request has been approved.**

Location: Human Performance lab (HPL)

SAU - Hulsey Wellness Center (HWC)

4870 University Dr. Collegedale, TN 37363

Park in the main HWC parking near the front doors

Check in at the Front Desk.

- 2. Food: You must be “fasting”.**

- Come to the lab the morning of the test after fasting 12 hours*
- Water is fine, but no other drinks or caffeine.*

- 3. Activity: Avoid any unnecessary activity prior to testing.**

- Activity changes your metabolism, so keep activity to a minimum, drink some water, and head to the Human Performance Lab to be tested!*

- 4. Testing: There are 3 “pre-tests” + the same 3 “post-tests” 8 weeks later.**

- Resting Metabolic Rate*
- Bod Pod for body composition (*metal or jewelry may not be worn in the Bod Pod*)*
- VO2 test*

- 5. Clothing: Tight clothing is required for an accurate Bod Pod reading.**

- Wear or bring comfortable walking shoes*
- Wear or bring spandex pants, shorts & top (for females) ... we have a limited supply of spandex pants. (*A bra with metal wire may not be worn. May wear one-piece swimsuit with spandex pants or spandex tank top with spandex pants... no loose clothing*)*
- A tight spandex cap will be placed over your hair (supplied by lab)*

- 6. Payment: If a guest (not a SAU student or employee), pay for your test online once an invoice is created or at the Hulsey Wellness Center front desk the morning of your test.**

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School of Health and Kinesiology