

University of Michigan Research Study - Includes FREE Bicycle Training Camp for Children with ASD or Down Syndrome

What is it?

The bicycle training camps are a *randomized clinical trial* hosted by the University of Michigan Center for Motor Behavior and Pediatric Disabilities. The aim of the study is to assist children and adolescents to learn to ride a two-wheel bicycle without training wheels, and measure the outcomes of learning on their health, patterns of sleep, and participation and integration into community activities. These data are needed to help change educational and health policy related to ASD and Down syndrome. The children will be trained 75 minutes per day for 5 days on an individual basis with specially designed bikes. The bikes are adapted throughout the week according to the child's skill level, eventually leading to a regular two wheel bike.

What is a randomized clinical trial?

Once your child has been enrolled in the research, they will be randomly assigned to either the experimental *or* control group. The **experimental** group will receive the bike camp this summer (see dates below). The **control** group will receive the bike camp during the summer of 2011, but will also be financially compensated \$150 for attending two measurement sessions before their 2011 camp. It is anticipated that care givers will use the \$150 to enroll their child in other beneficial activities while they wait to receive their bicycle training in 2011.

Who can participate?

Children with autism spectrum disorder or Down syndrome between the ages of 9-18 years with a desire to learn how to ride a two-wheel bike are eligible for screening.



Study Information

Dates:

- Screening: Saturday, March 27 or Sunday, March 28
- Measurements: Saturday, June 5 or Sunday, June 6
- Experimental Intervention Camp: Monday, June 7-Friday, June 11

Location:

St. Joseph County 4-H Fair
5117 Ironwood Road
South Bend, IN

If you would like more information about our study — please contact (email preferred):

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