

Sargents Paediatric Fitness Assessment Centre

What does it do?

The fitness assessment centre at CHISM measures muscle strength and cardiorespiratory fitness in children. These measurements can be made as a baseline to guide exercise prescription, with follow-up testing to determine response to a training program. Exercise testing can also be performed in children with chronic disease or disability to determine response to treatment protocols or to determine changes in fitness with time.

Who should be referred?

Elite and non-elite childhood athletes and children with chronic disease deemed suitable by their specialist physician for exercise testing.

How can I make an appointment?

Bookings can be made by calling (02) 9845 0761 between 9:00 am and 4:30 pm weekdays.



The staff of CHISM



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