

Thezone

Sports Science & Wellness Centre

List of Fees	Fee
Service	(GST Excl)
General	
General Consultancy/hour	56
Physiology Lab Testing	
VO ₂ max test	98
Lactate threshold test (YSI)	98
Wingate test	56
Lactate threshold + VO ₂ max test	119
Anthropometry (fees are based on ISAK accreditation)	
Level 1 ISAK restricted profile	56
Level 2 ISAK full profile	98
Field Testing	
Field Testing (groups up to 15, per hour)	56
Strength & Conditioning Services	
Strength programme (incl write-up, demo, & flex & core strength assess)	98
Conditioning programme (typically 4-8 weeks)	56
Group/Individual Conditioning session (45-75 minutes)	77
Flexibility and core strength assessment	56
Biomechanical Analysis	
Video Analysis (Silicon Coach), including filming/hour	56
General hourly rate	56
Athlete Seminars (with expert, e.g. nutrition)	
New 1 hour seminar	140
Pre-prepared 1 hour seminar	77
Coach Support Services (with expert, e.g. psychology)	
Coach Consultation re:training programmes or other specific questions/hour	56
New 1 hour coaches' seminar	140
Pre-prepared coaches' seminar	77
Mileage	
79 cents per km	
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Daily charges and frequent user fees by negotiation	
Discounts for CPIT staff/students	