Organisational flow

Selection of potential subjects based on eligibility and exclusion criteria, see Table 1

Phone call to subject for permission to send information

Mail to subject (information, informed consent form, etc.)

Check for contra-indications for maximal exercise in consultation with burn physician.
Contact with subject: 1) phone call to subject to plan assessments; 2) Mail with confirmation letter and Exercise Preparticipation Screening questionnaire

Subjects flow

Potential subjects according criteria

Subject gives permission to send information

Subject does not give permission to send information

Subject decides to participate and sends signed informed consent to principal researcher

Subject decides to not participate

Subject signs Exercise Preparticipation Screening questionnaire

Physical fitness assessments (see Table 3) take place in the mobile exercise lab. After completion of the assessments, the subject is offered a brief report on his/her scores. The subject also receives the questionnaires, accelerometer and instructions.

Accelerometer is worn for a week and questionnaires are filled out in the meantime. All are sent back to the principal researcher after this week by pre-paid postage.

Data analyses and production of research papers, to be published in peer-reviewed journals