

INFORMED CONSENT DOCUMENT

OLD DOMINION UNIVERSITY

PROJECT TITLE: Gamified approach for real-time feedback during strength training exercises

INTRODUCTION

The purposes of this form are to give you information that may affect your decision whether to say YES or NO to participation in this research, and to record the consent of those who say YES. The study is titled 'Gamified approach for real-time feedback during strength training exercises' and will be conducted at the Student Rec Center or ECSB 3106 at Old Dominion University.

RESEARCHERS

Responsible Principal Investigator: Dr. Hunter Bennett, PhD, Human Movement Sciences

Additional Investigators:

Alexander Launi - Graduate student, Department of Computer Science.

Dr. Stephan Olariu, PhD, Department of Computer Science

Dr. Shubham Jain, PhD, Department of Computer Science, Stony Brook University

DESCRIPTION OF RESEARCH STUDY

Several studies have been conducted looking into the subject of measuring your exercise performance. None of them have explored how to monitor performance for resistance training and provide real-time feedback.

If you decide to participate, then you will join a study involving research of studying and understanding performance in resistance training and providing real-time feedback. You will be provided a sensor via contactless delivery. You will attach the sensor to your arm before you exercise, which will capture your exercise data. You will also be asked to download an accompanying application on your iPhone. Please mount the smartphone in your line of sight at a comfortable distance from you such that you can see the display. These sensors are well known for monitoring motion. The sensor is collecting data about the movement of your limb. You will be required to wear the sensor for the duration of the exercise. The smartphone will display your exercise performance in real-time, as you exercise. The app is designed like a game, where you score points for each repetition based on your performance. You can select the metric you want to view in real-time. If you say YES, then your participation will last for 5 weeks. Approximately 50 people will be participating in this study. The sensor is wireless, and data will be collected via Bluetooth. No identifying information will be collected.

EXCLUSIONARY CRITERIA

You should have some experience with resistance training workouts, at least 2 months. To the best of your knowledge, you should not have a health condition that would keep you from participating in this study.

RISKS AND BENEFITS

RISKS: Physical harm is a risk due to the exercise portion of the protocol.

BENEFITS: There are no direct benefits to participants.

COSTS AND PAYMENTS

The researchers are unable to give you any payment for participating in this study.

NEW INFORMATION

If the researchers find new information during this study that would reasonably change your decision about participating, then they will give it to you.

CONFIDENTIALITY

The researchers will take reasonable steps to keep private information, such as your names, confidential. The researcher will remove identifiers from the information. The results of this study may be used in reports, presentations, and publications; but the researcher will not identify you. Of course, your records may be subpoenaed by court order or inspected by government bodies with oversight authority.

WITHDRAWAL PRIVILEGE

It is OK for you to say NO. Even if you say YES now, you are free to say NO later, and walk away or withdraw from the study -- at any time. Your decision will not affect your relationship with Old Dominion University, or otherwise cause a loss of benefits to which you might otherwise be entitled.

COMPENSATION FOR ILLNESS AND INJURY

If you say YES, then your consent in this document does not waive any of your legal rights. However, in the event of injury arising from this study, neither Old Dominion University nor the researchers are able to give you any money, insurance coverage, free medical care, or any other compensation for such injury. In the event that you suffer injury as a result of participation in any research project, you may contact Dr. Shubham Jain at 757-683-7715, Dr. Tancy Vandecar-Burdin the current IRB chair at 757-683-3802 at Old Dominion University, or the Old Dominion University Office of Research at 757- 683-3460 who will be glad to review the matter with you.

VOLUNTARY CONSENT

By signing this form, you are saying several things. You are saying that you have read this form or have had it read to you, that you are satisfied that you understand this form, the research study, and its risks and benefits. The researchers should have answered any questions you may have had about the research. If you have any questions later on, then the researchers should be able to answer them:

Dr. Hunter Bennett: 757-683-4387
Alexander Launi: alaun001@odu.edu

If at any time you feel pressured to participate, or if you have any questions about your rights or this form, then you should call Dr. Tancy Vandecar-Burdin, the current IRB chair, at 757-683-3802, or the Old Dominion University Office of Research, at 757-683-3460.

And importantly, by signing below, you are telling the researcher YES, that you agree to participate in this study. The researcher should give you a copy of this form for your records.

Subject's Printed Name & Signature	Date
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INVESTIGATOR'S STATEMENT

I certify that I have explained to this subject the nature and purpose of this research, including benefits, risks, costs, and any experimental procedures. I have described the rights and protections afforded to human subjects and have done nothing to pressure, coerce, or falsely entice this subject into participating. I am aware of my obligations under state and federal laws, and promise compliance. I have answered the subject's questions and have encouraged him/her to ask additional questions at any time during the course of this study. I have witnessed the above signature(s) on this consent form.

Investigator's Printed Name & Signature	Date
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