



Sports Performance | Education Economic Development

The SPEED Lab is a part of the UNLV Sports Innovation Institute.

Are you ready to elevate your game? Whether you're an athlete, coach, or fitness enthusiast, understanding your body's capabilities is the key to maximizing performance and minimizing injury risk.

Our cutting-edge **Performance Science Assessments** include:

1. Force Plate Analysis

- Analyze explosive power, balance, and ground reaction forces.
- Gain insights into jump performance, landing mechanics, and asymmetries.
- Ideal for optimizing strength and conditioning programs.

2. Body Composition Analysis

- Assess body fat percentage and muscle mass.
- Track changes over time to monitor progress.

3. Movement Analysis

- Identify movement inefficiencies and risks with detailed biomechanical assessment.
- Improve mobility, stability, and overall movement patterns.

Who Can Benefit?

- Athletes in all sports
- Coaches seeking actionable data for their teams
- Fitness enthusiasts looking to reach their goals