

HEALTHY ADULTS WANTED FOR RESEARCH STUDY:

The Neuromuscular Response to Eccentric Muscle Damage in Younger and Older Females

- **Non-invasive** ultrasound imaging, lower-body strength assessments, eccentric muscle damage protocol, muscle stimulation, electromyography (EMG), and soreness assessments
- 5 visits to KSM's Neuromuscular and Occupational Performance Lab (Room 112)
- There are no direct benefits to you as a participant in this research
- Compensation of up to **\$30** for the completion of the study

We are looking for:

- Younger females (**18-35 years old**) with regular menstruation or are on oral, hormonal contraceptive pills
- Older females (**65-80 years old**) not be on any hormone replacement therapies
- Participants who when looked at over the **previous 6 months**, will have performed:
 - Resistance training < 3 times/ month
 - Structured aerobic exercise <30 mins/day 3 X week
- Participants who **do not** have:
 - A body mass index ≥ 30 kg/m²
 - A history of lower extremity surgery
 - A history of a myocardial infarction in the last year
 - Any known neuromuscular or metabolic disease(s)



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This study has been approved by the TTU Institutional Review Board IRB #: 2023-605