

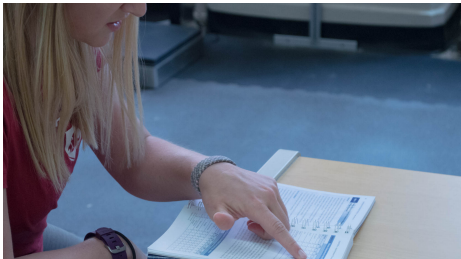
College of

Education

WASHINGTON STATE UNIVERSITY

Exercise Physiology & Performance Lab

Our mission is to improve human athletic performance, health, and quality of life through the accurate assessment of fitness levels, exercise capacities, & physical activity behavior. This is accomplished through three equally important agendas:



Novel Research Initiatives



Innovative Teaching



Advanced Exercise Testing



OBJECTIVE

Understanding and improving physical activity behavior during pregnancy through:

- Investigating the accuracy of common physical activity measurement tools
- Determining the role of balance during every-day pregnancy tasks
- Promoting the positive effects of regular walking and functional movement on physical discomfort during late pregnancy

OBJECTIVE

Enhancing student learning of practical applications of exercise physiology information through:

- Providing hands-on experiences with the most current procedures and equipment within actual performance-based situations



OBJECTIVE

Enhancing student learning of practical applications of exercise physiology information through:

- State-of-the-art physiological testing equipment housed in a 1,800 sq. ft. professional facility.
- Status as an official WSU University Service Center available to all university and community members.
- Personalizing exercise plans and programs for all clients.



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Lab Information

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