VOLUNTEERS NEEDED

“Short-term changes to coordination variability during squats”

- At least 18 years of age.
- Good general health.
- No history of low back pain or leg pain requiring treatment in the last 6 months.

You will be required to complete:
- Health History and Demographics Questionnaire.
- A short dynamic warm-up.
- 2 sets of 15 squats and 6 sets of 5 squats, with breaks after each set (In total: 60 squats).
- One testing session, approximately 2-hour time commitment.

The researchers wish to be inclusive in the recruitment process. This project requires:
- Interaction with a female technician/researcher.
- Being comfortable shirtless or in a backless shirt/sports bra and tight-fitting pants/shorts.
- Being comfortable having medical sensors taped to the skin.

If you have any concerns about taking part in the study, please contact Cathrine Hjelle Feier to discuss potential modifications to the procedure.

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This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB#23-10-002).