

1. Starting from the glass door that faces the North Quad, enter the building and descend one floor down the spiral staircase surrounded by glass panels in the center of the lobby. When you reach the first floor turn right, proceed down the hallway, and then enter the third door on the right. Next, walk around the front lab tables and sit at the table facing the wall next to the treadmill.

Next to the treadmill there is a tube connected to a respirator which needs to be attached to the machine on the table. This machine measures oxygen intake and helps to calculate an athletes tidal volume while they run on the treadmill.

2. My Athletic training laboratory would be a very large cube shaped building in Southern California. The exterior walls of the building would be large black window panels, and there would be a large parking lot on the side of the building containing the entrance doors. After entering the building there is a staircase in the middle of the lobby that can go down to the training labs, or up to the research and data labs. Going up the stairs would lead to the entrance of a hallway. If you proceeded halfway down the hallway and stopped another hallway would intersect so that they would form an intersection like a four way stop on the road. The left quadrants would contain 3 laboratories each, and the right quadrants would contain 3 offices each for employees. Equipment in these labs would include tables with multiple monitors, filing cabinets, and bookshelves. Each office would have a large desk with a personal computer, and then a large whiteboard on the wall. Lastly, all the walls on this floor would be made of glass. Next, down the staircase in the lobby would lead straight into a hallway with 2 doors on each side for a total of 4 laboratories that are much bigger than the ones on the second floor. The 2 on the left would be the performance labs containing equipment like treadmills, bikes, weights, exercise machines, and resistance bands. This is where athletes would perform tests and be evaluated. The 2 laboratories on the right would be where measurements and personal statistics of each athlete would be taken. The equipment in these labs would be things like stretching tables, goniometers, sphygmomanometers, massage therapy tools, and sit and reach boxes. These walls would be glass as well. Lastly, on the side of the building opposite from the entrance there would be an outdoor 50 yard by 50 yard astroturf field. This is where things tested inside would be put to the test in real sport specific situations.