



In the first part of 2014 the NSW Institute of Sport is conducting a research study on the impact of exercise in a simulated altitude environment on changes in body composition.

We are seeking people with the following characteristics to participate as subject in this study:

- Males and Females 18-40 years
- Body weight in the range on the table below
- Not a smoker or asthmatic
- No previous history of intolerance to exercise at altitude
- No medical history that includes; high blood pressure, cardiovascular disease, history of fainting.

The exercise is of a low level and you will be monitored during the exercise for heart rate, blood oxygen saturation and your rating of how hard the exercise is (rating of perceived exertion).

Height (m)	Min Weight	Max Weight
1.50	54.0	67.5
1.52	55.4	69.3
1.54	56.9	71.1
1.56	58.4	73.0
1.58	59.9	74.9
1.60	61.4	76.8
1.62	63.0	78.7
1.64	64.6	80.7
1.66	66.1	82.7
1.68	67.7	84.7
1.70	69.4	86.7
1.72	71.0	88.8
1.74	72.7	90.8
1.76	74.3	92.9
1.78	76.0	95.1
1.80	77.8	97.2
1.82	79.5	99.4
1.84	81.3	101.6
1.86	83.0	103.8
1.88	84.8	106.0
1.90	86.6	108.3
1.92	88.5	110.6
1.94	90.3	112.9

The following page outlines some more information on the study. If you are interested or would like to find out more about the study please email the Applied Research Programme at arp@nswis.com.au

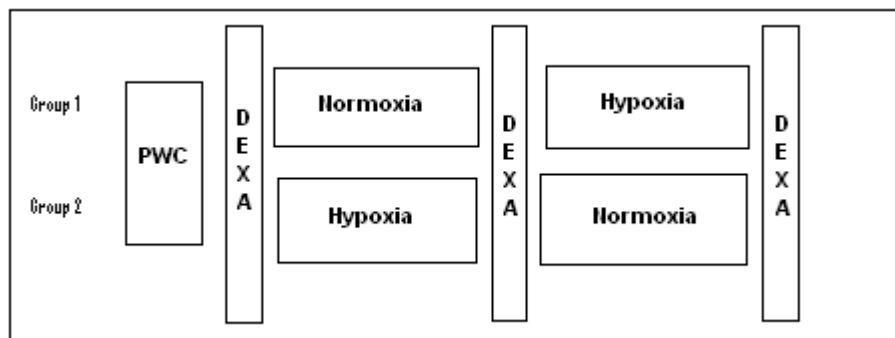


Subject Information Sheet:

The effect of normobaric hypoxic training on body composition.

As a subject in this study you will be required to:

- Attend the laboratory for a familiarisation session of the protocols and procedures and undertake a trial of the protocol and procedures.
- Attend the laboratory three times per week for eight weeks for testing in addition to body composition (DEXA) assessment days (3 occasions).
- Complete 60 min continuous cycle exercise bout, at 65% maximal heart rate in an allocated condition (normoxic or normobaric hypoxia) for each training session. After 4 weeks a crossover period will occur and subjects will perform the identical exercise protocol in the remaining environmental condition for the following 4 weeks, as outlined below:



- Follow the exercise, dietary and hydration advice of the researchers to ensure safe participation and consistency of your condition for each exercise bout.
- Attend the test sessions conducted at the NSWIS laboratory or local simulated altitude facility and be at the appropriate facility at a designated time.
- Provide information to the researchers of known medical conditions (high blood pressure, cardiovascular disease, history of fainting) that may affect your safe participation.
- Provide information to the researchers of known exercise intolerance to altitude conditions.
- Inform the researchers of any illness you have suffered in the 24 hours prior to a test session.
- Inform the researchers, prior to each test session, of any injury that you have received medical treatment for or that would limit your ability to cycle.