

**Drexel University
Recruiting Volunteers for a Research Study**



Do you enjoy playing video games?

Effects of adapting sedentary video games to require physical activity on energy expenditure

The purpose of this study is to determine the effects of adapting sedentary video games to require physical activity on energy expenditure, enjoyment, and game performance. The proposed research tests an approach to active video gaming that adapts the controls of sedentary video games using widely available low cost devices.

Participants will play a popular sedentary video game three different ways: seated comfortably and playing by moving their body using two different strategies. We will monitor your heart rate throughout the session and you will be asked to rate your enjoyment from playing.

*Interested individuals will participate in one two-hour video game session.

You can participate in this study if you are 18 – 64 years of age. You must be healthy enough to engage in physical activity and be able to read and speak English. You must possess the ability to stand, move and reach. If you meet the above criteria, please contact us using the contact information provided below.

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This research is conducted by a researcher who is a member of Drexel University

APPROVED
Human Research Protection
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