

**THE COLLEGE OF NEW JERSEY  
CHILD ASSENT FOR PARTICIPATION IN A RESEARCH PROJECT**

**The effects of different warm-up protocols on maximal aerobic power in children**

I understand that I am being asked to participate in a research project that is designed to learn more about the effects of different warm-up exercises on children. I will have the opportunity to practice different exercises and try on the face mask before agreeing to participate in this project. I know that I will come to The College of New Jersey two times and I know that I can stop at any time for any reason.

During each visit, I will be asked to perform an exercise test on a treadmill. The exercise test on the treadmill will last about 10 or 15 minutes. The treadmill test starts at a walking speed, but when the treadmill goes faster I know will need to jog or run. I know I will be breathing hard. During the treadmill test I will wear a heart rate monitor around my chest and a face mask that covers my mouth and nose (see photo). The facemask is soft and flexible. When I wear the facemask I will be able to breathe through my mouth and nose. However, if the facemask is uncomfortable it will be removed.



Before each treadmill exercise test I will perform different warm-ups. One warm-up will be 6 to 8 minutes of walking on a treadmill. The other warm-up will be 6 to 8 minutes of different exercises such as squatting, jumping and stretching. Each of these exercises will last about 30 seconds and will be followed by a short rest period. I know an instructor in the lab will show me how to perform these exercises. After each warm-up I will perform a jump test to see if my muscles are warmed-up.

I know that I will do warm-up and cool-down activities during every visit. Also, I know that I will be asked if the exercises feel easy, medium or hard.

I know that it is up to me if I want to participate in this project and I know that I may stop at any time. If I want to stop for any reason or if I don't want to do anything, all I have to do is tell Avery Faigenbaum or any adult in the lab. I know that my muscles may feel a little sore after exercising, but this feeling should go away with rest or an easy activity such as stretching. 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, I know that I may contact Avery Faigenbaum at 609-771-2151 or faigenba@tcnj.edu

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

\_\_\_\_\_  
Signature of child, Date

\_\_\_\_\_  
Printed name of child, Date

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Signature of Researcher, Date

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