

Volunteers Needed

Are you interested in participating in a
Physical Activity research study?



Title: An Examination of Pedometer Use and Physical Activity Levels of Faculty, Staff, and Students in a Canadian University

Who is Eligible?

All CUE Faculty, Staff, & Students

If you have any questions, or are interested in participating, we would be happy to hear from you. Please contact:

*Dr. Brent Bradford (Faculty of Education)
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What will you be asked to do?

First, your name will not be identified at any time prior, during, and after the research study (e.g., future publications).

Phase 1 (January-April 2016):
The research team will collect quantitative data by recording your physical activity levels (i.e., daily step counts recorded by a pedometer which you will be issued & asked to return at the end of the study, or your personal step count tool [Fitbit]) and your weight measurements (recorded by you once a week). Your weight measurements will never be publicly displayed during or after the study.

Phase 2 (May 2016): If you would like to continue participating in the study, we will conduct focus group interviews to collect your thoughts about Phase 1 (e.g., pedometer use, physical activity levels).

RESEARCH TEAM

Brent Bradford, PhD
Adam Howorko, PhD-ABD
Erinn Jacula, BPE