



VOLUNTEERS NEEDED

FOR RESEARCH ON ACL INJURY PREVENTION TRAINING



WHY IS RESEARCH BEING CONDUCTED ?

✓ To contribute to the development of effective **ACL injury** prevention training

✓ This research is being conducted to investigate the acute effects of unplanned landing training on **biomechanical stability** and **neurocognitive function**



WHO DO WE NEED ?

- ✓ 18 years or older
- ✓ Female
- ✓ Have experience in sports including jumping/cutting motions
(Any level is acceptable; football, volleyball, basketball, netball, rugby, handball, badminton, lacrosse, etc.)
- ✓ Exclusion criteria are below; any injuries in the lower limbs, past history of surgery, concussion within the past six months, previous taking Stroop Color and Word Test, color-blind

If you would like to take part or have any questions, please contact the Study Researcher or scan QR code:

Study Researcher:

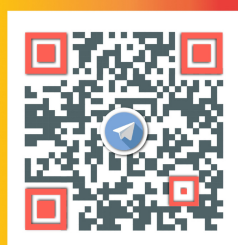
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This study is supervised by :

Prof. Nelson Cortes

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Scan Me!

PARTICIPATION INVOLVES

- ✓ Landing, cutting tasks and neurocognitive test
- ✓ At Sports Arena (SC 1.16) and Human Performance Unit
- ✓ Day 1: test and training session lasting 2.5 hours
- ✓ Day 2: test session lasting 1.5 hours (Day 2 is not mandatory)