INFORMATION SHEET
Modern Pentathlon simulation and the physiology of exercise

What is the simulation about? We are looking at how the body responds to exercise and if exercise influences performance in a task which requires skill and concentration. This is what happens during the combined running and shooting event in the Modern Pentathlon.

What will I have to do? If you choose to take part, you will first play the archery game on the Wii. Then you will have to do a few minutes of exercise, after which you play the archery game again. Throughout the experiment, you will wear a heart rate monitor and your results will be displayed on a large screen. The experiment will take place in front of an audience, but you will get a chance to practice everything before the experiment starts. Please tell us if you have played the Archery game before and if you are extremely sporty so we can select the right settings for you.

What happens to my results? We will explain your archery and heart rate results. You can either take your results sheet with you or we will destroy it. No record will be kept on file.

Are there any risks and what if something goes wrong? You may feel a little fatigued after the exercise test, but we will ensure you feel okay before you leave our stand. We are using safe exercise equipment designed for human use, but just in case, first aiders are at hand. **If you have been told you should not exercise or if you have a known heart problem, you should NOT take part.**

What happens now if I decide to take part? Before taking part, please ask us first if you still have any questions about the experiment, what you will be required to do or whether it will be safe for you to participate. You and your guardian (an adult who has accompanied you today) will then need to sign a consent form. Remember that you do not have to take part and you can stop the experiment at any time without giving us a reason.

CONTACT INFORMATION
Dr Valerie Gladwell, Senior Lecturer University of Essex, vglad@essex.ac.uk
Louise Crane, The Physiological Society, lcrane@physoc.org
Dr Christine Voss, Researcher University of Essex, cvoss@essex.ac.uk