



MEMORANDUM

Date: 5/31/2016

To: Young S. Kwon
Dennis J. Hernandez

From: Brian Davis
Institutional Review Board for the Protection of Human Subjects

IRB #: IRB 15-234

Title: The Effect of Rest Interval Duration on the Volume Completed During a High Intensity Bench Press Exercise

Thank you for submitting your application to the Committee for the Protection of Human Subjects in Research. I am able to provide expedited review of your proposal because your research:

will involve research on individual or group characteristics or behavior (including, but not limited to, research on perception, cognition, motivation, identity, language, communication, cultural beliefs or practices, and social behavior) or research employing survey, interview, oral history, focus group, program evaluation, human factors evaluation, or quality assurance methodologies.

The Expedited approval of your research will expire on **5/30/2017**. By Federal Regulations, all research related to this protocol must stop on the expiration date and the IRB cannot extend a protocol that is past the expiration date. In order to prevent any interruption in your research, please submit a renewal application in time for the IRB to process, review, and extend the Expedited designation (at least one month).

Important Notes:

- Any alterations to your research plan must be reviewed and approved by the IRB prior to implementation.
 - Change to survey questions
 - Number of subjects
 - Location of data collection,
 - Any other pertinent information
- If Expedited approval is not extended prior to the expiration date, investigators must stop all research related to this proposal.
- Any adverse events or unanticipated problems involving risks to subjects or others must be reported immediately to the IRB (irb@humboldt.edu).

cc: Faculty Adviser (if applicable)
Institutional Review Board for the Protection of Human Subjects