



**University of
South Australia**

High Performance Sport Centre

Working together to tailor high performance services to suit your needs

ABOUT

The UniSA High Performance Sport Centre offers specialist exercise testing and prescription services to the community. We also offer state-of-the-art exercise science testing and analysis services to suit a range of needs.

We can cater development programs to professional and elite athletes and teams, as well as amateur athletes and individuals.

High performance testing helps determine an athlete's cardiovascular capacity by assessing how efficiently oxygen is transported to working muscles during endurance exercise. These tests can be used to monitor the effectiveness of your training program, and the results assist in making recommendations that will help maximise your performance.

UniSA is committed to advancing knowledge in high performance sport. We have more than 25 full-time staff with expertise in human movement, exercise and sport science and, clinical exercise physiology.

The High Performance Sport Centre also offer services for schools looking for data collection or educational experiences. Visit the 'Schools Experiences' tab on our website or contact us to discuss options for your group.

SERVICES

Individual services

| | |
|---|-------|
| Body Composition (Body scan or Bod Pod) | \$175 |
| Strength profiling (grip strength, ab strength, mid thigh pull) | \$175 |
| VO ₂ max testing | \$200 |
| VO ₂ submax testing | \$125 |
| Lactate threshold | \$250 |
| Field testing - onsite (2 hours) | \$450 |
| Field testing - offsite (2 hours) | \$500 |
| Mechanical efficiency | \$200 |
| Vo2 Max & lactate threshold | \$300 |

Services are provided by professionally supervised Exercise and Sport Science students.

If you are interested in a combination of our services, we can tailor packages to suit individual or group needs. We can also provide professional advice on the most suitable test for you or your team.

Please note we also provide a range of accredited exercise physiologist services for individuals or groups at affordable prices.

Appointments are essential.

Please see Page 2 for contact details.

APPOINTMENTS

Please wear comfortable, non-restrictive clothing and suitable footwear to your appointment.

If you need to reschedule your appointment, please let us know at least 24 hours in advance*.

TEACHING & LEARNING

In addition to providing you with high-quality services, the Clinic delivers quality clinical education to UniSA students — our next generation of healthcare professionals. Educated in state-of-the-art facilities, students gain invaluable practical experience and exposure to a wide range of client needs.

COMMUNITY CLINICS

UniSA also offers a range of other services for the community including:

- Allied Health
- Legal Advice
- Marketing
- Midwifery
- Occupational Therapy
- Physiotherapy
- Podiatry
- Psychology

To find out more, visit unisa.edu.au/community-clinics

*Please note a cancellation fee of \$20 will apply for appointments cancelled within 24 hours.

For further information, visit unisa.edu.au/high-performance-clinic

CONTACT DETAILS

Please contact us to arrange an appointment.

UniSA Sports Science Hub

Telephone: (08) 8302 1918

Email: hpsc@unisa.edu.au

📍 Location

UniSA Sports Science Hub

Level 2, SASI Building

145B Railway Terrace, Mile End SA 5031

Clinic days

Monday – Friday

(please contact us for opening hours as they will be dependent on available rooms to book and student/staff availability).

Car parking

Visitor car parking is available at the front of the building, but is time limited to 2hrs. Bus drop off is available at the door and access car parks are available at the front of the building also. Additional car and bus parking is available at the netball stadium next door to the building.

UNISA SPORTS SCIENCE HUB SITE ACCESS MAP

