

# Schools Performance Testing & Athletic Development Equipment Catalogue



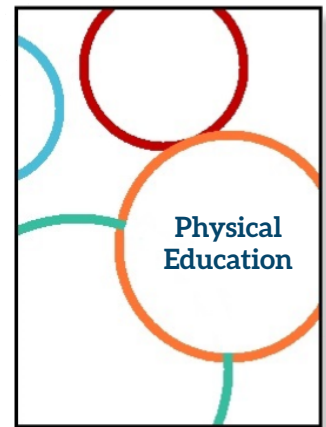
**SportsPhysio**  
& Performance

Racecourse Road, Killinan,  
Thurles, Co. Tipperary  
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[www.sportsphysio.ie](http://www.sportsphysio.ie)

**Physical  
Education**

# Get ready for the new Leaving Certificate PE Curriculum

With the new curriculum being introduced, we have put together a schools brochure detailing much of the equipment that will be very helpful and beneficial to deliver this curriculum. We can support schools in terms of training on all equipment and provide on site school demonstrations.



## 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.

## Our Sports Science Team

### Sean Mulholland

Sean holds a BSc (Hons) in Sports Strength and Conditioning from LIT Thurles and has worked with Development Squads and Adult teams. Sean has also worked with clients and athletes of all levels in a Personal training capacity.

### Declan Berry

Declan holds a degree in Strength & Conditioning from LIT Thurles and has coached with National and International teams, particularly at under-age and youth level and brings huge knowledge and experience to this area.

### Colm O'Brien

Colm holds a BSc (Hons) Sport and Exercise Sciences and an MSc in Sports Exercise and Performance Psychology. Colm has over 10 years experience working with children and athletes of all ages from fundamental movement skills to Senior Inter-county in all aspects of Sport Science support and coaching.



# Schools Demos & Training



We provide in school demonstrations and support which will allow Teachers & students to gain first hand experience of all the equipment and develop an understanding of their uses in a practical setting.



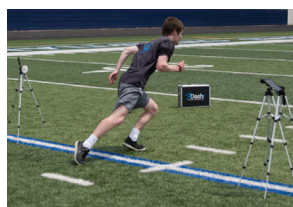
Call us on : 062-77014 or  
E: [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)  
to arrange a demonstration.

## 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 Data	Score	Normative Data
100%	100	100	100	100
90%	90	90	90	90
80%	80	80	80	80
70%	70	70	70	70
60%	60	60	60	60
50%	50	50	50	50
40%	40	40	40	40
30%	30	30	30	30
20%	20	20	20	20
10%	10	10	10	10
0%	0	0	0	0

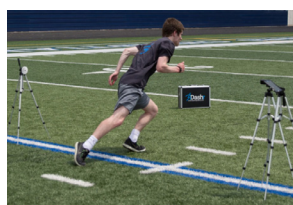
### Intervention

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 Data	Score	Normative Data
100%	100	100	100	100
90%	90	90	90	90
80%	80	80	80	80
70%	70	70	70	70
60%	60	60	60	60
50%	50	50	50	50
40%	40	40	40	40
30%	30	30	30	30
20%	20	20	20	20
10%	10	10	10	10
0%	0	0	0	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




The Dash Kit

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

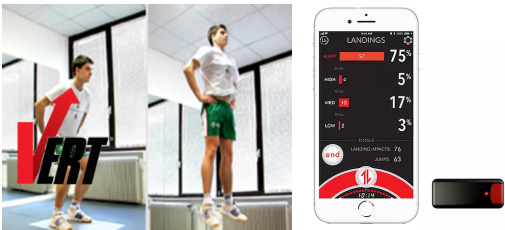


Takei Dynamometer




Jamar Dynamometer

POWER




Vert APP Jump Test System




Standing Long Jump Mat

BODY COMP



Pull down Height Measure



Limb Tape Measure






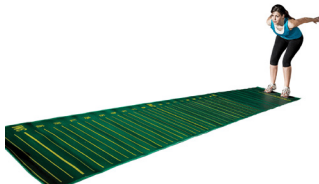


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## Suggested Kit Bundles

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

KIT 1			
	Baseline Dynamometer x 1	Sit & Reach Box x 1	50m Measure Tape x 1
€249 + VAT			
KIT 2			
	Takei Dynamometer x 1 (Analogue or Digital)	Sit & Reach Box x 1	Standing Long Jump Mat x 1
€359 + VAT Analogue   €469 + VAT Digital			
KIT 3			
	Dashr Speed Gates x 1	The Vert Jump Sensor	
€769 + VAT			

