

SERVICES AND PRICING

We ensure our services are of the highest quality, while at an affordable price.

➤ Individual Tests/Services - mix & match options available

Lipid and Glucose Profile	\$25
Full cholesterol panel with blood sugar analysis	
Anti-Gravity Treadmill (per hour)	\$45
Ideal for rehab or managing training load – Can remove up to 80% of your body weight for a pain-free running experience	
BOD POD	\$50
Measures body fat %, lean muscle mass & est. resting energy expenditure	
Resting Metabolic Rate (RMR)	\$50
Measures number of calories burned at rest & helps establish calorie goals	
VO2 Max Test (w/ Fuel Utilization Analysis)	\$100
Measures maximal aerobic fitness and carbohydrate/fat usage thresholds	
Lactate Threshold Test	\$150
Specific for athletes; learn your training intensities and heart rate zones	
Dual-Energy X-Ray Absorptiometry (DEXA)	\$150
Gold-standard for measuring body fat, muscle and bone mineral density	

➤ Packages - mix & match options available

Power Profile Package	\$75
Force plate analysis: imbalances, force production capabilities and more	
Optimal Performance Profile Package	\$300
Tests include: VO ₂ Max, Lactate Threshold, Wingate, RMR, and BOD POD	
Longevity & Health Package (coming soon)	\$ ____

➤ Nutrition

General health & sports performance nutrition options available

- Don't see a test or service you need? Contact us to find out how we can help!
- Team/group discounts, nutrition seminars, consulting and other services available.
- Other services available: Sweat testing, muscle balance profile and more.

FOR QUESTIONS OR INFORMATION CONTACT:
KIERAN PATERSON | DIRECTOR OF OPERATIONS
(850) 645-1016 | ISSM@FSU.EDU





INSTITUTE OF SPORTS SCIENCES & MEDICINE

Whether you're looking to improve athletic performance, or you want to see where your health stands, the Institute of Sports Sciences & Medicine (ISSM) at the Florida State University now provides a comprehensive list of tests and services to help individuals reach optimal health.

The ISSM is dedicated to peak performance and optimal health for all. Our testing services program here encourages those from all walks of life to assess their health and ability to perform. Our trained team of health professionals, researchers, and students provide accurate and reliable results with a practical interpretation and application to your needs.

Our program offers various tests & services to any individuals, teams, community groups who are local or a far

Student, military and health care professional discounts available with proof of ID.



1104 Sprit Way
Tallahassee, FL - 32306



Monday - Sunday
By appointment only



issm@fsu.edu



850-645-1016



issm.fsu.edu



@fsuissm