

Research Participants Needed!
Exercise Training and Mental Health Study
School of Kinesiology

Dr. Shiho Goto and Dr. Ismatara Reena are conducting a research study to examine whether regular strength training and cardiovascular exercise can improve movement patterns and mental health in college students.

Study Overview:

- Participants will engage in a 4-week exercise training program, consisting of strength training and cardiovascular exercises, three times per week.
- Each session will last approximately 40 minutes.

Inclusion Criteria:

- Males and females aged 18 to 27 years.
- Able to access the Student Recreation Center at Bourgeois Hall three times per week for 4 weeks.
- Not currently engaged in regular strength training (3 or more sessions per week) over the past 6 months.
- No known cardiovascular disease.
- No history of musculoskeletal injuries within the 3 months prior to the first day of testing.

Exclusion Criteria:

- History of quadriceps or hamstring strains in the past 6 months.
- History of lower extremity injuries (sprains or strains) in the past 3 months.
- History of fractures or surgeries in the lower extremity.
- Currently engaged in resistance training and/or cardiovascular exercise 3 times per week.

If interested, please contact:

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