Boise State University’s Human Performance Laboratory (HPL)

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Director
29 July 2016
THE HPL at Boise State

• To EXPLORE the factors and limits of Human Performance
• To EVALUATE Human Performance
• To EDUCATE students and practitioners of Human Performance.
• To ENHANCE Human Performance.
Focus Areas of the HPL

• Physiological response to activity, the environment, and stress

• Alteration in these responses as a result of conditioning and external factors
Applications for the HPL’s Work

- Measure physiological and environmental stress of activity and/or work environments
- Recommend standards and countermeasures
- Assess countermeasure effectiveness
Services the HPL Provides

• Testing and Conditioning
  – Aerobic power and endurance
  – Agility, Balance, and Coordination
  – Anaerobic power and endurance
  – Body composition
  – Flexibility
  – Power
  – Pulmonary function
  – Strength
  – Thermoregulation
Customers the HPL Serves

• Athletes
  – Athlete Performance Academy
• Construction and labor
• Firefighters
• Fitness centers
• Health and/or Fitness seekers
• Hospitals
• Military
• Police
• Rehabilitation programs
• Weight loss centers
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