



CENTER FOR ENGAGEMENT IN DISABILITY
HEALTH AND REHABILITATION SCIENCES

The University of Alabama at Birmingham

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

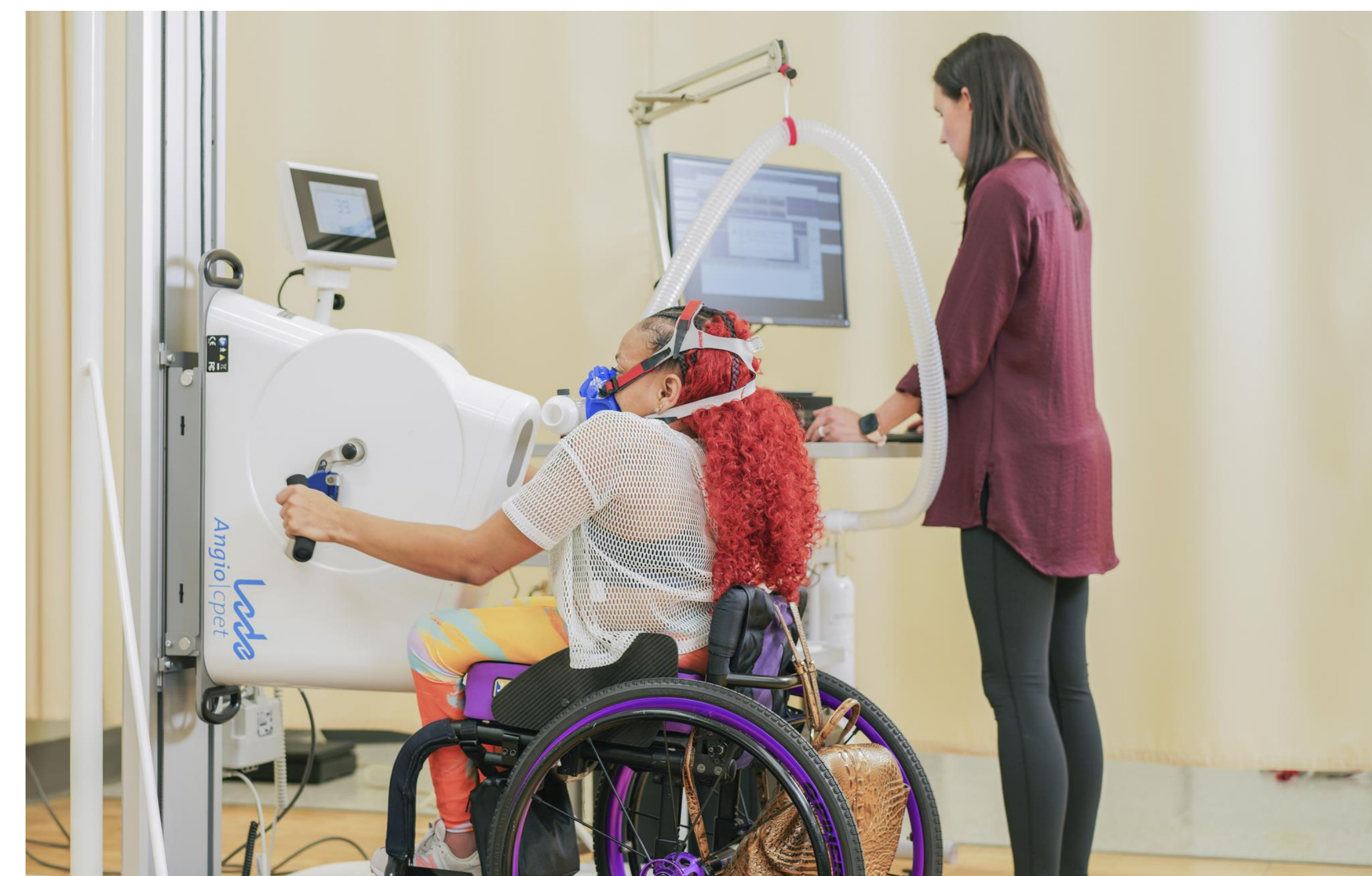
- **ParvoMedics TrueOne 2400**– metabolic measurement system for cardiovascular submaximal and maximal exercise testing.
- **COSMED K5** - portable, wearable metabolic measurement system for indoor and outdoor lab-based and field-based exercise measurements.

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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