

Schools Performance Testing & Athletic Development Equipment Catalogue



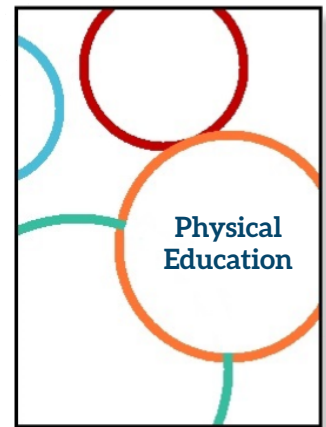
**SportsPhysio**
& Performance

Racecourse Road, Killinan,
Thurles, Co. Tipperary
Tel : 062 77 014 | sales@sportsphysio.ie
www.sportsphysio.ie

**Physical
Education**

Get ready for the new Leaving Certificate PE Curriculum

As part of the Leaving Certificate Curriculum, we have put together a schools brochure detailing much of the equipment that will be very helpful and beneficial to deliver this curriculum.



Physical Education Curriculum Specification

The Leaving Cert P.E Curriculum details some strands where Performance Assessment & Measurement is required. This is also required as part of the PAP (Physical Activity Project).

Strand 1 - Topic 2:

Physical & Psychological demands of Performance

- 2.2 Health-related Fitness
- 2.3 Performance Related Fitness
- 2.4 Application of health & performance related components of fitness
- 2.5 Assessment of Health and Performance related components of Physical fitness
- 2.6 Designing a fitness plan

Strand 1 - Topic 4:

Planning for Optimum Performance

- 4.2 Method of analysis

Strand 2 - Topic 8:

Technology, Media & Sport

- 8.1 Impact of Technology on Sport and Physical activity

Performance Assessment

Quality Descriptions for Performance Assessment in Personal Exercise & Fitness, Athletics & Games

PAP - Physical Activity Project

Section 1: Introduction and Performance Analysis

Section 2: Identification of 4 Performance Goals

About us

Sports Physio & Performance are based in Thurles. We work with the majority of Teams and Associations from National to club level across all Sports, providing Sports Medicine and Performance Equipment. We work closely with many of the Universities and Colleges providing Performance Measurement & Testing Equipment. We also already work with many Schools in providing their first aid and medical team requirements.

We have great Sports Science / S & C expertise in our Team here and they will be able to offer you product advice, tailor solutions to suit your needs and manage your School Account. Our team all have great experience working with underage and youth development age groups and have great product knowledge of the equipment involved on the Measurement & Testing side as well as the training side. We also have our Demo Testing rooms here at our Facility in Thurles and we would be delighted to go through the equipment with you here if you would like to pay us a visit.





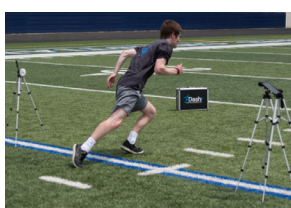
Call us on : 062-77014 or
E: sales@sportsphysio.ie
to arrange a demonstration.

Practical Application

Testing

We can provide Normative data on test equipment e.g. Grip Strength, Sit & Reach etc.

Data from a reference population that establishes a baseline for a score / measurement, and against which the score or measurement can be compared.



Test	Score	Normative	Score	Normative
100m	15.2	15.2	15.2	15.2
200m	32.1	32.1	32.1	32.1
400m	1:05.3	1:05.3	1:05.3	1:05.3
800m	2:15.6	2:15.6	2:15.6	2:15.6
1600m	4:35.8	4:35.8	4:35.8	4:35.8
3200m	9:15.4	9:15.4	9:15.4	9:15.4
6400m	18:35.2	18:35.2	18:35.2	18:35.2
12800m	37:15.1	37:15.1	37:15.1	37:15.1
25600m	74:35.0	74:35.0	74:35.0	74:35.0
51200m	148:15.0	148:15.0	148:15.0	148:15.0
102400m	296:15.0	296:15.0	296:15.0	296:15.0

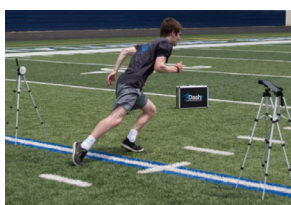
Intervention

A Research based intervention strategy which will guide you in the right direction to improve Health related fitness and / or Athletic performance.



Re-Testing

Re-Testing will provide a final outcome of your program and assess the improvements gained during training.



