OMiCS
Optimizing Movement in Children Study

We're looking for healthy 10 year old children for a study on physical activity and it's relationship to biological health.

Who?
We are looking for generally healthy 10 year old children to participate in a research study. We are looking for children of all physical activity levels, who would like to learn more about their health, wellness, growth, and development.

What?
This study involves an assessment of your child's physical skills abilities, as well as an assessment of their physical and biological health. Your child will demonstrate some basic skills, like: throwing, running, jumping, swinging, etc. This also means that your child will go through the same things they would a regular checkup (height, weight, blood pressure, etc.), and also submit samples of their blood, hair, and stool. You and your child will also be asked to wear an activity monitor for 7 days during the study.

Why?
We know that being active makes kids healthier. But we want to understand how being active could change your child's health at the cellular level. By comparing your child's behaviours (physical activity, physical competency, sleeping, screen time) with their biological and health assessments, we can start to understand more about the relationships between activity and health.

Where?
Children and parents will have two visits to the Fitness, Aging and Stress Laboratory on the UBC campus. Each visit will last between 60 and 90 minutes. Children will also attend a full-day science camp day in the Osborne Center on UBC's campus, which would be from approximately 9am until 3pm.

*Parents/guardians and children will receive an honorarium for their participation in the study*

Principal Investigator: Eli Puterman, PhD
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For more information, visit our website: www.omicskids.com
If you're interested, please contact the study team at: ubckin.omicskids@ubc.ca