

## **Pre-participation Instructions: RMR, Omegawave, body composition**

**Resting Metabolic Rate:** Estimates the amount of energy (Calories) the body needs each day to maintain basic, physiological processes.

- **Assessment of resting metabolic rate requires a 4-hour dietary fast during which time alcohol, caffeine, and tobacco products must be avoided. Individuals participating in this test should avoid strenuous exercise on the day of the test and limit all physical activity during the 4 hours leading up to the test.**
- **Drink ample water over the 24-hour period preceding the test to ensure normal hydration before testing.**

**Omegawave:** Estimates the body's adaptive response to training by analyzing skeletal muscle metabolism, heart rate variability, and slow brain wave activity.

- **Individuals participating in the Omegawave test should continue normal dietary habits leading up to the test. \*On the day of the test, refrain from alcohol, caffeine, and tobacco products *as well as exercise*.**
- **Drink ample water over the 24-hour period preceding the test to ensure normal hydration before testing.**
- **Clothing should permit freedom of movement. We recommend that participants wear loose fitting shorts or pants and either a t-shirt or tank top layered underneath warmer clothes. Females are encouraged to wear sports bras.**

**Body Composition:** A 7-site Skinfold Caliper test is used to estimate the percentage of fat and fat-free mass the body is composed of.

- **Drink ample water over the 24-hour period preceding the test to ensure normal hydration before testing.**
- **Clothing should permit freedom of movement. We recommend that participants wear loose fitting shorts and either a t-shirt or tank top layered underneath warmer clothes. Females are encouraged to wear sports bras.**

**Any questions about the testing procedures are encouraged. Thank you!**

LANE COMMUNITY COLLEGE, EXERCISE SCIENCE TESTING LAB