

**PARTICIPANTS NEEDED:**

REB# 22-08-007

# Sport Experience & Balance

UNIVERSITY  
of GUELPH

Participating in this study would involve reacting to recover balance, similar to standing on a bus that suddenly brakes.

Some trials will be performed without vision (eyes-closed) and involve tasks such as balancing an object or pointing at a target.

We are seeking volunteers (ages 18-30 years) to participate in a study in the Movement and Posture Laboratory examining the role of sport experience on balance reactions.

**The researchers wish to be inclusive in the recruitment process. The project requires:**

- Placement of markers on the body to track body movement (direct skin contact) and electrodes on the legs (including upper thigh) to record muscle activity
- Electrode placement may require the area (~1 inch square) to be shaved
- Interaction with male and/or female researchers
- Wearing shorts & sleeveless shirt
- Removal of articles of clothing, including head coverings and socks. Please note that head coverings may be kept, so long as they do not interfere with the subject's field of view.
- Wearing a safety harness about the trunk and legs

**The study will take no longer than 2 hours to complete.**

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

**You are eligible to participate if you are:**

- Between 18-30 years
- Do NOT have a condition affecting movement (e.g. muscle or joint injury) or sensation (e.g. vertigo, diabetes)
- Do NOT have a skin sensitivity/allergy to skin adhesives
- Are not on medication causing dizziness/vertigo
- Have not participated in a balance perturbation study within the last year

**Please Email to Inquire  
or Participate:**

Lynton Lam, MSc Candidate

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**This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants**