

1.

The starting point of the main entrance that directs to the North Quad, advance towards the glass elevator directly north of the entrance. As you enter the glass doors via elevator press the 3rd floor. When you get on the 3rd floor turn left towards the hallway. Proceed down the hallway and enter the 2nd door on the right hand side to the first laboratory. Walk around the ground center space and sit on a desk facing the center room. Center room we see a treadmill being used to measure an individual's V02 Max at their top speed. This machine can calculate how efficiently your body uses oxygen during high-intensity exercise.

2.

The Physiology and Kinesiology laboratory is shaped as a huge boxed shaped building just 3 miles from Whittier College. The exterior walls are made up of reinforced glass with an average parking lot but more bike racks placed near the entrance. As you walk in to your left you will see a stairs leading down to the research labs where they conduct the studies and collective data on each participant. Walk down into a room full of computers, desks, blood samples, hazmat suits, bookshelves, high tech machinery to utilize movements of a body. To your right you will see another flight of stairs going up to the training facilities where you will see fitness equipment separated into 2 spaced such as free weights and machines Arriving at the top of the stairs you can either go pacing forward into machines such as V02Max treadmill, along with other various such as the stairmaster, airbike, versaclimber, etc. If you take a left into free weights such as barbells, dumbbells and bands. In the middle of the building as you walk north into the laboratory you will find many athletes being measured and have their personal records. These include Goniometers, Sit and Reach Test, Hydrostatic Weighing, Weight Scales, Dual-Energy X-Ray Absorptiometry. If you continue going on the other side of the building past the devices and instruments is a turf field about 60 yards long and 60 yards wide used to determine speed and agility or plyometric statistics.