Jun-2003

Human Performance Lab

William C. Levin
Bridgewater State College

Recommended Citation
Available at: http://vc.bridgew.edu/br_rev/vol22/iss1/11

This item is available as part of Virtual Commons, the open-access institutional repository of Bridgewater State University, Bridgewater, Massachusetts.
Human Performance Lab
by William C. Levin

Bridgewater State College is home to a Human Performance Laboratory in which students receive training in a range of exercise physiology and related analytical skills. With these skills students have been successfully placed in a wide range of professional job settings including major hospitals, wellness centers, division one and professional strength coaching positions, cutting edge fitness facilities, entrepreneurial personal training and various cardiac rehabilitation centers.

The laboratory contains some of the most up to date equipment available in the country, including Physiodyne Metabolic Carts, hydrostatic weighing tanks and related electronics, a Jackson Strength Evaluation system, computerized Monark Wingate anaerobic testing equipment, spirometry and oxygen measurement devices, and 3 twelve-lead cardiac stress testing stations. In addition, the laboratory provides students an opportunity to study exercise responses using a wide variety of fitness devices including treadmills, leg and arm ergometers, and various weight lifting stations. Very few colleges or universities have such an extensive array of fitness related laboratory equipment.

This equipment is housed in a laboratory room in the new Adrian Tinsley Center on the East Campus. The lab is dedicated to the Exercise Science concentration within the department of Movement Arts, Health Promotion and Leisure Studies. Students work with professors in the department and with graduate assistants to master a wide range of technical skills in the measurement of human performance, and the equipment is also used in the collection of data for primary research.

Above are some images of faculty, staff and students demonstrating the use of these devices to measure human performance.