



Deutsches Zentrum  
für Luft- und Raumfahrt  
German Aerospace Center



UNIVERSIDAD  
DE MÁLAGA

## Be part of our Master Athletics Field Study 2018 – MAFS 2018 Studying Age-Related Changes in Athletes' Bodies

4-16 September 2018  
Main stadium

### Athletes wanted!

#### Background

The German Aerospace Center (DLR) and the University of Malaga invite all registered athletes to a field study. The study will contribute to a better understanding of age-related health and show how regular training promotes both cardiovascular health and metabolism.

1. After **registration**, the fundamental health data are collected via questionnaire. Height, weight and body composition will also be recorded.
  2. **The scientific sub-studies** will then explore
    - Calf muscle connective tissue and mobility by ultrasound
    - Arterial characteristics and blood pressure: arm cuff
    - Cardiac structures and function: ultrasound of the heart
    - Resting metabolism: oxygen consumption at rest (per mask)
    - Mental state and attitude: questionnaires
    - vertical jumping ability
- Participation in the study takes about three hours in total with two or three appointments.
  - All tests are non-invasive.
  - There is no financial compensation. However, as a participant in the study, you will receive all your personal results collected at the end of your study participation.



You can find us here:

Main stadium, ground floor (Planta Baja), level (nivel) 1  
Near the office "Grabacion de medallas"