

# UNIVERSITY of GUELPH

## STUDY PARTICIPANTS NEEDED!

REB #: 10-17-032

**Who:** Seeking male and female competitive cyclists and/or varsity hockey, soccer and track & field athletes aged 18-45 years old. Must be a non-smoker.

**What:** Researchers in the Department of Human Health and Nutritional Sciences (HHNS) are investigating the ergogenic effects of combined inspiratory and expiratory (IMT/EMT) muscle training on cycling endurance and intermittent sport performance.

This study requires:

- Removal of articles of clothing including headgear
- Interaction one-on-one with a female researcher
- Exercising to volitional exhaustion (VO<sub>2</sub>peak test)

If for any reason you may feel uncomfortable taking part, please contact the researcher to discuss these requirements and possible modifications to address your concerns.

**Time Commitment & Breakdown:** 10 laboratory visits and a 6-week at home intervention of combined IMT/EMT (maximum of 27.5 hours total).

- Introductory visit including pulmonary function and aerobic capacity assessment (VO<sub>2</sub>peak) (~1 hour)
- Four pre-intervention trail tests: two 20 min cycling endurance trial tests and two repetitive sprint activity trial tests (~2.5 hours)
- 6-week at home IMT/EMT intervention (~30 minutes/day)
- Four post-intervention trial tests: two 20 min cycling endurance trial tests and two repetitive sprint activity trial tests (~2 hours)
- Final visit: re-assess pulmonary function and aerobic capacity (VO<sub>2</sub>peak) (~40 minutes)

### **Benefits:**

- Free aerobic capacity assessment (VO<sub>2</sub>peak testing)
- Aid in identifying new training methods to enhance cycling endurance and intermittent sport performance in athletes

If you are interested in participating or have further questions, please feel free to contact Nicole Fletcher at [fletcher@uoguelph.ca](mailto:fletcher@uoguelph.ca) (4<sup>th</sup> year undergraduate at U of G). Participation is strictly voluntary.

Nicole Fletcher  
fletcher@uoguelph.ca

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