



#EIM@FGCU Consent Form

Study Title: EIM@FGCU – Exercise is Medicine at Florida Gulf Coast University

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You are being invited to participate in a research study conducted through Florida Gulf Coast University. Your participation in this study is voluntary. In order for you to participate in this study, the University requires that I (we) obtain your signed consent in order for you to participate in this project.

The researcher will explain the purpose of the project in detail, the procedures that will be used, the expected time the study will take, and any benefits or risks to you.

A short description of the study follows. Please read it and ask the researcher any questions you have to help you understand the study. If you choose to join the study, please sign the last page of this form in front of the person who told you about the study. You will get a copy of this form to keep. If you choose to join the study, you can leave it at any time with no penalty. If you decide to leave the study, please call the primary investigator or faculty sponsor on the last page so that you leave the study in a safe way.

Project Description:

Welcome to EIM@FGCU. EIM@FGCU is a program aimed at increasing the physical activity level of the students on campus. You were referred to the program by Student Health Services because you are not meeting the minimum recommendation of physical activity (150 minutes of physical activity each week). Participation is completely voluntary. If you choose to participate in this study you will complete a series of baseline physical activity testing. You may choose to participate in all or some of the testing. From the data obtained through the testing we will create an individual exercise prescription for you. You will be given a copy of the prescription and Campus Recreation will help you to implement it with a FREE personal training session. Refusal to join the study will not affect any future services you may be eligible to receive from the University, the Department of Rehabilitation Services, Student Health Center, and Campus Recreation. Anyone who chooses to participate in this study is free to withdraw at any time with no penalty or loss of benefits they are entitled to.

The purpose of the study is to determine if a unique intervention can be successful at increasing the physical activity of individuals on the FGCU Campus.

If you join the study, you will be asked to participate in Fitness Testing and a Free Personal Training Session. Prior to your first visit, you will be asked to complete a Health History Questionnaire, Physical Activity Readiness Questionnaire (PAR-Q), and the International Physical Activity Questionnaire. These forms should take 30-45 minutes to complete, depending on your individual health history.

Fitness Testing will take approximately 1.5 hours and will take place in Marieb Hall, Room 110. We will work to schedule testing at your convenience, however we have limited time in the lab so not all times are available.

Testing will consist of baseline measures of heart rate, blood pressure, height and weight. We will calculate your BMI. Cardiorespiratory (aerobic) Fitness Testing will consist of submaximal (under 80% of your maximal [full out] effort) testing on a treadmill or bike. During the testing your heart rate and blood pressure will be monitored. The testing will be stopped if you have a non-normal response to the exercise and you will be referred back to the Student Health Center on campus. Next you will participate in strength testing: push ups, sit ups, and bench presses; and flexibility testing: sit and reach. The exercise testing and prescription will be performed and developed by students in the Exercise Science program as part of a service learning project under the supervision of certified faculty and staff. The results of your testing and your individual exercise prescription will be provided to the Student Health Center to be kept as part of your medical record. Your exercise prescription will be shared with the personal trainers at Campus Recreation to help you implement your exercise prescription. We will also be monitoring the number of times you use Campus Recreation during your time in the study for approximately 12

weeks. On week 13 you will complete the initial assessment (approximately 1.5 hours) again to document your improvement.

The risks associated with this study are associated with physical activity and physical activity testing. Any time you participate in physical activity you are at risk for injury. We will be using established testing protocols that are clinically appropriate for you, as an individual. You may feel fatigue during or after the testing, which is normal. You may also feel discomfort from performing the testing or the exercises prescribed to you. All individuals who are administering the testing are trained and qualified to administer them. At any point, you are free to go to the Student Health Center on campus. There is a chance that your health information, or the health information of your family (family medical history) may become public. To protect against that, only study staff will see your health history and it will be kept separate from your fitness testing data in a locked file cabinet in the Principal Researchers office.

Being in this study might benefit you by increasing your physical activity and improving your health. Others will also benefit from your participation. If this study is successful, it will be broadened to others on campus and other campuses may use our model for their students.

If you join the study, we will take the following steps to keep your information confidential and secure. All the data collected will be kept in a locked file cabinet in the principal investigator office. Your data will be transcribed from paper to electronic format in a de-identified manner. We will not release information about you unless you authorize us to do so or unless we are required to do so by law. If the results of this study are published or presented, no information will be included that would make it possible to identify you as a study participant.

You will receive a water bottle for completing your fitness testing, you will receive a FREE personal training session to implement your exercise prescription and if you participate in follow up testing you will receive a t-shirt as a thank you for joining this study. There is no cost to you or your insurance company if you join the study.

We do not foresee any medical problems from participating in this study. However, if you experience any research related injury, please contact Renee Jeffreys at 239- 590-1169, or rjeffreys@fgcu.edu, the Principal Investigator.

If you have any questions about this study, you may contact Renee Jeffreys at 239- 590-1169, or rjeffreys@fgcu.edu, the Principal Investigator.

If you have any questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Chair of the Human Subjects Institutional Review Board through Sandra Terranova, Office of Research and Sponsored Programs, at 239-590-7522.

I have read this form and I understand it. The researcher answered my questions about the project. My signature indicates that I volunteer to participate in the project. I understand that if I become uncomfortable with the project I am free to stop my participation. I also understand that it is not possible to identify all potential risks in an experimental procedure and I believe that reasonable steps have been taken to minimize both the known and potential but unknown risks.

Signature of Study Participant

Date

Signature of Witness

Date

The dated approval stamp on this consent form indicates that this project has been reviewed and approved by the Florida Gulf Coast University Institutional Review Board for the Protection of Human Subjects in Research.