## Build Your Own Kit

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

Testing Item	Price EX. VAT	Qty.
Polar Heart Rate Monitor	€79	
Polar Monitor (10 Pack)	€699	
Dynamometer (Baseline)	€130	
Takei Dynamometer (Analogue)	€179	
Takei Dynamometer (Digital)	€289	
Dashr Speed Gates	€650	
Set Cones (50)	€14.90	
50m Tape Measure	€29	
Stopwatch	€10	

Testing Item	Price EX. VAT	Qty.
Limb Measure Tape	€6.90	
Height Measure	€19.90	
Weighing Scales	€45	
Sit & Reach Box Metal	€95	
SPS Sit & Reach Box	€65	
Knee to Wall Tester	€25	
FMS Kit	€185	
Vert Jump Tester	€159	
Long Jump Mat	€109	
	Total	

# 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).

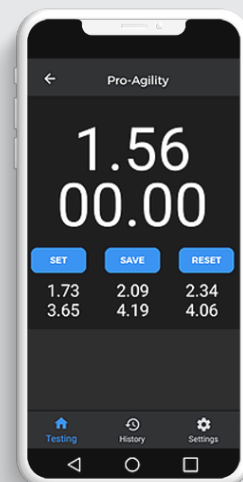
- Visible Beam for very easy Set Up.
- Download the FREE APP on IOS or Android.
- Most Cost effective Speed Gate system.
- Includes metal carry case.

#### Tests that can be completed:

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



€650 + VAT

Compatibility of Equipment





## The Vert Jump Sensor

The most accurate wearable measurement of vertical jump height on any court or field.

The Vert Jump Sensor is also compatible with an iPad and is available FREE in the app store. Simply download the app, sync your iPad or phone to the sensor and begin.

- Jump Testing has never been easier.
- Simply download the free APP.
- Clip the VERT tracker to your waist.
- Jump to record.
- Most Cost effective Jump Testing solution.
- Measures jump height, landing impact, number of Jumps etc.



€159 + VAT



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.



€130 + VAT

## 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.



€290 + VAT  
Digital

€179 + VAT  
Analogue

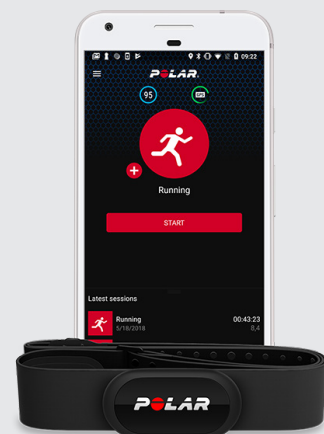
## Polar H10

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.

Single Sensor €79.90 + VAT

10 Sensor €699 + VAT

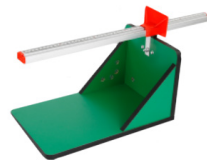


Compatibility of Equipment



# Product Spotlights

## FMS & FLEXIBILITY TESTING



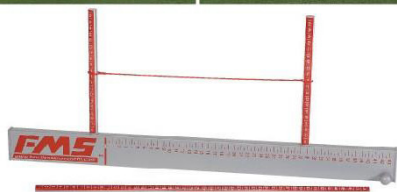
**SPS Sit & Reach Box**

Code: 310-348 €65 + VAT



**Sit & Reach Box  
(Metal)**

Code: 210-116 €95 + VAT



**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 €185 + 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



**4 Digit Interval Timer**

Code: 130-408 €195 + VAT



**Stopwatch**

Code: 210-118 €9.90 + VAT



**Standing Long Jump Mat**

Code: 210-237 €109 + VAT



**Standard Pedometer**

Code: 210-130 €14.90 + VAT



**Yo Yo Test CD**

Code: 165-153 €52.90 + 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 €79 + VAT



