BOWLING GREEN STATE UNIVERSITY
Exercise Science Program
School of Human Movement, Sport, and Leisure Studies

Informed Consent

Introduction:
You have reported to the Bowling Green State University Exercise Physiology Laboratory to participate in body composition and/or exercise testing. Your test will be administered by a faculty member in the Exercise Science Program and/or undergraduate or graduate students who have successfully completed training provided by the Laboratory Coordinator (Jessica Kiss, Ph.D., jekiss@bgsu.edu).

Purpose:
The purpose of this testing is to provide you with body composition and/or fitness data from the test(s) you choose. You will be charged by the test you request or may request a bundled test package for an evaluation of your overall health and fitness. The cost associated with each test has been determined by the amount of time it takes to complete the measurement, the number of personnel required to administer the test, supplies required for the test, and maintenance of the equipment.

Procedure:
In order to participate in testing, you must complete a pre-participation questionnaire to determine your level of risk associated with completing the test. If it has been determined that you need approval from a medical professional to undergo testing, you will not be allowed to participate until we have received permission from your physician.

You may choose to participate in testing for any one or combination of the following tests or packages. Descriptions of each test are listed below. Please place a checkmark next to the test(s) or packages you are participating in.

Body Composition – Skinfolds: A method of analyzing body fat percentage using calipers to measure the thickness of subcutaneous adipose tissue.
Body Composition – InBody: A test in which the rate of flow of small electrical impulses through muscle and adipose tissue is used to estimate body fat percentage.
Body Composition – BodPod: A test which uses air displacement plethysmography and a highly calibrated scale to determine body composition.
VO_{2max} Test – Continuous Protocol: A continuous graded treadmill exercise test designed to measure the maximal amount of oxygen an individual utilizes during maximal exercise. This test is completed to determine your level of cardiorespiratory fitness.
VO_{2max} Test – Discontinuous Protocol: A graded treadmill exercise test designed to measure aerobic fitness, however, the protocol is discontinuous. You will complete a graded exercise test interspersed with periods of seated rest.
Lactate Threshold Test: A test designed to measure the maximal steady-state effort you can sustain without an exponential rise in blood lactate.
Comprehensive Fitness Assessment: A comprehensive fitness assessment which includes resting blood pressure, height, weight, body mass index, body composition, Ebbeling walking test, push-ups, curl-ups, grip strength, and flexibility.
Wingate Test: A 30-second maximal exertion cycle ergometer test designed to measure anaerobic power.
Athlete Fitness Assessment: An athlete assessment package that includes a body composition test via BodPod, a continuous VO_{2max} test, and a lactate threshold test.
Athlete Fitness Assessment: An athlete assessment package that includes a body composition test via BodPod, a discontinuous VO_{2max} test, and a lactate threshold test.

Voluntary Nature:
Your participation is completely voluntary. You may decide to discontinue participation at any time during the test(s) without penalty. Deciding to participate or not will not affect your relationship with Bowling Green State University.

Confidentiality Protection:
All data collected during the course of your participation will be stored in a locked cabinet in the Laboratory Coordinator's office or on a password protected computer. All data will be kept for five years. After the five-year retention period, hard copy data sheets will be shredded and electronic copies will be deleted. This data will only be accessed by the Laboratory Coordinator and trained staff. If you request additional copies of your results, you will be required to come to the Exercise Physiology Laboratory with photo ID to obtain a copy of your data.

Risks:
The protocol for some of the tests you may choose to participate in is intense and will require you to exercise at maximal exertion, however, the risks of participation are no different than any other intense exercise you may have previously completed. According to the American Heart Association, the risk of sudden cardiac death during an exercise test is less than 0.01%[1]. While there is a risk of a cardiovascular injury, the chance is very low.

You may become nauseous or lightheaded during or after testing. If you are feeling nauseous or lightheaded, you will be asked to remain in the laboratory until the symptoms have subsided. If a serious injury does occur, the test administrator certified in First Aid/CPR/AED will provide immediate care and an ambulance will be called, if necessary. You will be required to pay for any medical service that may be needed. In an attempt to avoid any need for medical services, the test administrator will immediately terminate the testing procedures if you experience chest pain, shortness of breath, wheezing, leg cramps, severe leg pain, light-headedness, confusion, or nausea. If you report or we suspect any of these symptoms during testing, testing will be stopped, and you may no longer complete the test.

Benefits:
The benefits of participation include a complete and valid assessment of your health and fitness, depending on the type of testing you wish to undergo.

Contact information:
If you have any questions, comments, or concerns about your participation you may contact the Bowling Green State University Exercise Science Program Laboratory Coordinator, Dr. Jessica Kiss, at jekiss@bgsu.edu.

Consent:
I have been informed of the purposes, procedures, risks and benefits of this study. I have had the opportunity to have all my questions answered and I have been informed that my participation is completely voluntary. I agree to participate in this testing.

_____	_____
Participant Signature	Date
_____	_____
Witness	Date

[1]Myers, J., Arena, R., Franklin, B., Pina, I., Kraus, W. E., McInnis, K., Balady, G. J. (2009). Recommendations for clinical exercise laboratories: A scientific statement from the american heart association. *Circulation, 119*(24), 3144-3161.