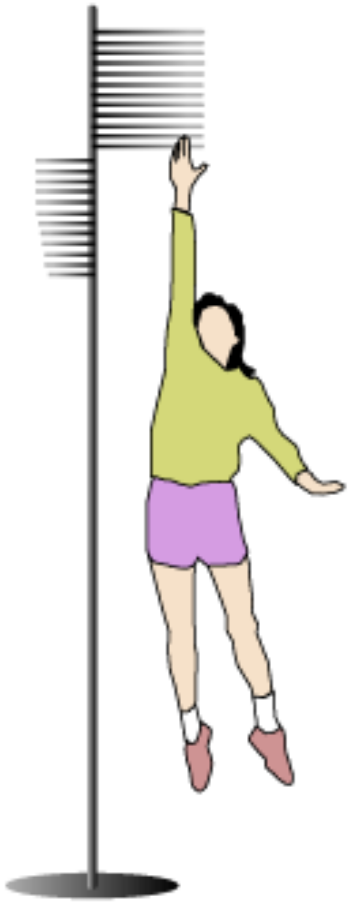
UNIVERSITY of GUELPH

VOLUNTEERS NEEDED

How High Can YOU Jump?

- Healthy, physically active participants
- 18-35 years of age, male and female
- One testing session, 2 hour time commitment
- You will be required to complete:
  - Health History and Demographics questionnaire
  - Three Different Jumping Tasks
    - Squat Vertical Jump
    - Countermovement Vertical Jump
    - Drop Vertical Jump



The researchers wish to be inclusive in their recruitment process. This project requires:

- **Interaction one on one with a male technician/researcher**
- **Being comfortable shirtless or in a sports bra**
- **Being comfortable having medical sensors affixed to the skin**

If for any reason you feel uncomfortable taking part, please contact Devon Frayne to discuss possible modifications to the procedure to address your concerns

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB# 18-03-008).

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