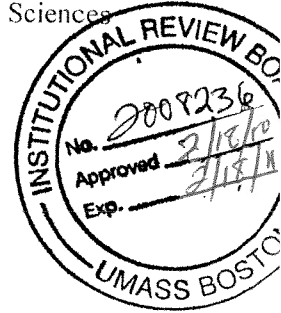




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**Novel Techniques for the Assessment of Physical Activity in Children
(Study 1 – Development of New Techniques)
Fact Sheet for Parents**

Description of the Project:

Scott Crouter, PhD, Assistant Professor in the Department of Exercise and Health Sciences at UMass Boston is studying new methods to measure the amount of physical activity children are obtaining using small devices called accelerometers. These devices are attached to a belt which is worn around the waist similar to a pedometer. The study will take place at GoKids Boston which is located on the UMass Boston campus. Children are being asked to:

- Attend GoKids Boston 2 times per week for 8 weeks.
- Have height, weight, and waist circumference measured.
- Have percent body fat measured using a technique called bio-electrical impedance (BIA).
- During one of the sessions the child will have his/her resting metabolic rate measured. This will involve having the child rest in a lying position for 25 minutes while breathing through a facemask attached to a machine to measure his/her energy expenditure. The facemask will cover the nose and mouth and will allow him/her to speak and breathe freely. During this time he/she will also be wearing an elastic belt around their waist, wrist, and ankle with two small devices attached each one which will measure his/her activity level.
- During a second session the child will perform 6 different activities, for ten minutes, each while wearing the facemask and belts with the small devices on it as described above. The 6 activities that will be performed include activities such as reading and playing on a computer, walking or running on a track, playing active video games such as Dance Dance Revolution or Nintendo Wii, or sporting activities such as kicking a soccer ball or basketball.

To be eligible for the study, the children and their parents must be able to read and speak English. They will not be able to participate if they have any serious health problem or injury that would prevent them from participating safely in regular physical activity.

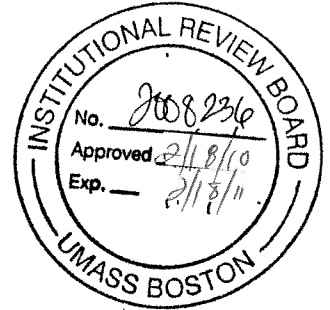
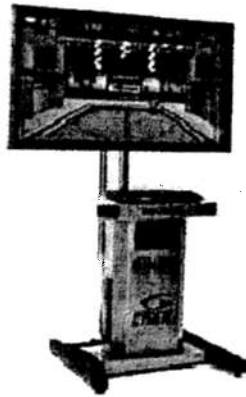
Participation in this study is free. For your child to participate in this study we will need a parent/guardian to sign and date the enclosed consent form and have your child return it to the their teacher that gave it to them where it will be collected by a research assistant or your child can bring it with them to GoKids during their first visit if they received the forms at someplace other than their school.

Should you have any questions or concerns about your child's enrollment in the study, please contact Dr. Crouter by telephone (617-287-7509) or email (scott.crouter@umb.edu).

Thanks and we hope to see your child at GoKids™ Boston.

Sincerely,
Scott Crouter, PhD

Enjoy Video Games? Want to play the newest forms of ExerGaming?



Physical Activity Research Study for Youth Age 8-15

Investigators from the University of Massachusetts Boston are examining new ways to measure physical activity in children. As part of the study there will be 2 testing sessions and the child will receive an 8 week pass to GoKids Boston free of charge. Participants must be between the ages of 8 and 15 years of age and able to participate in physical activity without limitation.

Parents of interested Youth should

Call: 617-287-7509

Email: scott.crouter@umb.edu



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