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**Participant Information Sheet**

**Players at Teesside University ETC**

Title: **Assessing knee flexion and extension strength in girls soccer players: reliability, validity and normative data ranges.**

Short title: **Accuracy of knee strength testing and normal strength values for girls football.**

Chief Investigator: ***Dr Matthew Wright***

Researchers: ***Rhiannah McCourt, Sophie Bowes-McManus, Dr Jonathan Taylor, Craig Tears.***

Hello, my name is Matthewand I am a Senior Lecturer in the School of Health and Life Sciences, Teesside University. I am undertaking a research projectand I would like to invite you to take part. Before you decide if you want to please read the following information and discuss it with others if you wish. Please contact me if you have any questions – *Matthew Wright* [*m.wright@tees.ac.uk*](mailto:m.wright@tees.ac.uk).

**What is the purpose of the study?**

Strong muscles around the knee are important for girls football players to reduce risk of injury, improve performance and safely return to player after knee injuries (such as Anterior Cruciate Ligament injuries [ACL]). While we know being “strong” is important there is very little information to tell us how strong youth female players should be or how accurate (reliable) strength tests for knee strength are in girls football players. This is why we want to test the reliability of the goal standard testing (an Isokinetic Dynamometer) as well as practical tests that are more regularly used for fitness testing.

**Why am I being invited to take part?**

You have been invited because I believe you are a female under the age of 16 who participates in training at the football emerging talent centre (ETC) at Teesside University.

To be able to take part you must be deemed medically fit to compete in football by the Emerging Talent Centre’s medical practitioners and must be able to give assent and your parent(s) or career must also give their consent.

Unfortunately, you can't take part if:

* You are currently suffering from an injury that is restricting training or competition.
* You have a history of ACL or knee ligament injury.

**Do I have to take part?**

No, it’s up to you if you want to take part, or not.

**What would I be asked to do if I chose to take part?**

You would be required to attend a testing session (~45 minutes) at Teesside University on two separate occasions with approximately 72 hours of each other. Here information on your date of birth, standing and sitting height and body mass would be collected.

You would be asked to perform a short (~ 10 minutes) warm-up to prepare your whole-body and specifically the leg muscles for the strength testing.

You would then be asked to perform a series of short (5 seconds) but maximal isometric (static) contractions pushing against a force frame.

You will then be asked to perform a series of maximal knee flexion and extension exercises seated on an isokinetic dynamometer\* at three set speeds.

*\*This is a device that sets the movement at a constant speed and measures rotational force [torque]*

**What are the possible disadvantages, or risks, of taking part?**

The risks associated with this study are minor. A potential injury could occur when performing the strength testing however, prior to testing you will carry out an appropriate warm up for the tasks concerned which will help reduce risk of injury.

***What are the possible benefits to taking part?***

There are no direct benefits to taking part. However,we hope this will help better understanding and improve strength assessment and monitoring within Emerging Talent Centres.

**What would happen to the information collected about me?**

Your Assent Form will be retained by the Project Team, led by Project Supervisor Matthew Wright in secure University storage for up to 10 years.

You will be given your own study number which will be used instead of your name and the non-identifiable research data will be stored securely for up to 10 years.

If you have any concerns about what happen to the information collected about you can speak to you parent or career and if it is still unanswered, they can raise this with the research team.

Please note that if any information comes to light that was a potential safeguarding issue this would need to be reported to the ETC safeguarding officer (Will Jones) at the university and follow the FA [Safeguarding Policy](https://www.northridingfa.com/safeguarding-and-welfare).

**What would happen if I started, but, changed my mind?**

You have the right to change your mind about taking part in the study until data analysis begins on September 1st 2025.

If you no longer want to take part there will be no negative impact on yourself, or your care.

Information about the School Research Ethics Committee and Chair

**Who has approved this study?**

This study has been approved by the Health Research Ethics Committee in the school of Health and Life Sciences.

**What happens if there are any problems?**

If you wish to discuss the study with someone outside of the research team who has knowledge of the study or if you wish to make a complaint that cannot be resolved by the research team please speak to your parents / careers who can contact the chair of the Research Ethics Committee Sylvia Appleby ([***s.appleby@tees.ac.uk***](mailto:s.appleby@tees.ac.uk)***).***

Thank you for reading this information sheet and for considering whether or not to take part in my study. If you would like to take part, then please complete the attached assent form and return to me if you would like to take part [***m.wright@tees.ac.uk***](mailto:m.wright@tees.ac.uk) ***.***