



WANT TO EXERCISE IN VIRTUAL REALITY?

IRB# 2022-99

- We are conducting a rowing exercise research study on the effects of different virtual reality conditions in adults.
- In order to participate, you must be at least the age of 18 without any physical or psychological disabilities that would interfere with a rowing exercise.
- You will be asked to exercise three times in one week. The total amount of time required for all of the visits will be approximately 3 hours over 3 visits (1 hour per session). Participation is completely voluntary, and your answers will be anonymous.
- Participation will take place in the sport and exercise psychology lab at Texas Christian University.
- Certain levels of fatigue may be associated with exercise. You may be sore the following days from exercise. There is a slight potential risk that you could experience some lower back discomfort or shoulder pain due to poor technique. There is also the potential risk of nausea and/or vomiting due to the exertive exercise.
- Upon completing the study, you will receive a \$50 Amazon gift card.

Contact

For more information and/or to participate in the study, please contact TCU's sport and exercise psychology lab at tcusportpsych@tcu.edu.