Test	Score	Normative	Score	Normative
100m	15.2	15.2	15.2	15.2
200m	32.1	32.1	32.1	32.1
400m	1:05.3	1:05.3	1:05.3	1:05.3
800m	2:15.6	2:15.6	2:15.6	2:15.6
1600m	4:35.8	4:35.8	4:35.8	4:35.8
3200m	9:15.4	9:15.4	9:15.4	9:15.4
6400m	18:35.2	18:35.2	18:35.2	18:35.2
12800m	37:15.1	37:15.1	37:15.1	37:15.1
25600m	74:35.0	74:35.0	74:35.0	74:35.0
51200m	148:15.0	148:15.0	148:15.0	148:15.0
102400m	296:15.0	296:15.0	296:15.0	296:15.0

Health / Performance Testing Equipment

This Equipment listed measures the different components of fitness & can be used to help deliver the Curriculum in the Topic Sections listed and help with the delivery of the Performance Assessment & PAP requirements.

We have developed some Test bundles that may be of use to the School. Please see the following page. These are suggested bundles but Schools can tailor a bundle to suit its needs.

We have included a 'Build your own Kit' section to help with this.

SPEED & AGILITY



Dashr Speed Gates



Stopwatch



50m Measure Tape

HEART RATE



POLAR

Polar Heart Rate Monitors




FLEXIBILITY



FMS Kits



Sit & Reach Boxes



Knee to wall measure

STRENGTH



Baseline Dynamometer



Takei Dynamometer



Jamar Dynamometer

POWER



Chronojump



Standing Long Jump Mat

BODY COMP



Pull down Height Measure



Limb Tape Measure

Suggested Kit Bundles

These are just suggested bundles. You can tailor these to suit your needs.

KIT 1



Takei Dynamometer x 1
(Analogue or Digital)




Sit and Reach Box x 1

Standing Long Jump x 1

Knee to Wall Test

€460 + VAT Analogue | €590 + VAT Digital

KIT 2





Minibands x 10 each colour

0.5" Powerband x 5

Performance Bag x 1

€129 + VAT

KIT 3



Dashr Speed 2 Gates System

Chronojump

€999 + VAT

Build Your Own Kit

Choose your own kit. Tick the items needed and scan the page back to us at sales@sportsphysio.ie and we will calculate the bulk price for you.

PRODUCT	QTY
Polar Heart Rate Monitor	
Polar Heart Rate Monitor (10 pack)	
Base line Smedley Dynamometer	
Takei Dynamometer (Analogue)	
Takei Dynamometer (Digital)	
Dashr Speed Gates (1, 2, 3 or 4 gates)	
Cones (set of 50)	
50m Tape Measure	
Stop Watch	

PRODUCT	QTY
Limb Tape Measure (SPS or SECA)	
Height Measure (Standing) SECA 213	
Height Measure (Pulldown) SECA 206	
Weighing Scales (Seca 807)	
Sit and Reach Box (Metal)	
Knee to Wall Tester	
FMS Kit	
Long Jump Mat	
Chronojump Mat	

Product Spotlights

Dashr

Introducing the Dashr wireless Electronic Timing Speed Gates

The Dashr electronic timing system is entirely wireless and is controlled by the Dashr mobile App. The FREE App can be easily downloaded on IOS (iPad) or Android (Tablet). 1, 2, 3 or 4 Gate System available.

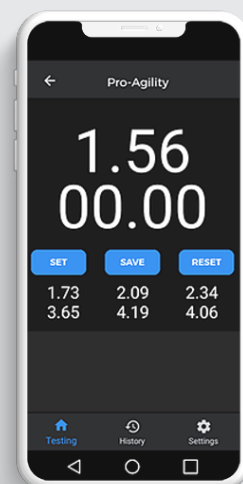
- Visible Beam for very easy Set Up.
- Download the FREE APP on IOS or Android.
- Most Cost effective Speed Gate system.
- Includes metal carry case.

Tests that can be completed:

- Pro-Agility Tests (5m-10m-5m).
- T-Test.
- Dash Tests - Start & End Time (10 / 20m Dash).
- Lane Agility Drills.
- Flying Events
- Lap Events & Custom Events.

BENEFITS TO SCHOOLS

- Free App can be downloaded on School iPad's or Tablets - No additional software
- Can expand year on year. Add additional gates for interval times.
- Subscription modal available for analysis & comparison of yearly data & reporting.
- Use to test schools teams & spread the cost across the school.



[see website for pricing](#)

Compatibility of Equipment



Chronojump A2

ChronoJump is a complete multi-platform system for measurement, management and statistics of jump time events (contact time, flight time), and other actions. ChronoJump is an open hardware, free software complete system. It is distributed under the GPL license.

The following jumps are already defined in the software:

- Single jumps
- Free jump
- SJ
- SJ(weight)
- CMJ
- CMJ(weight)
- ABK
- DJ(arms)
- DJ(no-arms)
- Rocket
- Take Off
- Take Off(weight)

Multi-Jumps:

- RJ(j)
- RJ(t)
- Unlimited
- Hexagon
- Triple jump.
- Multijumps have feedback to help in control the test.
- You can also define your own jumps.



