

# Physical Fitness Study

## Child Assent

**You are invited** to be part of a study using computers to help you improve your physical fitness. You were selected to take part in this study because you are in the first hour Developmental/Adapted Physical Education (D/APE) class with Ms. Cahill. The study will take about five weeks to finish and it will be conducted at the same time you have your D/APE class with Ms. Cahill.

### Background Information and Purpose

The purpose of this study is in general terms, explain what the study is designed to discover or establish.

### Procedures

In this study you will learn how to make stick figures on the computer and then put what you have made into an exercise routine. When everyone in the class has made their exercise routine, they will combine them into an entire class exercise routine. We will present the class exercise routine to your parents, other classmates, and some other people at the end of the school year. The peer tutors that have helped you with the D/APE class during the school year will also help with the study.

### Risks

During the study you will be asked some questions as to whether or not you enjoy working with the computer, making the stick figures, and learning the exercise routine. At different times in the study you will also have your picture taken. These pictures may be used to show other D/APE teachers and physical education teachers in the state how well you did in making the stick figures and performing the exercise routine.

### Benefits

Describe the potential benefits to subjects. If there are none, state that. Compensation of any form should not be mentioned here.

### Confidentiality

Throughout the course of this study and in the final paper your name will be kept private and will not be shared.

### Research Results

If you have any additional questions please contact the researcher, at 308-xxxx or [student@stcloudstate.edu](mailto:student@stcloudstate.edu), or the advisor, Jane Doe, at 308-xxxx or [advisor@stcloudstate.edu](mailto:advisor@stcloudstate.edu).

### Contact Information

If you have and other questions or concerns you may also ask Ms. Cahill.

### Voluntary Participation/Withdrawal

If during the study you decide that you do not want to continue to be a part of the study, you need to tell Ms. Cahill or your parents. She will make sure that you are put into another class to finish your physical education. Your decision to stop being in the study will not be held against you and will not be a problem for you with your education.

### Acceptance to Participate

When you sign your name on the line with the "X" it means you understand this information and have agreed to be a part of the study. If you do not like being in the study at any time, you may tell Ms. Cahill and she will see that you are put in a different class.

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Name (Printed)

X \_\_\_\_\_  
(Signature)

Please help Ms. Cahill by answering the following questions.

Do you use a computer at home? Y

If yes, how many hours a week do you use it? \_\_\_\_\_ H

Do you use a computer in school? Y

How do you use the computer in school?