



Physiological Tests for Elite Athletes

Australian Sports Commission

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The quality assurance procedures and accreditation used in sport science laboratories in Australia are respected worldwide. Now you can put these protocols to use in your research or training program with this authoritative guide from the Australian Sports Commission. *Physiological Tests for Elite Athletes* is your best source for standardized test protocols for athletes in 17 internationally recognized sports.

Using the protocols in this breakthrough book, researchers in any country can standardize procedures and share data. And athletes and coaches can compare data from different labs for analyzing results and planning training regimens. While learning about controlled test procedures, students of exercise physiology can compare their test scores with those of top-level athletes.

The normative data for these tests have been collected from athletes competing at national and international levels. Thoroughly practical, the book provides principles and examples of test protocols, data analysis, and data interpretation.

Physiological Tests for Elite Athletes presents guidelines for pretest preparation of labs and athletes, with five reproducible forms. The book takes readers through discussions of general assessment procedures, including

- blood lactate testing,

- anthropometric testing,

- blood sampling and handling,

- flexibility assessment,

- VO2max assessment, and

- various methods of strength and power testing.

The book also provides sport-specific information in the assessment of athletic performance. All 17 sport-specific chapters include step-by-step protocols particularly suited to testing athletes engaged in that sport. Extensive tables offer normative data for various national and international sports, including

- basketball,

- tennis,

- cycling,

- triathlon,

- soccer,

- rugby, and

- cricket.

In addition, the book's treatment of the difficult area of strength assessment is the most extensive available to date.

In all, *Physiological Tests for Elite Athletes* provides a complete international review of athlete testing. It's the most comprehensive applied testing manual available for exercise scientists and students of exercise physiology.

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