

**THE COLLEGE OF NEW JERSEY
PARENTAL PERMISSION FOR PARTICIPATION IN A RESEARCH PROJECT**

Principle Investigator: Avery Faigenbaum, Ed.D.

Study Title: The effects of different warm-up protocols on maximal aerobic power in children

IRB Protocol: 2019-0214

Invitation to Participate: You are invited to allow your child to participate in a research study investigating the effects of different warm-up protocols on maximal aerobic power in children. Researchers from the Department of Health and Exercise Science at The College of New Jersey will perform this study.

Research Objective: The purpose of this study is compare the effects of a traditional warm-up and a dynamic warm-up on maximal aerobic power in children. In this study will measure maximal aerobic power performance with a treadmill exercise test.

Description of Procedures: All study procedures will take place in the Human Performance Lab at The College of New Jersey. You will be asked to complete a physical activity readiness questionnaire for each participant. Children with a pre-existing medical condition such as diabetes, a sports-related injury, or recent illness will not be permitted to participate in this study. As a participant in this study children will come to The College of New Jersey for two testing sessions on nonconsecutive days. Each testing session will take about 45 to 60 minutes. It is anticipated that information for each participant will be collected within a two week period.

During each testing session participants will perform a maximal exercise test on a treadmill. Participants will begin walking, then jogging and finally running. The test will last about 10 to 15 minutes. During the test participants will wear a heart rate monitor and an airtight mask that covers their mouth and nose



With recent improvements in face mask design for children, it is more comfortable for children to have the freedom to breathe through either the nose or mouth while wearing a facemask that is soft and flexible (see photo). However, if the facemask is uncomfortable it will be removed. A machine will be used to measure the air children breathe. The information collected from the exercise test will be used to determine each child's aerobic fitness. During the visit each participant's height, weight and sport/exercise history will be assessed.

Before each treadmill test participants will perform a different warm-up. One warm-up will be 6 to 8 minutes of walking on a treadmill at a comfortable intensity. The other warm-up will be 6 to 8 minutes of dynamic exercises such as squatting, jumping and stretching. Each of these dynamic exercises will last about 30 seconds and will be followed by a short rest period between exercises. After each warm-up participants will perform a jump test to see if their muscles are warmed-up. During all study procedures participants will be asked if the exercises feel easy, medium or hard.

All testing and training sessions will be supervised by faculty from the Department of Health and Exercise Science. College students may also assist with selected aspects of data collection.

Risks and Discomforts: As with any form of exercise a certain amount of risk is involved. In addition to unforeseen medical problems, a possible discomfort includes muscle soreness or stiffness. The risk of injury and soreness will be minimized by adequate warm-up, close supervision and adherence to appropriate testing procedures.

Potential Benefits: Children in this study will have the opportunity to learn about the effects of different warm-ups on exercise performance. The results of this study will provide important information regarding the effects of different warm-up protocols on maximal exercise performance in children

Will the results be confidential? Yes. All information gathered from this study will be completely confidential. Each child's information will be given a code number instead of a name and only the researchers will have access to the data. All data collected will only be used for research purposes.

Is my child's participation completely voluntary? Yes. It is completely up to you whether or not your child participates in this study. Participation or withdrawal from this study will not influence your child's ability to participate in any program or activity at The College of New Jersey. If you wish to withdraw, you can contact Avery Faigenbaum at any time.

Economic Considerations: As a subject in the study, participants will not be charged or financially compensated for participation.

Emergency Response Plan: A researcher will initiate any appropriate emergency action if necessary.

Questions: If you have questions about this project or if you have a research-related problem, you may contact Dr. Avery Faigenbaum at (609) 771-2151 (faigenba@tcnj.edu) or Dr Sandy Gibson, TCNJ Institutional Review Board Chair, at (609) 771-2136 (gibsonc@tcnj.edu).

Authorization: I have read this form and I allow (name of child) _____ to participate in the project described above and I permit the investigators to use my child's data for this research study. Its general purposes, the particulars of my child's involvement and possible hazards and inconveniences have been explained to my satisfaction. My signature also indicates that I have received a copy of this permission form.

Signature of parent or guardian, Date

Printed name of parent or guardian

Printed name of child

Signature of researcher, Date

Name and address of researcher: Avery Faigenbaum, Ed.D.
Dept. of Health and Exercise Science
The College of New Jersey 2000 Pennington Rd, Ewing, NJ 08628