



# UNIVERSITY of GUELPH

## 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.*

**Cathrine Hjelle Feier**

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