VOLUNTEERS NEEDED -
Research Study

Title: Comparing Hop and Stop test data scores between recreational active females and collegiate female athletes

**Purpose:** Observe the performance measures of recreational active females and collegiate female athletes on the Hop and Stop test and look for differences.

**Who:**
- Active females 18-25 years old
- Participate in athletic type activity at least 2 days/wk for at least 30 minutes (Zumba, Spin, recreational sport, gym workout, etc)
- No ACL or major lower extremity surgery, ever
- Not involved in collegiate or professional sport

**What:** For each leg, you will need to successfully perform 3 single leg hops and 3 single leg leaps for max distance. More than 3 attempts may be required of each component.

**Where:** Musculoskeletal Research Lab, Center for Rehabilitation Research, TTUHSC, Room 3C312 Or Biomechanics Lab, KSM Dept., TTU, Lab Room 103

**Duration:** One, 40-60 minute visit

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