**Consent Form**

“Comparison of the peak center of mass displacement during hip abduction exercises with differing arm positions while standing on a bosu ball”.

You are being asked to participate in a quantitative research study by Ericka Barajas, from the graduate department at Texas State University. This study is being conducted as part of a graduate student project for Dr. Pankey’s, Biomechanics 5309 course. Your participation is entirely voluntary, please read the information below before agreeing to participate in this study. Should you have any questions or concerns please contact Ericka at 832-573-1787 or by email [eb1068@txstate.edu](mailto:eb1068@txstate.edu).

The purpose of this study is to determine the peak displacement of the center of mass during a hip abduction with or without the use of the arms for balance. You have been asked to participate in this study due to your health and core physical strength as related to being fitness professionals.

Procedures and methodologies used in this study involve a total of 10 participants that will be tested in two separate trials. Each participant will be asked to abduct their non-dominate one time per trial for a total of two trials. Participants will be videotaped using a digital camcorder with a piece of tape attached to their center of mass for the purpose of measuring the displacement during each trial. The process should take no more than five minutes to complete and there will be no follow up required after the study is completed.

Risks associated with this study involve the loss of balance however in the event of physical harm during this study. Texas State University will not provide treatment or compensation for injury sustained during this research study.

Potential benefits of participation of this exercise involve the understanding of your own core strength and balance required to use a bosu ball for exercise purposes.

Any and all information obtained in this study will be anonymous and no names or information will be required from you as a participant. Any data recorded on videotape may be accessed by Dr. Pankey for grading or educational purposes.

The participation in this study is entirely voluntary and you may choose to not participate or withdraw at any time. A summary of the findings will be provided to participants upon completion of the study, if requested. Please contact Ericka if you wish to obtain a copy.

Thank you for your participation in this study.

Participant signature

Researcher’s signature