**Humboldt State University Department of Kinesiology**

**Consent to Participate in Research**

**The Effects of Descending Resistance Sets Compared to Constant Resistance Sets on the Volume Completed During a High Intensity Free Weight Back Squat Exercise**

**Purpose and General Information**

You are being asked to participate in a research study conducted by Jason Meyer (Principle Investigator)and Young Sub Kwon, Ph.D. (supervising staff member). The purpose of this study is to compare two different loading protocols of the free weight back squat with 85% 1RM and 30 second rest period to determine the extent of progressive load reductions necessary to maintain repetition performance. This form will explain the study, including possible risks and benefits of participating, so you can make an informed choice about whether or not to participate. Please read this consent form carefully. Feel free to ask the investigators or study staff to explain any information that you do not clearly understand.

**What will happen if I participate?**

This proposed project was developed based on science and theory in the fields of Exercise Science. All testing will take place in the Human Performance Lab (HPL), and the in the student recreation center (SRC). When scheduling takes place, you will be asked to refrain from using caffeine and alcohol for 24 hours before each testing session. If you agree to be included in this study, you will be asked to read and sign this consent form. Upon signing, the following will occur:

* The study will be described in detail and your questions will be answered, then you will fill out all pre-screening forms in a private room in the Human Performance Lab. You will be introduced to the study, the purposes and procedures, and the risks and benefits. Following this introductory information, a Health History and Activity Questionnaire will be completed. The investigators will provide a detailed description of the protocol both verbally and in writing. You will be encouraged to ask questions.
* Your physical fitness will be assessed via one repetition max, and training interventions will be prescribed over a two week period with 4 total visits with the second week prescribed in a counterbalanced design. Repetitions of free weight back squat will be counted and recorded each set to be used later to calculate training volume. Immediately after the set you will report you feeling of exertion using the modified RPE scale. The length of time for subject participation is around 1-2 hours
* The risk of breaching confidentiality will be minimized by using only professional personnel to perform all study activities, identification numbers instead of names, and rooms at times when others will not need access. A private room is available for discussion and testing, and all study data will be kept in a file cabinet in the supervising faculty's office. All data will continue to be coded so that your identity is not revealed throughout the duration of the research.
* The period of this study is from January 29, 2018 thru May 23, 2018.

**What are the possible risks or discomforts of being in this study?**

Every effort will be made to protect the information you give us. Every effort will also be made to minimize any risk by allowing proper warm-up. As with any research, there may be unforeseeable risks. These risks include muscle soreness, muscle fatigue, and common injuries and issues associated with exercise.

For more information about risks, contact the Principal Investigator, Jason Meyer.

**How will my information be kept confidential?**

Your name and other identifying information will be maintained in files, available only to authorized members of the research team for the duration of the study. For any information entered into a computer, the only identifier will be a unique study identification (ID) number. Any personal identifying information and record linking that information to study ID numbers will be destroyed when the study is completed. Information resulting from this study will be used for research purposes and may be published; however, you will not be identified by name in any publications.

**What other choices do I have if I don’t participate?**

Taking part in this study is voluntary so you can choose not to participate. The investigators have the right to end your participation in this study if they determine that you no longer qualify for various reasons such as health or injury issues, not following study procedures, or absenteeism (missing 2 training sessions).

**Will I be paid for taking part in this study?**

There will be no compensation.

**Can I stop being in the study once I began?**

Yes, you can withdraw from this study at any time without consequence.

**Protected health information (PHI)**

By signing this consent document, you are allowing the investigators and other authorized personnel to use your protected health information for the purposes of this study. This information may include: resting blood pressure, height, weight, age, %body fat, and health and fitness related items on the questionnaires.

**Right to Withdraw**

Your authorization for the use of your health information shall not expire or change unless you withdraw or change that information. Your health information will be used as long as it is needed for this study. However, you may withdraw your authorization at any time provided you notify the Humboldt State University investigators in writing. To do this, please contact:

Jason Meyer

(707) 498-3747

Jem276@humboldt.edu

Please be aware that the research team will not be required to destroy or retrieve any of your health information that has already been used or shared before your withdrawal is received.

**Refusal to Sign**

If you choose not to sign this consent form, you will not be allowed to take part in the project.

What if I have questions or complaints about this study?

If you have any questions, concerns, or complaints about this study, please contact Young Sub Kwon, Ph.D. (faculty adviser) at 707.826.5944 from Monday thru Friday 8am - 5pm. (or at 505-350-4345 after hours). If you would like to speak with someone other than the research team, If you have any concerns with this study or questions about your rights as a participant, contact the Institutional Review Board for the Protection of Human Subjects at irb@humboldt.edu or (707) 826-5165.

You may email the Institutional Review Board (IRB) at irb@humboldt.edu.  The IRB is a group of people from Humboldt State University and the community who provide independent oversight of safety and ethical issues related to research involving human subjects.

**Liability**

No compensation for physical injury resulting from participating in this research is available.

**Consent and Authorization**

You are making a decision whether to participate in this study. Your signature below indicates that you read the information provided (or the information was read to you). By signing this Consent Form, you are not waiving any of your legal rights as a research subject.

Sincerely,

Jason Meyer, B. S.

(707) 498-3747

I have read and had the opportunity to ask questions and all questions have been answered to my satisfaction. By signing this consent form, I agree to participate to this study and give permission for my health information to be used or disclosed as described in this consent form.

A copy of this consent form will be provided to me.

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Signature of participant   Date