Welcome!

Dear participant,

Thank you for agreeing to participate in this study, you are about to make a valuable contribution to my thesis! In the following you will be informed about the aim and the procedure.

You will be using a virtual reality (VR) system. As part of my master's thesis at the University of Konstanz, I created a VR application that can be used to learn movements.

VR is based on stereoscopy. Humans see the world in three dimensions because, among other things, depth information is obtained from the offset viewing angles of the eyes. To use a VR application, VR glasses are required that make use of the stereoscopic effect. You will experience the virtual world in 3D. If you move with the device in the real world, you move the same distance in the virtual one. The point of a typical VR experience is to make a virtual world seem "real".

This application should now be tested by you. In VR, you will see one or more virtual teachers demonstrating a movement to you. You are supposed to copy this movement. You will interact with a 6 kg box. Your task is to follow the instructions as closely as possible. Make sure that the position of the box, your hands and legs correspond as closely as possible those of the virtual teacher. The bending of your back is also displayed ergonomically correct and should correspond as closely as possible to that of the teacher.

If the movement is lagging, check that your feet are in exactly the same place as those of the teacher. The study consists of three parts with similar tasks. However, the perspective with which you see the teacher(s) changes.

I would like to emphasize that it is the application that is being tested and not you. Follow the application as best you can, if you are too inaccurate the teacher will be waiting for you.

The procedure of the study is as follows:

- Welcome letter, consent form, demographic questionnaire.
- Application test
- Questionnaire
- Space for comments
- Payment and receipt

The study takes about 1,5 hours.

You have the option to abort this study at any time. To do so, please simply inform the study management. If you have any questions or comments, please feel free to bring them up at any time during the study!

Thank you very much for your support!