

UNIVERSITY OF ALBERTA
Faculty of Kinesiology, Sport, and Recreation

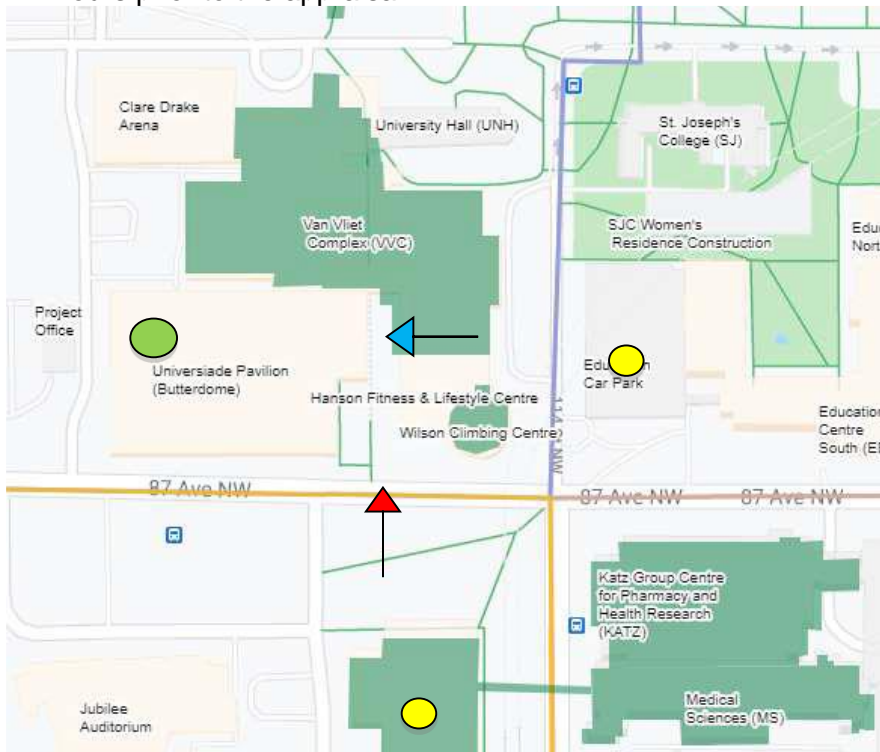


SPORT AND HEALTH
ASSESSMENT CENTRE

Our location:

The SHAC is located at the University of Alberta Van Vliet Complex: 11440 87 ave.
Parking can be found in the Education and the Jubilee car parks (Yellow dots).

- **From Jubilee:** Once you cross 87 ave, proceed up the ramp in the VVC complex (Red arrow). **Enter the doors on your left into the Butterdome (Pavillion); blue arrow.** SHAC is located in the cage area at the far end of the concourse level (**green dot**).
- **From Education:** Walk around building along 87 ave and enter as above for Jubilee.
- **Dress Requirements:** Please bring appropriate work out gear and water bottle. There is a washroom available for changing.
- **Food and Beverages:** Do not eat a large meal for at least two hours prior to your appraisal (snacks like fruit, granola bar are fine). Also refrain from drinking caffeinated beverages for two hours and alcoholic drinks for six hour prior to the appraisal.
- **Smoking:** Do not smoke during the two hours prior to the appraisal.
- **Physical Activity:** Strenuous physical activity should be avoided for six hours to 24 hours prior to the appraisal.



Sport & Health Assessment Centre