

Faculty of Science and Health

FACULTY RESEARCH COMMITTEE



## Undergraduate Summer Research Internship Scheme 2017

**Project Title:** The Validity and Reliability of the 6-minute Time Trial in a Chronic Illness Population

**Principal Investigator:** Dr Noel McCaffrey

**School/Research Centre:** School of Health and Human Performance

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### Project Description

Dr. Noel McCaffrey of the School of Health and Human Performance seeks an Undergraduate Summer Research Intern to assist in a trial investigating the validity and reliability of the 6-minute time trial.

Cardiorespiratory fitness (CRF) is one of the best predictors of overall health.  $VO_2$ max testing is considered the gold standard for the measurement of CRF, however it is expensive in terms of time, cost and expertise. Its use is not feasible in community-based settings. The MedEx programme has devised an alternative fitness test, the 6-minute time trial (6MTT). The aim of this study is to determine if the 6MTT is a valid and reliable measure of CRF in participants with chronic conditions. Validity will be determined by comparing performance in the 6MTT and a  $VO_2$ max test. Reliability will be determined by comparing performance in two 6MTT conducted on separate occasions.

### ***Principle Duties and Responsibilities***

Under the supervision of the Principle Investigator, the Intern will:

- Engage in appropriate training as required
- Work as part of the MedEx research team
- Recruit and schedule participants
- Prepare participants for ECG monitoring
- Measure blood pressure and oxygen saturation
- Coordinate the conduct of laboratory-based cardiopulmonary exercise tests
- Coordinate the conduct of 6 minute walk tests and 6 minute time trials
- Input and manage data
- Perform basic statistical analysis
- Assist with patient reports
- Carry out administrative work associated with the project as necessary
- Present the findings to the MedEx Research team