Adaptive Human Performance Laboratory
Director: Jim Rimmer, PhD

The Adaptive Human Performance Lab (AHPL) is a 3,000 square foot facility on the Lakeshore Foundation campus. The AHPL provides innovative and extensive services for exercise, nutrition, physical activity, and health assessment and interventions for research related to improving physical and psychological well-being of people with disabilities.

Phlebotomy Services
- **Venipuncture** by trained phlebotomist
- Centrifuging and aliquoting services
- -80°C freezer for specimen storage
- Capillary blood sampling

Maximal and Submaximal VO₂ Services
- **ParvoMedics TrueOne 2400**—metabolic measurement system for cardiovascular submaximal and maximal exercise testing.
- **COSMED K5**—portable, wearable metabolic measurement system for indoor and outdoor lab-based and field-based exercise measurements.

Body Composition Services
- **DXA** (Dual Energy X-Ray Absorptiometry; GE Healthcare Prodigy)
- **InBody** (S10 and H20N)

Gait Analysis Services
- **GAITRite** (Platinum Plus Classic)—can be used with and without assistive devices.

Fitness Testing Services
- Facilitate, lead, and monitor general fitness and exercise testing for people of all ages with and without a disability
- Examples: 6MWT/6MPT, TUG, SPPB, 5TSTS test

Supervised Exercise Training Services
- Exercise or physical activity in-person or remote training programs for participants with disabilities supervised by staff members
- Examples: Movement-to-music (M2M), PWR! Moves for PD, Active Video Games (AVG)

Contact Information
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