THE UNIVERSITY OF BRITISH COLUMBIA

Lifespan Movement for Physical Activity Study

What's Involved?
Participants will answer a short questionnaire about physical activity. Participants will also complete six movement skills, the kick, throw, hop, jump, sit-to-stand, and rising from a lying down position. Participants will have your physical activity measured for one week.

Am I Eligible to Participate?
We are currently looking for individuals between the ages of 5-75 years, who are proficient in the English language, who do not have any injury, illness or medical condition that would prevent them from completing any of the above movement skills.

What are the Benefits of Participating in the Study?
All participants will receive an individual report of their skill performance and physical activity levels. Participants will also receive travel expenses and be entered into a prize draw for a gift card.

What are the Risks Associated with this Study?
There are no known risks associated with participating in this study?

Will the Information I Provide Remain Confidential?
Yes! All data collected for this study is confidential. All data is deidentified, so individual participants can't be identified in any way.

What Should I Do if I Want to Participate?
If you have any questions or would like to participate in this study, please contact Dr Ryan Hulteen by phone (604-822-9140) or email (Ryan.Hulteen@ubc.ca). Professor Mark Beauchamp is the Principal Investigator. He can be contacted by phone (604-822-4864) or email (mark.beauchamp.ubc.ca)

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