

Testing Session held at the UniSA High Performance Sport Centre

1. Height
2. Weight
3. Skinfolds:- Biceps, Triceps, Subscapular
4. Flexibility
5. Grip Strength
6. Glucose
7. Cholesterol
8. Blood Pressure
9. Arterial Compliance
10. Sub Maximal Exercise Test for Aerobic Fitness
11. Data loaded on to Health Screen Pro enabling health age and ranking for the various tests against their age group