



RESEARCH
INSTITUTE FOR
SPORT & EXERCISE

UC Research Institute for Sport and Exercise



CYCLISTS WANTED FOR UC & AIS COMPRESSION STUDY

During the study you will:

- Attend the University of Canberra's UCRISE laboratory
 - For 5 sessions, for approximately 2 hours per session
- Examine the effect of compression tights on exercise performance
- Contribute to knowledge for the AIS and world class athletes
- Find out your maximal oxygen uptake and maximal aerobic power
- Complete 50 minutes of cycling, including a 4 km time trial

If you are interested in participating:

- You must be 18-35 years,
- A well trained, A or B grade road or mountain-bike cyclist,
- Male
- You must not smoke, or
- Have a history of high blood pressure, or cardiovascular or respiratory conditions

If you are interested in taking part in this research or would like further information, please contact:
Brittany Smale, Honours Student, E: u3068445@uni.canberra.edu.au, P: 0422 016 458
Supervisors: Dr. Ben Rattray, Disa Smees, Dr. Nathan Versey (AIS), Joe Northey

If you are not able to take part in this study but are interested in being involved in future research we are undertaking, please contact us.



UNIVERSITY OF
CANBERRA

AUSTRALIA'S CAPITAL UNIVERSITY



Discipline of Sport and Exercise Science,
Faculty of Health

<http://www.canberra.edu.au/about-uc/faculties/health/courses/sport-studies>