

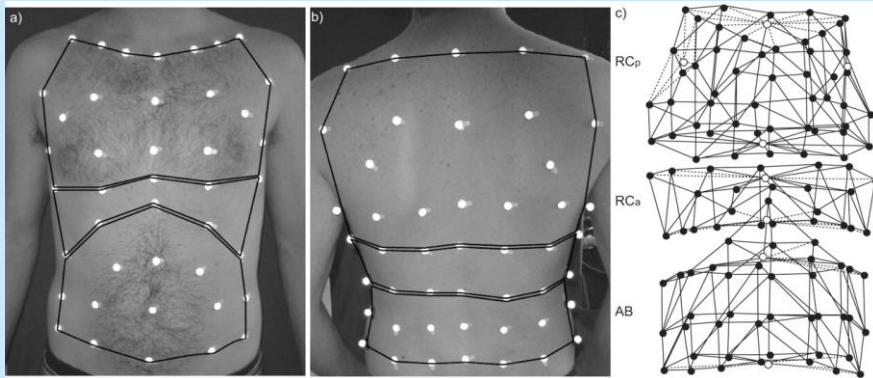
How do you breathe?

Volunteer for a research project to find out how you breathe

The School of Sports and Exercise Sciences is recruiting people to take part in this study which may inform the future use of a breathing training device in people with inefficient breathing

What is required?

- 1 visit to the Biomechanics Laboratory at the University of Kent, Canterbury Campus, lasting around 2 hours.
- A series of breathing tests with varying resistance on the 'in' breath.
- Measurement of chest wall movement using 3D motion cameras.



Want to find out more?

Scan the QR code to view the participant Information Sheet

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What are the possible benefits of taking part?

- Find out what your breathing pattern is

Who can take part?

We are looking for healthy volunteers aged >18 years of age who report no respiratory symptoms at rest or exercise

