EPARC: The Cutting Edge of Exercise Science

The Exercise and Physical Activity Resource Center (EPARC) at UCSD is a joint venture between the Department of Family and Preventive Medicine, the Center for Wireless and Population Health Systems (CWPHS), and the California Institute of Telecommunications and Information Technology (Calit2). EPARC maintains a fully equipped laboratory to support the research community, train medical students and residents, and conduct comprehensive health-related fitness and performance assessments for the general public. EPARC also serves as an independent testing laboratory for the commercial health and fitness sector. We provide opportunities to assess and validate new technologies under non-disclosure agreements, and we also offer a laboratory-loan program for R&D departments.
Where Wireless Technology Meets Clinical Research

EPARC offers researchers at UCSD and other institutions state-of-the-science services, tools, and resources to conduct physical activity and exercise-related research. We conduct any or all phases of a research project from design to recruitment, data collection, data analysis and algorithm generation as necessary. Researchers who study physical activity and physical function related to health and prevention of chronic disease in populations ranging from young to old, healthy to diseased, and deconditioned to highly fit, can benefit from our services. EPARC also offers a loan program of wireless devices and platforms used for measuring and intervening on physical activity in field-based studies, as well as study consultation about how best to use these devices in research. We loan state-of-the-science accelerometers, heart rate monitors, GPS devices and smart phones.
Fitness and Athlete Performance Assessments

EPARC maintains a state-of-the-science equipped laboratory for conducting health-related fitness evaluations to assess risk of chronic disease, as well as performance assessments for athletes. These include:

- Graded exercise tests on treadmill, cycle, or hand-crank ergometer
- Aerobic (VO2max), anaerobic, and sustainable power tests
- Resting energy expenditure and determination of daily caloric needs
- Bone health and osteoporosis risk assessment
- Body composition, including regional fat and lean mass
- Balance tests
- Functional movement assessments

In addition to traditional laboratory testing, we also offer field-based metabolic assessments. With our wireless and lightweight portable system, we can determine caloric expenditure in nearly any real-life setting. EPARC staff have extensive experience and expertise in conducting performance tests on individuals of any age and fitness level, from the chronically de conditioned to the elite athlete.

EPARC Scientific Team

Kevin Patrick, MD, MS – Director
Linda Hill, MD, MPH – Clinical Director
Simon Marshall, PhD – Associate Director
Jeanne Nichols, PhD – Chief Exercise Physiologist
Lenita Anthony, MS. – Exercise Physiologist
David Wing, MS – Exercise Physiologist
Greg Norman, PhD – Statistician
Jacqueline Kerr, PhD - Consultant
EPARC is advancing the boundaries of science and patient care by providing clinical training for residents in the UCSD General Preventive Medicine Residency and for other rotating residents. Residents learn first-hand how to translate exercise science research into practice by conducting assessments and interpreting objective test results for a variety of diseases such as osteoporosis, cardiovascular and metabolic disease, and balance deficits associated with aging, deconditioning, and neurological deficits. EPARC also serves as an internship site for graduate students in exercise science, public health, and other health-related disciplines.
Contact us!

EPARC is located in the UCSD Division of Calit2, The California Institute for Telecommunications and Information Technology. This location facilitates collaboration of School of Medicine researchers in all of the programs in the Jacobs School of Engineering as well as with researchers in the broader San Diego region.

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