ACSM EXERCISE IS MEDICINE On Campus | Cal Poly Pomona

## Assessment Package Description[i]

With each assessment package, you will receive a comprehensive evaluation of your vital signs, overall fitness, **and** an individualized plan on how you can enhance your fitness to reach the physical activity guidelines. Assessment packages last 30-45 minutes. We also offer each test individually without a complete package. All assessments are free for Cal Poly Pomona students.

### *Basic Fitness ($50 non-student fee)*

This package will assess health-related physical fitness which includes cardiorespiratory endurance, body composition, muscular strength, muscular endurance, and flexibility/functional movement. The exact test performed will be based on an individual's health history and goals.

- Cardiorespiratory Endurance: Step test or 4-minute treadmill protocol
- Balance (Functional Movement): Balance Error Scoring System
- Body Composition: Bioelectrical Impedance, Body Roundness Index
- Flexibility/ Functional Movement: Functional Movement Screen
- Muscular Strength: Handgrip
- Muscular Endurance: Plank or Push Up or Squat Test

### *Fitness Performance ($50 non-student fee)*

This package will assess health-related and skill-related physical fitness. The skill-related components of fitness include agility, coordination, balance, power, reaction time, and speed.

- Cardiorespiratory Endurance: Step test or 4-minute treadmill protocol
- Agility and Balance: Y-balance test
- Body Composition: Bioelectrical Impedance, Body Roundness Index
- Muscular Strength: Multiple rep-max
- Muscular Endurance: Plank
- Power: Vertical Jump

### *Senior Fitness Test ($50 non-student fee)*

This is a validated battery of tests that assess health-related fitness for the adults aged 60 to 94 years. The test provides minimum thresholds for individuals 65 to 85 years to remain independent to age 90 years.

- Cardiorespiratory Endurance: 6-minute walk test or 2-minute step test
- Agility and Balance: 8-foot Up-and-Go
- Flexibility: Chair sit-and-reach, back scratch
- Muscular Endurance: 30-second chair stand, 30-second arm curl

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[i] American College of Sports Medicine, Ozemek C, Bonikowske AR, Christle JW, Gallo PM, eds. ACSM's Guidelines for Exercise Testing and Prescription. Twelfth edition. Wolters Kluwer; 2026.

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Basic fitness, fitness performance, and senior fitness test packages are $50 each and include a battery of tests.

Please see the assessment packages description on the next page.

All services FREE for CPP students

| | Assessment | Non-student Pricing | Description |
|---|---|---|---|
| **Individual Assessment** | 1Rep Max or multiple Rep Max | $15 | One- or multiple repetitions at maximal muscular strength. |
| | Balance Error Scoring System | $15 | Balance errors while standing with feet side-by-side, single leg stance on the nondominant foot, and heel-to-toe tandem stance. |
| | Bioelectrical impedance | $15 | A simple, quick, noninvasive method to measure fat tissue using small electrical currents. |
| | Chair Sit-and-Reach | $10 | An alternative to the standard sit-and-reach where individuals reach for their toes while sitting on a chair. |
| | Functional Movement Screen | $20 | Standardized evaluation to identify physical imbalances, asymmetries, and injury risk. |
| | Maximum $VO_2$ test | $50 | Assesses the heart rate response at a maximal effort to the point of volitional fatigue to predict cardiorespiratory endurance. |
| | Muscular Endurance | $10 | Assessments that require multiple repetitions over a pre-designated time or holding a position. Test options include plank, push up, or squat. |
| | Sub-maximal $VO_2$ test | $25 | Assesses the heart rate response at a sub-maximal effort to predict cardiorespiratory endurance. |
| | Vertical Jump | $15 | An estimated measure of the combination of strength and speed. |
| | Whole body range of motion | $20 | Measures the amount of active and passive range of movement for each joint. |
| | Y-Balance | $15 | Measures the distance a person can reach with on foot while maintaining balance on the other foot. |
| **Consulting Services** | Exercise Prescription Development | $50 | An individualized plan that outlines recommendations to meet physical activity guidelines. |
| | Strength Training Plan | $50 | A detailed and structured plan on exercises to perform. |