

Is your breathing limiting your activity and performance?

University of
Kent

Could you have a breathing pattern disorder?

The School of Sports and Exercise Sciences is recruiting people to take part in this study looking at inefficient breathing

What is required?

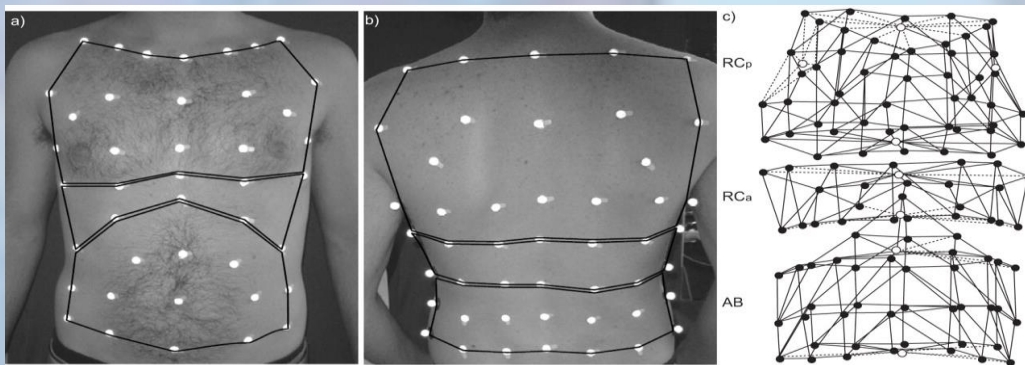
- 2 visits to the School of Sport and Exercise Sciences at the University of Kent, Canterbury Campus, each visit lasting around 1.5 hours.
- A comprehensive breathing assessment
- An exercise test
- A series of breathing tests with varying resistance on the 'in' breath.
- Measurement of chest wall movement using 3D motion cameras.

What are the possible benefits of taking part?

- Find out more about your breathing
- Receive £30 for participation

Who can take part?

We are looking for volunteers aged >18 years of age who might have a breathing pattern disorder. We will test for this.



Want to find out more?

Scan the QR code to view the participant Information Sheet



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