Humboldt State University Department of Kinesiology
Consent to Participate in Research
Optimal Interval and Metabolic Profile of the 1:1 HIIT Program during Treadmill Run to Exhaustion in Recreationally Trained Runners

Purpose and General Information

You are being asked to participate in a research study conducted by Andrew Hahn (Principal Investigator), and Young Sub Kwon, Ph.D. (supervising staff member). The purpose of this study is to investigate the effects of 3 different High Intensity Interval Training (HIIT) running protocols and 1 continuous running protocol of the same average intensities on running performance. Specifically, this study aims to determine the optimal interval intensity/margin, and metabolic profile of the (1:1) 2-minute interval HIIT program in recreationally trained runners. This form will explain the study, including possible risks and benefits associated with participation, so you can make an informed choice about whether or not to participate. Please read this consent form carefully, and feel free to ask the investigator or supervising staff member to explain any unclear information.

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). 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 Medical History and Physical 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.

- The period of this study is from May 1, 2018 thru April, 1 2019. Your cardiorespiratory fitness will be assessed in this time period. Cardiorespiratory endurance assessments in a laboratory test will be completed, and anthropometric assessments will be completed.

- 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 P.I.'s office. All data will continue to be coded so that your identity is not revealed throughout the duration of the research.

- All participants will be asked to complete 5 total sessions. Since the participants can withdraw at any time without penalty, they cannot be required to complete 5 sessions. Each session will last for approximately 30-60 minutes. The rest period will be at least 48 hours between each session.

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, please contact the Principal Investigator:
Andrew Hahn, NSCA-CSCS
(805) 452-1112
Andrew.Hahn@humboldt.edu

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.

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. In addition to researchers and staff at the Human Performance Lab (HPL) at Humboldt State University (HSU) and other groups listed in this form, there is a chance that your health information may be shared (re-disclosed) outside of the research study and no longer be protected by federal privacy laws. Examples of this include disclosures for law enforcement, judicial proceeding, health oversight activities and public health measures.

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:

Andrew Hahn, NSCA-CSCS
(805) 452-1112
Andrew.Hahn@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 advisor) 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,
Andrew Hahn, NSCA-CSCS
(805) 452-1112
Andrew.Hahn@humboldt.edu

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.

_____ _____
Signature of participant Date