

# **Research**

## **Participants Needed**

### **Description:**

We are studying the biomechanical differences between tandem and normal walking tasks to tease out measures that can identify unstable people.

### **What do participants have to do?**

You will be asked to participate in a single, 2-hour testing session that will include walking forward and backward on a straight line at three different speeds. As you walk, we will collect motion and force data.

### **Location of Study:**

The Biomechanics Laboratory at the University of Northern Colorado (Gunter 1750).

**If interested in participating in this research study, please contact:**

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### **1) Inclusion Criteria:**

- a. Healthy young adults between 18-30 years of age
- b. Participation in some form of physical activity at least five times per week for approximately 30 min each time
- c. Be without neurological or musculoskeletal injuries.

### **2) Exclusion Criteria:**

- a. if diagnosed with any neurological condition, cardiac or pulmonary disease, insulin-dependent diabetes, or another condition affecting walking.

