**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 laterally extend their non-dominate leg 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 possible injury associated with the loss of balance. 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.

If there are any questions in regards to your rights as a participant and/or research-related injuries to participants they should be directed to the IRB chair, Dr. Jon Lasser (512-245-3413 – [lasser@txstate.edu](mailto:lasser@txstate.edu)), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102).

Any and all information obtained in this study will be kept confidential and no names or information will be required from you as a participant except in the form of a written consent from you to participate in this study. The results of the testing may be shared for scientific purposes but your name will not be given or be associated with you during the videotaping process. Any data recorded on videotape may be accessed by Dr. Pankey for grading purposes and disposed of at the end of the fall 2009 semester. No information will be included that would give away who you are.

The participation in this study is entirely voluntary and you may choose to not participate or withdraw at any time. The researcher may end your participation in this study at any time if they feel there may be danger associated with the exercise technique required in this study. A summary of the findings will be provided to participants upon completion of the study, if requested. Please contact Ericka at 832-573-1787 if you wish to obtain a copy.

Thank you for your participation in this study.

Participant signature :

Researcher’s signature: