



Pedagogická
fakulta
Faculty
of Education

Jihočeská univerzita
v Českých Budějovicích
University of South Bohemia
in České Budějovice

Katedra tělesné výchovy a sportu
Department of Sports Studies

Laboratory of Functional and Load Diagnostics
Department of Sport Studies
Faculty of Education
University of South Bohemia

Offered services:

Body Composition Analysis

Description: We perform body composition analysis using the bioimpedance method (InBody). This involves determining the percentage of body fat, body water, as well as diagnosing the segmental distribution of muscle mass in the upper and lower extremities and torso as one of the auxiliary indicators of body load symmetry.

Cost: 150 CZK

Time requirements: bioimpedance 15 min

Output: Individual protocol, comment.

Spiroergometric test on a Bicycle Ergometer

Description: A maximal load test on a bicycle ergometer to determine VO₂max and other workload indicators, determination of anaerobic threshold, followed by training recommendations in the form of training zone protocols.

Instructions: sports clothes, clean sports shoes (or SPD footwear), towel

Cost: 700 CZK

Time requirements: 40 min

Output: Individual protocol, commentary on results, basic training recommendations.

Spiroergometric test on a Treadmill

Description: A maximal load test on a treadmill, determining VO₂max, ventilatory equivalent of oxygen (VE/VO₂), ventilatory equivalent of carbon dioxide (VE/VCO₂), and other workload indicators, followed by training recommendations in the form of training zone protocols.

Instructions: sports clothes, clean sports shoes, towel

Cost: 800 CZK

Time requirements: 40 min

Output: Individual protocol, commentary on results, basic training recommendations.

Wingate Test

Description: This test is used to determine anaerobic capacity and speed-strength abilities of the lower limbs. It is performed on a bicycle ergometer. The result includes the determination of maximal anaerobic power, anaerobic capacity, and fatigue index.

Instructions: sports clothes, clean sports shoes, towel

Cost: 400 CZK

Time requirements: 15 min

Output: Individual protocol (graph), commentary on results.

Vertical Jump test

Description: This test is used to determine jumping abilities. It is performed on a vertical jump platform.

Cost: 200 CZK

Time requirements: 15 min

Output: Individual protocol (graph), comment.

Testinc Package - bicycle (Body Composition Analysis, Spiroergometric test on a Bicycle, Wingate Test)

Cost: 1 000 CZK

Field Lactate Test

Description: This test is used to establish the lactate curve. It is conducted on the track, running 4x2000m (4x1600m). The result includes the determination of individual thresholds.

Cost: 1 400 CZK

Time requirements: 60 min

Output: Individual protocol (graph), comment.

Laboratory Lactate Test - Treadmill

Description: This test is used to establish the lactate curve. It is conducted on a treadmill, running 4x2000m (4x1600m). The result includes the determination of individual thresholds, spirometric, and spiroergometric parameters.

Cost: 1 800 CZK

Time requirements: 70 min

Output: Individual protocol (graph), comment.

Laboratory Lactate Test - Bicycle

Description: This test is used to establish the lactate curve. It is conducted on a bicycle ergometer, for example, 4-5x4 minutes (individually adjustable). The result includes the determination of individual thresholds, spirometric, and spiroergometric parameters.

Cost: 1 700 CZK

Time requirements: 70 min

Output: Individual protocol (graph), comment.