

# Faculty of Health Sciences

## DEPARTMENT OF SPORT AND MOVEMENT STUDIES



UNIVERSITY  
OF  
JOHANNESBURG

FACULTY OF  
HEALTH SCIENCES

### UJ Biokinetics Clinics Open for Discovery Vitality Fitness Assessments

University of Johannesburg's (UJ) Biokinetics Clinics, in partnership with Discovery Health, is now registered as an official service provider of Discovery Fitness Assessments.

1. This service is limited to registered Discovery Vitality members.
2. Discovery Vitality members over the age of 65 can perform a Vitality Functional Assessment as well as the Vitality Fitness Assessment.
3. Members can earn 2500 Vitality Points and an additional 5000 Vitality Points based on the outcome of their assessment results.

Assessments Provided:	Campus:	Costs
<b>Vitality Fitness Assessment</b> <ul style="list-style-type: none"><li>■ The Vitality Fitness Assessment takes 45 minutes to complete and is comprised of strength and flexibility measurements and a cardiovascular fitness test.</li><li>■ Discovery Vitality members can complete two (2) Vitality Fitness Assessments annually, 90 days apart.</li></ul>	<ul style="list-style-type: none"><li>■ Biokinetics Clinic, Old Synagogue, Doornfontein Campus (DFC)</li><li>■ Biokinetics Centre, Auckland Park Bunting (APB)</li></ul>	R460.10
<b>Vitality Functional Assessment</b> <ul style="list-style-type: none"><li>■ Exclusive to members who are 65 or older.</li><li>■ Designed to give members a personalised understanding of their physical function and falls risk.</li><li>■ Clinically validated assessment for mobility, flexibility and falls risk to identify and improve the risk of early frailty and disability with recommended exercises to support healthy ageing.</li><li>■ This 8-part physical assessment that evaluates certain risks associated with older age.</li></ul>	<ul style="list-style-type: none"><li>■ Biokinetics Clinic, Old Synagogue, Doornfontein Campus (DFC)</li><li>■ Biokinetics Centre, Auckland Park Bunting (APB)</li></ul>	R460.10
<b>High-Performance Fitness Assessments</b> <ul style="list-style-type: none"><li>■ Applicable to individuals who meet the qualifying criteria and are between the age of 18-59.</li><li>■ Earn up to 17 500 Vitality Points depending on your fitness level.</li><li>■ The DFC clinic is registered to perform the High-Performance Fitness Assessment.</li></ul>	<ul style="list-style-type: none"><li>■ Biokinetics Clinic, Old Synagogue, Doornfontein Campus (DFC)</li></ul>	R460.10

### UJ Biokinetics Clinic Discovery Vitality Fitness Assessment Bookings:

Link to Booking Form: <https://bit.ly/UJVitaFit>

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