

LOOKING FOR CHILD & PARENT/GUARDIAN VOLUNTEERS:



Human Potential Translational Research Programme
Yong Loo Lin School of Medicine

Cooling Singapore 2.0: Pre-pubertal Children

PURPOSE OF RESEARCH

Help us to understand physiological and behavioural responses of pre-pubertal children when exercising in hot and humid conditions.

WHAT TO EXPECT

- 8 trial visits (~2.5 hours each)
- Up to 60 minutes of treadmill walking at (i) Low and (ii) Moderate intensity, in different environmental temperatures and humidity



Treadmill Exercise



Virtual Reality



Standing Broad Jump



Handgrip Strength

Reimbursement will be given for your time and effort.

ENTRY CRITERIA

Inclusion criteria for **children**:

- Aged 6-15 years
- Have not started puberty
- No history of heat injuries, respiratory or cardiovascular diseases, or balance/gait disorders
- No existing serious medical conditions (e.g., cancer)
- No existing and or recent physical injuries (e.g., sprains/fractures)

Inclusion criteria for **parents/guardians**:

- Aged 21-64 years

For more information,

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