CONSENT FORM

Project Title: Analysis of Performing the Back Squat Exercise without Shoes. (IRB # 2011E8156)

Investigator (**PI**): Joseph Saxe – 512-245-4469 or [js1556@txstate.edu](mailto:js1556@txstate.edu)

You are being asked to participate in a project conducted through Texas State University. The subjects needed for this research are males with previous or current resistance training experience. The University requires that you give your signed agreement to participate in this project. The principal investigator, Joseph Saxe, will explain to you in detail the purpose of the project, the procedures to be used, and the potential benefits and possible risks of participation. You may ask the investigator any questions you have to help you understand this research project. A basic explanation of the research is given below. Please read this explanation and discuss with the researcher any questions you may have. If you then decide to participate in the project, please sign on the last page of this form in the presence of the investigator who explained the project to you. You will receive a copy of this form to keep for your personal records.

1. Purpose of the Research – To determine the acute effects of performing the squat exercise with and without shoes. To see which training method increased stability and improved motion mechanics during the back squat exercise.

Explanation of the procedures – You will complete two variations of the back squat exercise, one trial of 6 repetitions at 60 % of estimated 1 RM. with your shoes on and one trial with your shoes off. Motion mechanics at the hip and knee will be measured with DartFish motion analysis system. “Center of Pressure” will be measured using a force plate during the squat exercise. Finding subjects estimated 1 repetition max, shoe size, and height on day 1 will take place for 30-40 minutes. The warm up and performing both squats on day 2 will take place for 30-40 minutes.

1. Discomfort and risks anticipated - Reasonable safeguards have been taken to minimize the risks of injury (i.e. warm up, 3 spotters, performing at 60% of estimated 1 rep. max, safety bars). In addition, muscle soreness may occur after the tests; therefore, you will be provided time to recover after each trial, test and training sessions and provided with a light warm-up and stretching exercises before participating in each session.
2. Benefits of participating in this research project- You will better understand factors that determine your mechanics during the squat exercise and how to help minimize risks for injury. You will determine if training without shoes increases stability which may reduce your risk of having an injury while training. Acute and chronic benefits might include but are not limited to, stronger muscles, increased flexibility during exercise, better kinematics, and increased bone mineral density.
3. Confidentiality assurance – Confidential or anonymous data collection procedures will be conducted. Two subjects who will be next in line to participate will be allowed to observe test trials to better under stand the procedures but will not be provided the scores of these subjects. Names and data of individual test scores will not be used in any report, presentation or published article and will be collected directly onto a computer and placed in a secure file in the PI’s office for 5 years. If requested, a summary of the findings will be provided to you upon completion of the study by contacting Joseph Saxe at 512-245-4469, Jowers, D105.
4. Right to refuse and/or withdraw with no penalty- Refusal to participate in this study will have no effect on any future services you may be entitled to from the University. Anyone who agrees to participate is free to withdraw from the study at any time without penalty.
5. IRB Contact - Any questions regarding the conduct of this research or questions pertaining to your rights as a research subject or any research-related injury should be brought to the attention of 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).
6. IRB Approval - This project has been reviewed and approved by the Texas State IRB for the Protection of Human Subjects in Research and Research-Related Activities.

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Participant Signature Date

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Principal Investigator Signature Date