



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

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ARE YOU 55-80 YEARS OLD?

We invite you to participate in our research study!

We are looking for volunteers to participate in a study researching the physical literacy of older adults.

INVITATION

We would like to ask for your assistance with a study that is being carried out by the College of Kinesiology at the University of Saskatchewan. This project aims to assess physical literacy, physical competence and confidence, and physical fitness activity in older adults (55-80).

WHAT'S INVOLVED

There will be a one (1) time measure of the following:

1. Your height and weight.
2. Your physical activity background and knowledge on physical literacy through an open-ended survey.
3. Your upper and lower body strength by a stadiometer hand grip and sit to stand test.
4. Your aerobic fitness by the six-minute walk test.
5. Your current physical activity behaviour by questionnaire.
6. Your physical literacy will be measured. This will involve having you perform different tasks as running, throwing, and kicking. As well as filling out a questionnaire about your perceptions about different activities.

LOCATION

This study will involve one (1) measurement session at the RJD Williams Building at the University of Saskatchewan, in Saskatoon

TIME COMMITMENT

The data collection process will take approximately 60 to 90 minutes

REQUIREMENTS TO PARTICIPATE

- Must be 55-80 years of age
- Must be able to commute / access the University of Saskatchewan campus
- Must be able to complete the physical testing (to best of ability), and able to read, write, and complete the questionnaires
- No serious health issues and/or issues that prevent safe physical exertion

WHY PARTICIPATE?

- Assist in research contributing to the development of physical literacy education, assessment, and activities which could enhance the physical literacy levels of older adults.
- Understand your physical literacy and fitness levels
- Learn about physical literacy

For more information about this study, or to volunteer, please contact:

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This study has been approved by the College of Kinesiology Research Ethics Committee at the University of Saskatchewan