

FSFP Fitness Testing

Exercise Physiology Lab
PAES Building
305 W 17th Ave

Parking is available in the Tuttle Parking Garage located across from the Ohio Stadium or in various spots around the building. Enter through the main entrance or the door by the loading dock. Go down one floor, and check in with the receptionist in office A25B.

We will be completing the following tests:

- 1) stress test with ECG
- 2) skinfolds and circumferences
- 3) upper body strength
- 4) lower body strength
- 5) flexibility

1. Bring or wear comfortable clothes for exercise. We suggest shorts, t-shirt, sport bra, tennis shoes.
2. Avoid heavy food, tobacco, alcohol, and caffeine for at least 3 hours before testing
3. Drink plenty of fluids over the 24-hour period preceding the test to ensure normal hydration prior to testing.
4. Avoid exercise or strenuous physical activity the day of the test.
5. Get an adequate amount of sleep (6-8 hours) the night before the test.
6. Do not put lotion on your body for at least 3 hours before testing.
7. Allot an hour for all fitness testing.
8. Males: We may need to shave portions of your chest for the ECG electrodes.



<http://ehe.osu.edu/paes/fsfp>