



Do you participate in the sport of CURLING?

If you are 18 years old or older, you are eligible to participate in a research study to evaluate the Sport Nutrition Knowledge and Quality of Life status of Canadian curlers!

Nutrition knowledge has been shown to affect dietary intake and thus overall health and athletic performance. For this reason, many studies have evaluated sport specific nutrition knowledge in various sports, but none have done so in the sport of curling. Since curling is a high-performance sport, assessing the current knowledge, practices and beliefs around sport nutrition is crucial to prescribe a better nutrition program for optimal performance.

Quality of Life refers to the perception of one's well-being and standards relating to their physical, environmental and psychological health as well as their social relationships. Quality of Life has been shown to be higher in individuals that participated in recreational sports compared to those that do not. However, it is not known whether participating in curling would produce this same benefit.

You may be able to participate in this study if you ...

- Reside in Canada
- Are over the age of 18
- Are currently participating in the sport of curling
- Have access to a computer with an internet connection

How you can benefit from participating:

If you complete a survey, you can enter your name into a draw for a **\$100 Visa gift card**. If both surveys are completed you will be entered in the draw twice. You should expect to spend approximately 25-35 minutes filling out the Sport Nutrition Knowledge Questionnaire and 5-10 minutes completing the Quality of Life Survey. You will be able to save your answers and continue at a different time.

This study has been approved by the Joint-Faculty Research Ethics Board. Concerns can be directed to the Human Ethics Coordinator at 204-474-7122 or email: humanethics@umanitoba.ca

For More Information Contact:

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