



VALD FITNESS TESTING

Atkins Health Athletic Testing (AHAT) is a comprehensive and analytical testing battery ideal for sporting teams.



TAKE YOUR ATHLETES TO THE NEXT LEVEL

It provides information on how an athlete compares to other athletes of similar age through proven tests that evaluate speed, power, agility, endurance, upper body strength and lower body strength.

A sporting team will be able to find strengths and weaknesses of each athlete, as well as provide baseline measures for testing. The testing is ideal to do prior to a completing a training block (i.e. off-season) and also serve as a measure for rehabilitation goals for injured athletes.

AHAT is unique in that it comprises of a team of allied health professionals (Physiotherapists, Exercise Physiologists) who provide valuable insight and knowledge, access to state-of-the art facilities and equipment (Force Plates, Strength Dynamometer, Timing Gates), and a system that is continually updating and gathering insightful information.

This testing protocol provides coaches, athletes, and health professionals with objective data on an athlete's physical performance.

Athlete Testing

- ✓ Lower body power: Countermovement Jump
- ✓ Lower body strength: Isometric squat hold
- ✓ Upper body strength: Maximum push-ups
- ✓ Core strength: Plank
- ✓ Acceleration: 0-10m sprint time
- ✓ Speed: 0-40m sprint time
- ✓ Endurance: Yo-Yo test
- ✓ Agility: Illinois Agility Test
- ✓ Sit and Reach test
- ✓ Wing Span

Results

Each athlete will receive a report on their results. The AHAT will provide athletes with an archetype, which illustrates what type of athlete they are related to their strengths and weaknesses. This can provide knowledge to areas for improvement.

\$27 - \$45pp. 2 hours per session.