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

Principle Investigator:  Avery Faigenbaum, Ed.D. Department of Health and Exercise Science

Study Title:  Teen Fitness: A Partnership between School Nurses and Physical Education Teachers

Invitation to Participate: You are invited to allow your child to participate in a research study at Hillsborough High School investigating the effects of structured physical activity on the health and fitness of teenagers who are sedentary and/or overweight. Researchers from The College of New Jersey will perform this study with the support of physical education teachers and school nurses at Hillsborough High School.

What is the purpose of this study? Although evidence for daily physical activity is strong, exercise interventions in schools rarely involve the collective behaviors of school nurses and physical education teachers. The purpose of this study is to identify inactive and/or overweight youth and evaluate the effects of structured physical activity on the health and fitness of teenagers. About 30 boys and girls from Hillsborough High School will participate in this study.

Description of Procedures. You are being asked to allow your child to participate in a research study that will take place at Hillsborough High School. You will be asked to complete a health history questionnaire on your child. If there are any medical indications (for example, recent surgery or broken bones) that your child can not safely perform physical activity, he or she will not be allowed to participate in this study. We will also ask the children to read and sign a separate assent form so they understand all study procedures. Potential participants will be identified by the school nurse and referred to a physical education teacher who coordinates the afterschool fitness programs.

Participants in this study will participate in an 8 week afterschool fitness program two or three days per week (about 60 minutes each class) at Hillsborough High School. Each class will typically include warm-up activities, strength training exercises, fitness skills and cool-down stretches. Participants will be asked to keep a daily log of all daily fitness activities.

Before and after the study period, we will measure the height and weight of each participant as well as waist circumference. We will also assess each child’s aerobic fitness, muscular strength, flexibility, and jumping ability with youth fitness tests. The same tests will be repeated at the end of the 8 week training period. In addition, we will ask participants to complete a questionnaire regarding their thoughts on the fitness program. Physical education teachers, school nurses and/or fitness professionals will be involved with all study procedures.

Risks and Inconveniences. As with any form of physical activity a certain amount of risk is involved. In addition to unforeseen medical problems, the potential for injury to a child’s muscles, bones, tendons or ligaments, as a direct result of a physical activity or fitness testing is present. A possible discomfort includes muscle soreness. The risk of injury will be minimized by adequate warm-up, close supervision, and adherence to appropriate testing procedures.
What will be the benefits of the study? Participants in this study will have the opportunity to learn about the benefits of regular physical activity on health and fitness.

Will the results be confidential? Yes. All information provided by you on your child’s health history questionnaire and 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 statistical or scientific purposes. If this data is to be used for other purposes, your written consent will be obtained.

Is my child’s participation completely voluntary? Yes, it is completely up to you and your child whether or not you participate in this study. There is absolutely no obligation for you to participate and your child may withdraw from the study at any time. Participation or withdrawal from this study will not influence your child’s ability to participate in any activity or program at Hillsborough High School. If your child wants to withdraw from the study, you may contact Avery Faigenbaum, the school nurse or the afterschool physical education teacher at any time.

Emergency Response Plan: The investigators will initiate any appropriate emergency action if necessary. The College of New Jersey will not provide compensation for any injury or illness resulting from participation in this study.

Questions: Any questions you have about this study will be answered. If you have further questions about this project, you may contact Avery Faigenbaum at 609-771-2151. You may also call Brett BuSha, Chair of the Institutional Review Board at The College of New Jersey, at 609-771-2452.

Authorization: I have read this form and I allow (name of child) to participate in the research project described above. 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 consent form.

___________________________________
Signature of parent or guardian, Date

___________________________________
Printed name of parent or guardian

___________________________________
Printed name of child

___________________________________
Signature of researcher, Date

___________________________________
Printed name of researcher

Avery Faigenbaum, Ed.D.
Dept. of Health and Exercise Science
The College of New Jersey
Tel: (609) 771-2151
Email: faigenba@tcnj.edu