



Call for Participants for Universal Design in Fitness Equipment Research

Do you work in a recreational fitness facility?

Do you have ideas about how to facilitate universal design principles into the design of recreational fitness facility space and programming?

Have you run into barriers in designing and applying universal design principles to a recreational fitness facility space?

If the answer to any of these question is yes, we invite you to take part in a voluntary confidential study investigating barriers and facilitators to designing recreational fitness facility space and programing while applying universal design principles. If you are interested in taking part in this research or finding out more about the project, please contact Beth Barstow at 205-934-7321 or bbarstow@uab.edu

What you will do?

You will be asked to take part in one interview, lasting about 1 hour. The interview will be via computer or telephone, confidential and scheduled at your convenience. You will be asked about your perceptions and experiences of barriers and facilitators to designing recreational fitness facility space and programming applying universal design principles.

Why is this research important?

Use of fitness facilities in the U.S. is rising. Despite the documented benefits of exercise engagement and availability of facilities, studies have cited limited accessibility to people with physical disabilities. To date, no published research is available describing the barriers and facilitators encountered in the design and application of universal design principles to recreational fitness facility programming and space.

What's in it for me?

The confidential information gathered will be used to recommend potential system-wide changes for universal design principles.

What should I do if I am interested in participating?

Contact Beth Barstow at 205-934-7321; email at bbarstow@uab.edu