

SHHPS

Balance Study

Dancers and Non-Dancers

What is it?

We are looking at **BALANCE** and **POSTURAL STABILITY** in dancers and non-dancers

The study will take three (1-hr) sessions.

Criteria

- Dancers and non-Dancers
- Both athletes and non-athletes
- Ages 18 to 35
- Both male and female



SHHPS Research – Exercise Science Lab (HSB 340)

STUDY PARTICIPANTS NEEDED

This study has been approved by the GC Institutional Review Board.