**THE COLLEGE OF NEW JERSEY**

**CHILD ASSENT FOR PARTICIPATION IN A RESEARCH PROJECT**

**Effects of Different Physical Education Lessons on After-school**

**Fitness Performance in Teenage Athletes**

I understand that I am being asked to participate in a research project that is designed to learn more about the effects of different physical education lessons on fitness measures in teenage athletes. I know that I will participate in four fitness testing session on four different days. The fitness tests will measure my aerobic fitness, muscle strength, speed, agility, and flexibility. Researchers will also measure my height and weight. All fitness testing sessions will take place after school in the gymnasium, playing field or weight room at Hillsborough High School. Three fitness testing sessions will take place on days that I have a physical education class and one fitness testing session will take place on a day I do not have a physical education class. I understand that the three physical education classes will involve different types of physical activity such as sport-skills, aerobic games, strength training, and running. About 20 boys and girls between the ages of 13 and 18 years of age will participate in this project.

I understand that it is up to me if I want to participate in this project and I know that I may stop participating at any time. If I do not want to participate in this project, I know that I can still take part in all classes, sports, and fitness activities at Hillsborough High School. The physical education teachers and fitness instructors will not tell anyone my test results. I understand that my muscles may feel sore after the fitness tests or physical education classes, but this feeling should go away with rest or an easy activity such as walking. If I want to leave the program, I can tell Avery Faigenbaum or any physical education teacher at any time. I understand that the researchers will also ask my parents if I can participate in this project.

# If I have any questions about this project or if I have a problem I want to talk about, I know that I may contact Avery Faigenbaum at 609-771-2151. . If you have further questions about this project or if you have a research-related problem, you may contact Avery Faigenbaum at 609-771-2151 or Dr. Brett BuSha, TCNJ Institutional Review Board Chair, at 609-771-2452.

I HAVE READ THIS FORM. MY QUESTIONS HAVE BEEN ANSWERED. I AGREE TO PARTICIPATE IN THIS RESEARCH STUDY.

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Signature of child, Date Printed name of child, Date

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Signature of Researcher, Date

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