Compatibility of Equipment



Baseline Handheld Dynamometer

The Baseline® Electronic Grip Strength Hand Dynamometer is a muscle training & measurement device.

- High precision power gauging, giving momentary digital read-out of gripping power.
- Auto capturing of maximum achieved grip strength and display of the value.
- Assessment of results according to a persons age & gender group.
- Includes saving/storage, and retrieval of results for different users.
- Max Measuring Capacity: 90kg.



Takei Handheld Dynamometer

The Takei Hand Grip Dynamometer is designed to examine the static flexor power of each forearm. Adjustable comfort grip will allow the user to change the distance between the palm and fingertips for an accurate measurement of strength for any sized individual.

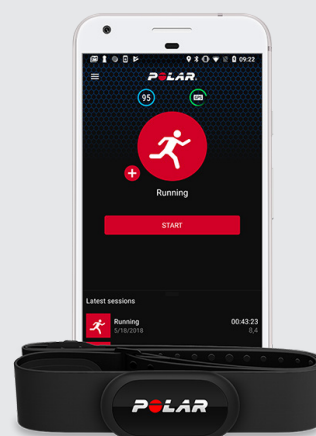
- LCD shows three digits on the display on the handgrip test dynamometer.
- Maximum and averaged displayed on the screen.
- 100 hours of life on one set of batteries.
- Max Measuring Capacity: 100kg.
- Available in digital or analogue.



Polar H10

Polar H10 is available to download FREE on the app store or google play store. It is compatible with various fitness apps along with its own Polar Beat app which allows you to track and analyse heart rate data in real time.

- When it comes to accuracy and connectivity, Polar H10 heart rate sensor is the go-to choice.
- Monitor your heart rate with maximum precision and connect your heart rate to your training equipment.
- With Polar H10, heart rate monitoring is more accurate than ever.
- Polar heart rate monitors are known globally for their durability and accuracy.
- Our selection gives you options to meet your classroom needs.



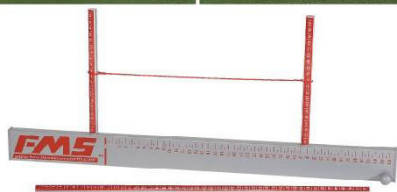
Compatibility of Equipment



See Website for Pricing

Product Spotlights

FMS & FLEXIBILITY TESTING



Functional Movement Screen Kit

FMS identifies people at risk of injury, and by correcting these movement patterns can alleviate injury and even improve performance.

Code: 210-239

€229 + VAT



Sit & Reach Box (Metal)

Code: 210-116

€130 + VAT



Goniometer

Hard clear plastic. For measuring joint mobility. Available in sizes 6", 8", 9", 12"

Code: 210-139

From €7.90 + VAT



Knee to Wall Tester (Ankle Mobility)

Code: 210-300

€25 + VAT

TIMING & TESTING EQUIPMENT



50m Measuring Wheel

Measures Imperial & Metric. 50m (164ft) long. Easy Recoil

Code: 210-173

€29 + VAT



Standard Pedometer

Code: 210-130

€14.90 + VAT



Stopwatch

Code: 210-118

€11.90 + VAT



Standing Long Jump Mat

Code: 210-237

€130 + VAT

HEIGHT, WEIGHT & BODY COMPOSITION



SECA 213 Portable Height Meter

Lightweight, portable & can be dismantled into several pieces & set up easily & quickly. Supplied with Seca 412 carry case.

Code: 210-110

€95 + VAT



SECA Portable Height Meter

Space-saving solution with roll-up mechanism. Uncomplicated fixing on wall with just one screw.

Code: 210-179

€26.90 + VAT



Peak Flow Meter

Choose from the Mini Wright or Vitalograph meters

Code: 210-139

€18.90 + VAT



Slimguide Skinfold Calipers

Lightweight and offers accurate and repeatable measurements.

Code: 210-134

€19.90 + VAT



SECA Advanced Tape Measure

Code: 210-159

€8.90 + VAT



Seca 807 Electronic Scale

Features a high quality glass weighing platform surface and an LCD screen. Max user weight-150 kg. 310 x 37 x 310 mm

Code: 210-190

€69.90 + VAT



Lung function mouthpieces

100 / box

Code: 190-330

€9.90 + VAT



Harpenden Calipers

Code: 120-137

€239 + VAT

Athletic Development Equipment

We provide the Internationally renowned Perform Better brand of Power Bands & Mini Bands

- Used by IRFU, FAI and as part of all our Sports Performance Kits we provided to all GPA members.
- Unrivalled Quality, Consistency from batch to batch & Durability.
- Progressive increase in strength as you go through the colours, ideal for Athlete Development.



