

Florida State University

Institute of Sports Sciences & Medicine

Interested?
Scan me:



PEAK PERFORMANCE



Whether you're looking to improve athletic performance, or you want to see where your health stands, the Institute of Sports Sciences and Medicine (ISSM) at Florida State University now provides a comprehensive list of services to help individuals reach optimal health.

The ISSM is dedicated to peak performance and optimal health for all. The community outreach program encourages those from all walks of life to assess their health and performance. Our trained team of students and professionals provide accurate and reliable results with a practical interpretation and application to your needs.



1104 Spirit Way
Tallahassee, FL 32306



By Appointment

See reverse side for a
list of services



www.issm.fsu.edu



issm@fsu.edu



850.645.1016

Services & Pricing

We ensure our services are of the highest quality, while at an affordable price. All current tests and services are below.

Lipid & Glucose Profile	\$25
Full cholesterol panel with blood sugar analysis.	
Anti-Gravity Treadmill (per hour)	\$45
Ideal for rehab or managing training load Removes up to 80% of body weight for a pain-free experience.	
BodPod	\$50
Measures body fat percentage and lean muscle mass.	
Resting Metabolic Rate	\$50
Measures the number of calories burned in a full day at rest.	
VO2 Max Test (with Fuel Utilization Analysis)	\$100
Measures maximal aerobic fitness as well as carbohydrate/fat usage thresholds.	
Lactate Threshold Test	\$125
Specific for athletes; learn your training intensities and heart rate zones.	
Dual-Energy X-Ray Absorptiometry (DEXA)	\$125
Gold-standard body composition; measures fat mass, muscle mass, and bone mineral density.	
<u>Packages:</u>	
Power Package	\$75
Force plate analysis including counter-movement jumps, squat, multiple rebound jump.	
Optimal Performance Profile Package	\$300
(15% off Group Discount)	\$250
Tests include VO2 Max, Lactate Threshold, Wingate, Resting Metabolic Rate, and BodPod.	
Optimal Aging Package (coming soon)	\$300
<u>Nutrition (General Health and/or Performance Nutrition):</u>	
Initial Consult	\$125
For new clients – first consult, diet analysis, follow up and body composition.	
Additional Consults (30 min)	\$50
Can be completed in-person or via phone/video call.	

Please contact us if there are any tests or services, you'd like to inquire about but don't see above. Team or club discounts, consulting and services are available. These include group nutrition talks, sweat testing, heart rate & GPS tracking, sports camp appearances and more.

For questions or information contact:
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