

Exercise Physiology Core Laboratory



About Us

The Exercise Physiology Core Laboratory (EPCL) in The School of Medicine at The University of Virginia was established in 1990 to promote the expansion and enhancement of clinical research that incorporates exercise physiology and body composition into research questions. We offer measures of resting and exercise oxygen consumption, lactate threshold assessment, body composition assessment, anthropometry, and the use of acute exercise and/or exercise training as an intervention.



Our Services

The EPCL supports clinical research involving exercise testing, training, body composition, and metabolism. The lab provides its services for approved clinical protocols to all researchers at UVA. In addition, the EPCL offers services to the community, including fitness testing, resting metabolism and body composition.

Clinical Research

The EPCL can provide data and expertise if your studies involve:

- Exercise testing (CPET/VO₂ peak)
- Body composition (Bod Pod, circumferences)
- Measures of functional fitness (Six-minute walk test)
- Supervised exercise training
- Resting metabolism
- Weight loss
- Vascular health

*Investigators with **new protocols** can contact the research team at Im5a@uvahealth.org to set up a consult.*

Personal Fitness Assessment For Beginners to Elite Athletes

The Exercise Physiology Core Lab offers the community a variety of services to help assess fitness and health. We work with people at all levels of fitness, from those just beginning an exercise program to elite athletes. We can help you or your patients:

- Learn more about caloric needs at rest and with different levels of exercise (resting metabolism)
- Assess and track body composition
- Learn maximum heart rate and how to use heart rate to guide exercise
- Establish a baseline for fitness goals
- Use your test data to develop and guide an exercise program

**Enhancing Research,
Rigor and Reliability**

Our Team

Lisa Farr, M.Ed, R.C.E.P - Core Director

Antonio Abbate, MD, PhD - Faculty Advisor



Getting Started

Investigators with new protocols can contact the research team at Im5a@virginia.edu to set up a consult. Please include a copy of your IRB approval and consent if you've completed these steps. We're here to help you each step of the way, from protocol design to data collection and management. We strive to keep costs low for researchers.

Contact

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EPCL Website:
med.virginia.edu/exercise-physiology-core-laboratory

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