

Facilities - Exercise metabolism research

[Human Performance Laboratory - School of Sport, Exercise and Rehabilitation Sciences \(/facilities/human-performance-lab/index.aspx\)](/facilities/human-performance-lab/index.aspx)

The Human Performance Laboratory is located within the School of Sport, Exercise and Rehabilitation Sciences and encompass the research labs of the Exercise Metabolism Research Group.

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The Exercise Metabolism Research Group is managing laboratories for endurance exercise training equipped with:

- Lode cycle ergometers,
- Oxycon-Pro indirect calorimeters,
- treadmills and large video screens for time trial simulations used in performance measurements;
- resistance exercise training laboratory with Cybex equipment;
- an environmental chamber to investigate fuel and fluid supply at non-ambient temperatures in relation to performance;
- DEXA (body composition and bone density);
- HPLC;
- Cobas Mira;
- Protein analysis (SDS-Page and Western blotting);
- real time PCR;
- ELISA;
- Luminex equipment to measure inflammatory cytokines



The state-of-the-art Mass Spectrometry Laboratory contains an IRMS and 2 GC-MS for studies using stable isotope tracers in man to quantify all aspects of fuel metabolism, protein synthesis and doubly labeled water enrichment (fluid transport and energy expenditure) and is supported by 2 members of trained technical personnel.

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