**SECA Portable Height Meter**

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

Code: 210-179 €25.90 + VAT



**Peak Flow Meter**

Choose from the Mini Wright or Vitalograph meters

Code: 210-139 €12.90 + VAT



**Baseline® economy plastic skinfold calliper**

Lightweight and offers accurate and repeatable measurements.

Code: 210-123 €29.90 + VAT



**SECA Advanced Tape Measure**

Code: 210-159 €6.90 + 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 €44.90 + VAT



**Lung function mouthpieces**

100 / box

Code: 190-330 €9.90 + VAT



# Athletic Development Equipment

## FUNDAMENTAL MOVEMENT KIT



Fundamental Movement Skills (FMS) are the basic movements or precursor patterns to the more specialized & complex skills used in play, games, recreation & sports.

Developing proper Fundamental Movement Skills ensures students are better prepared for mature physical activity & sport.

When confident & competent with fundamental movement skills, they can develop sport-specific & complex movement skills that allow them enjoy sport & exercise.

Most importantly having a firm grasp of fundamental movement skills & being physically literate can lead to a life of continued physical activity.

**The Fundamental Movement Development Kit is designed to help:**

- Catching, Throwing & Kicking,
- Agility, Balance, Coordination (ABC of movement)
- Jumping, Landing, Rolling, Crawling (Rudimentary movement)
- Speed, Agility, Quickness (SAQ)

### Kit Includes

- Marker Cones x 50
- Flat Cones x 10
- Soft Throwing Balls x 6
- Bean Bags x 12
- Adjustable Ladder x2
- 6" Hurdle x 4
- 9" Hurdle x 4
- Carry Bag Free



**€119 + VAT**

## SPEED DEVELOPMENT KIT



Our Speed Development kit includes Shoulder Speed Harnesses, 9" and 12" high hurdles, ladders and cones and all in a compact carry bag.

This is a suggested kit but you can add items to it to customise to meet your own needs.

## Speed Development Kit to enhance

- Jumping & Landing Mechanics
- Sprint Technique
- Force Production
- Speed

### Kit Includes

- Marker Cones x 50
- Speed Harnesses x 3
- Adjustable Ladder x 2
- 9" Hurdle x 4
- 12" Hurdle x 4
- Carry Bag



### Compact Carry Bag



Wide range of Speed Harnesses available from €29

**€139 + 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	€2.50	€2.25	€2.00
140-246	Medium green	€2.65	€2.39	€2.15
140-247	Heavy blue	€2.80	€2.52	€2.26
140-245	Ex. Heavy black	€2.95	€2.65	€2.38
		1 of each band		€10 + 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"	€8.40
140-191	1.0"	€14.90
140-317	1.75"	€19.90
140-321	2.5"	€25.90
For larger volumes please call for pricing		

## SCHOOLS BULK BANDS KITS

	<b>Activation &amp; Speed Development</b> <ul style="list-style-type: none"><li>• 40 x Mini-Bands Mixed</li><li>• 10 x 0.5" Strength training Bands Or 5 x 1.75" strength training bands</li><li>• Free Carry Bag</li></ul>	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
€179 + 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 ....

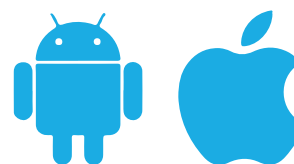
Finance is available on all our products which allows you to spread the cost over an extended period instead of a once off payment. There is up to €25k pre-approved finance available for schools through our finance partner.



## 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



  
**SportsPhysio**  
& Performance

Racecourse Road, Killinan,  
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Tel : 062 77 014 | [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)  
[www.sportsphysio.ie](http://www.sportsphysio.ie)

## 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](mailto: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