MINI BANDS

Great for warm up, rehab and glute activation. Available in 4 strengths, to allow progressive increase in levels.



Order Code	Strength	Price ex VAT	10 + price	20 + price
140-255	Light Yellow	€2.20	€1.98	€1.76
140-246	Medium green	€2.40	€2.16	€1.92
140-247	Heavy blue	€2.60	€2.34	€2.08
140-245 Ex.	Heavy black	€2.80	€2.52	€2.24
		1 of each band	€8.90 + VAT	

For larger volumes please call for pricing

STRENGTH RESISTANCE POWER BANDS

4 levels of Resistance. Closed loop band excellent for numerous types of training such as Speed training, Strength training & Injury rehab.



Order Code	Band Width	Price € Ex VAT
140-139	0.5"	€9.90
140-191	1.0"	€12.90
140-317	1.75"	€20.90
140-321	2.5"	€27.90

For larger volumes please call for pricing

SCHOOLS BULK BANDS KITS



Activation & Speed Development

- 40 x Mini-Bands Mixed
- 10 x 0.5" Strength training Bands
Or 5 x 1.75" strength training bands
- Free Carry Bag

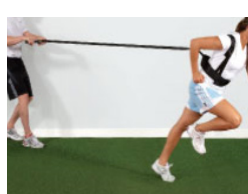
Kit Contents	KIT A (Activation)	KIT B (Speed Dev.)
Mini Band yellow	10	10
Mini band green	10	10
Mini Band blue	10	10
Mini Band black	10	10
0.5" Powerband	10	
1.75" Powerband		5
Performance Kit bag	1	1

140-53 €160 + VAT

OTHER ATHLETIC DEVELOPMENT EQUIPMENT



Detailed range of Hurdles



Wide range of Speed Harnesses



Aerobic Steps



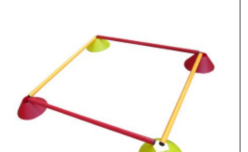
Balance Products



Skipping Ropes



Plyometric Boxes



Marker Ladder Set



Exercise Mats



Performance Kits

Spreading the Cost of the Equipment

We have put together some cost effective bundles (As shown earlier). To help with the budget cost we have outlined some suggestions here, which may also be helpful.



Purchase equipment between 2 or more schools ...

There is the possibility of purchasing equipment between local schools in an area and scheduling the use between themselves throughout the calendar year.



Equipment Rental

We will have a limited number of Systems available for Rental in year one of the program to allow schools familiarise with the system.



Finance Available

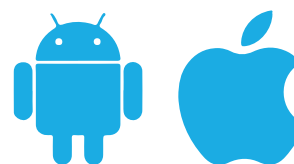
Finance is available on all our products which allows you to spread the cost over an extended period instead of a once off payment. There is up to €25k pre-approved finance available for schools through our finance partner.



Your Schools Teams can use equipment for testing during the season

All the Testing Equipment here can also be used with your Schools teams for Measurement and Assessment at intervals during the year to help guide their training programs.

This way the cost of the Equipment could possibly be spread across the PE and Sports Team Budget. This could also allow your PE students get access to teams to test/ measure and become proficient with the equipment.



Compatibility of Equipment ...

As discussed earlier, the more technical equipment such as speed gates and jump sensors are APP based, so are compatible with the iPad or Tablet students may already have. Hence there is no need for additional purchases.

Program Expansion Opportunities

Polar, Dashr and VERT have the capacity to be expanded year on year. Extra Speed Gates can be added to the Dashr to allow further measurements such as interval times. Also have the option to subscribe to each system, which will allow you more compatibility to keep track & analyse group data and prepare reports. Being APP based, all are continually upgraded to give more functionality.

For more details on how this could be expanded year on year or to request a visit to the school to discuss this or demonstrate any of the equipment please Contact us.



We Also Stock Schools Medical & First Aid Supplies




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Visit Our Demo Room

If it suits you can see all the equipment in our demo room at our offices in Thurles.

Delivery

We hold large stocks to ensure prompt delivery.
Next day delivery in majority of cases.

Customer Service & Technical Support

Call us on 062 770 14 or e-mail sales@sportsphysio.ie

- Dedicated team to offer you product advice
- Physiotherapy, Sports Science and S&C expertise
- Account Manager who takes care of your orders
- 13 years experience
- Excellent courier network to ensure prompt delivery

Quality Assurance & Research

- We work **Only** with reputable suppliers
- Ensure a consistent quality product
- We continuously invest in Product development and research
- Aim to carry products backed by evidence based research