

Community Health & Performance Assessments

Helping build a healthier community by helping you learn about your health and wellness.

The Cougar Fit program provides a variety of assessments to CSU personnel and the local community. Faculty and students apply state-of-the-art laboratory equipment to provide health and fitness information to help patrons achieve their personal health and fitness goals. Cougar Fit also equips students with career-ready skills by turning classroom learning into real-world experience.

Are You Eligible?

- We offer testing to healthy individuals over the age of 18.
- We currently exclude testing of those who are pregnant, under the age of 18, and/or have any uncontrolled cardiovascular, metabolic, or renal/kidney disorders.

We reserve the right to not test those with uncontrolled cardiovascular, metabolic, and/or renal diseases if deemed unsafe to exercise.

Available Packages

What test is right for you? For more information, please see the [explanation of assessments](#)

Cardiovascular Health Package

Assessments Included

- Body Composition (BodPod)
- Cholesterol & Glucose Panel
- Resting Vitals
- Arterial Health

Cost: \$175

Weight Management Package

Assessments Included

- Body Composition (DXA)
- Resting Metabolic Rate

Cost: \$150

Performance Package

Assessments Included

- Body Composition
- Maximal Aerobic Fitness
- Wingate

Cost: \$175

Individual Assessments

- Bod Pod - \$45
- DXA - \$100

- Wingate - \$40
- Maximal Aerobic Fitness - \$100

How to Schedule

To schedule a testing, please contact [Dr. Kate Early](#).

Payments will be processed online through our [TouchNet Marketplace Portal - Kinesiology Outreach](#).

Contact

Dr. Kate Early
706-507-8295
early_kate@columbusstate.edu

Location

Health and Wellness Building
4225 University Avenue
Columbus, GA 31907

Parking

Free visitor parking is in
Lots 3, 8, or 14
[Campus Map](#)

Frequently Asked Questions

Who will be conducting my assessments?

Assessments will be conducted in accordance with the American College of Sports Medicine (ACSM). Faculty of the Exercise Science Program at CSU are trained in CPR/AED and First Aid, and have experience in each assessment, always ensuring your safety. Students may participate in conducting your tests to enhance their academic experience.

Is a medical clearance required?

You will be given an informed consent and waiver to read and sign. You will have time to ask any questions prior to signing the document. Additionally, you will complete a physical activity readiness questionnaire and answer questions regarding your current and past health history. This ensures the safety throughout your visit. All your information will be treated as confidential. Will I receive test results the same day?

Yes, you will receive the results of your assessments immediately. As part of this service, the personnel administering your tests will review the results with you. Keep in mind these assessments are informational, and we are unable to give medical advice. You will receive a printed report that you can share with your medical providers. What forms of payment are accepted?

We currently accept online payment via credit card. To pay for services, visit our [TouchNet Marketplace Portal \(LINK\)](#).

Is health insurance accepted?

No, insurance is not accepted.