



First Hotel with sports performance testing in Comunidad Valenciana



## New program TRAINING S.P.T.C. (SPORTS PERFORMANCE TESTING CENTER)

### Now at Sol y Mar Grand Hotel

**Aerobic Capacity Test** is a test that allows the assessment of the physical condition after a physical effort. It gives us essential information to be able to know the aerobic fitness and health status and to know how to train either you are a professional sportsperson or an amateur.

The most valuable information we get from this test allows us to avoid risks during the sports performance. Considering the test as a part of your routine as a sportsperson is an investment in your health safety.

**Kinetic Performance** is a test on a running machine or bicycle that measures aerobic capacity. You start with a comfortable walking pace going to a higher intensity. Using an electrocardiogram (ECH) and a gas analyzer, we are told the maximal rate at which your heart and lungs are able to provide oxygen to exercise muscles, and how much work your muscles are able to do while using that oxygen.

This test is carried out by a Sports Technician and a Doctor in Medicine and it will take place in our premises at the Sol y Mar Grand Hotel SPA CLUB.

## ✓ PERFORMANCE TESTING PROGRAM:

### It Includes:

1. Anamnesis or Patient History: Our Doctor will gain information about the sports person by asking questions about his or her medical history, such as living habits, family diseases with the aim of formulating a diagnosis.
2. Anthropometry.
3. Arterial blood pressure test (resting).
4. Physical examination: heart rate, respiratory rate, motor, digestive and circulatory systems.
5. Electrocardiogram (resting).
6. Kinetic performance testing on a running machine or bicycle, electro monitored and ergospirometry gases analysis.
7. Arterial blood pressure test after the performance testing.

*After the testing you will be sent a report by e-mail. You will receive the results of the anthropometry, resting electrocardiogram and all different testing analysis. All the diagnosis reached on your sports performance test to help you maximize your cardiovascular health, movement efficiency and musculoskeletal strength while reducing the risk of injury. This performance program provide the information needed to create a personalized fitness program.*

\* To book your Performance Test it is necessary to phone in advance 965 83 51 40 or by e-mail [spa@granhotelsolymar.com](mailto:spa@granhotelsolymar.com)

\* Remember our timetable is SATURADYS from 9:00 to 14:00 and from 16:00 to 20:00 (you may request for other dates or times).  
It is one person per hour.

**95€**  
Per person  
Aerobic Capacity Test

