

Confident bodies: Developing functional movement in adolescent females

The research is being carried out in partial fulfilment of a Masters in Strength and Conditioning under the supervision of Dr Anthea Clarke. The following researchers will be conducting the study:		
Role	Name	Organisation
Principal Investigator	Anthea Clarke	Sport and Exercise Science, School of Allied Health, Human Services, and Sport.
Co-Investigator	Mary Claire Geneau	
Co-Investigator	Alex Roberts	
Student Researcher	Sarah Perkins	
Research funder	This research receives in kind support from La Trobe University.	

1. What is the study about?

This is an invitation for your child to take part in a study. The study is about trying to understand how we can better engage adolescent girls to partake in strength training and to evaluate whether short holiday programs are able to improve their functional movement patterns and confidence around exercising in this way. The study is embedded within a school holiday program called E.M.POWER, which provides hands on strength training with qualified strength and conditioning coaches as well as education and workshop experiences around general health and wellbeing.

2. Does my child have to participate?

Being part of this study is voluntary. We ask that you discuss the study with your child when you are deciding if you want your child to take part. If you decide together for your child to be part of the study we ask that you read this information carefully and ask us any questions.

If you decide together you do not want your child to take part this won't affect your relationship with La Trobe University or any other listed organisation. You can read the information below and decide at the end if you do not want your child to take part.

3. Who is being asked to participate?

Your child is eligible to participate in this study because:

- They are aged between 14 – 16 years.
- They identify as a female/girl.
- Are currently involved in some form of exercise and/or sport participation.

4. What will my child be asked to do?

If your child wants to take part in this study, they will become a participant in a school holiday program called E.M.POWER. This program will involve strength and conditioning based exercises, as well as health and wellbeing education workshops delivered by qualified professionals. You are not required to be present during the program, however, there will be sessions and an opportunity for you to be present at the welcome session to meet all staff involved. The study-related components of this program will include a brief online survey (10-15 min) prior to the start of the program, a focus group with other participants at the end of the program (30-45 min), and follow up surveys immediately post-program and one month later (5-10 min). At the start and end of the program, we will also assess their motor skill competency which will be video recorded, and your child will be asked to submit a video recording of these same movements one month later to assess the retention of movement patterns. The focus group interviews will be an opportunity for your child to provide us with feedback on how they found the program as well as a general discussion around sport and exercise and what influences their decision making specific to strength and conditioning. These focus groups will be recorded and transcribed; however, pseudonyms will be used so that participants cannot be identified. A transcript will be provided to your child to then review for completeness.

When your child is taking part in this study, the following people will be present:

Name/Organisation	Position
Anthea Clarke, La Trobe University	Senior Lecturer and Principal Investigator

5. What are the benefits?

The benefit of your child taking part in this study is that their involvement in this program will initiate (or accelerate) their strength and conditioning journey, improving their training age and potentially helping to reduce their risk of injury. Their involvement will also assist in the subsequent development of a broader program that can enable greater participation of adolescent girls, regardless of their physical location, access to resources, or finances. The expected benefits to society in general are that this project may help in developing the general movement proficiencies and strength of adolescent females, reducing the injury rate for girls/women, and subsequently aid in keeping more females involved in sport and exercise for longer.

6. What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about, and (3) risks we don't expect. If you or your child experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns.

Name/Organisation	Position	Telephone	Email
Anthea Clarke, La Trobe University	Senior Lecturer	9479 6277	a.clarke@latrobe.edu.au

We have listed the risks we know about below. This will help you decide if you want to be part of the study.

- Fatigue and/or soft tissue injury: We have taken the time to ensure that the program schedule includes adequate rest and recovery between physical sessions, and that participants are encouraged to take breaks whenever needed. All exercises are supervised by qualified exercise and sport scientists who are also first aid trained and participants will be closely supervised to identify fatigue or injury risk with additional recovery or modified exercises prescribed when needed.

7. What will happen to information about my child?

We will **collect** information about your child in ways that will reveal who they are.

We will **store** information about your child in ways that will reveal who they are.

We will **publish** information about your child in ways that cannot be identified in any type of publication from this study.

We will **keep** your child's information for 7 years after the project is completed. After this time we will destroy all of your child's data.

The storage, transfer and destruction of your child's data will be undertaken in accordance with the [Research Data Management Policy](https://policies.latrobe.edu.au/document/view.php?id=106/) <https://policies.latrobe.edu.au/document/view.php?id=106/>.

The personal information provided will be handled in accordance with applicable privacy laws, any health information collected will be handled in accordance with the Health Records Act 2001 (Vic). Subject to any exceptions in relevant laws, you have the right to access and correct your child's personal information by contacting the research team.

8. Will we hear about the results of the study?

We will let you know about the results of the study by email if you are interested (please select in form below) and include your email address within this PICF. Results of the study will be a collective reporting of all groups and not be individual.

9. What if we change our minds?

You and your child are free to withdraw from the program at any time without having to give a reason.

You and your child can stop completing the survey at any time. If you or your child change your mind after submitting and want to withdraw it, you can do this provided you contact Dr Anthea Clarke (a.clarke@latrobe.edu.au) within four weeks of submitting the survey. You can complete and send the Withdrawal of Consent document as an email attachment to them, or simply email the person.

You and your child can withdraw from the study at any time prior to the focus group meeting. You can let us know by contacting Dr Anthea Clarke (a.clarke@latrobe.edu.au).

Your child is free to stop taking part in the focus group at any time and leave the meeting without having to give a reason. However, it will not be possible for any contributions your child may have made to be withdrawn. Your decision to withdraw at any point will **not** affect your relationship with La Trobe University. When you withdraw, we will stop asking you for information.

10. Who can we contact for questions or want more information?

If you or your child would like to speak to us, please use the contact details below:

Name/Organisation	Position	Telephone	Email
Anthea Clarke, La Trobe University	Senior Lecturer	9479 6277	a.clarke@latrobe.edu.au

11. What if we have a complaint?

If you or your child would like to make a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC24013	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au

Consent Form – Declaration by Parent/Guardian

I (the parent/guardian) have read and understood the parent/guardian information statement, and any questions have been answered to my satisfaction. I understand I am being asked to provide consent for my child to be part of this study. I agree for my child to participate in the study, I know either myself or my child can withdraw at any time and require that any information provided via a survey be withdrawn provided I do this within four weeks following submission of the survey. I understand that focus group discussion contributions cannot be withdrawn. I agree information provided by my child may be included in a thesis, presentation and published in journals on the condition that my child cannot be identified.

If you are happy to provide consent for your child to be involved in this research, please sign the below form and return it via email to Dr Anthea Clarke (a.clarke@latrobe.edu.au).

I would like my child’s information collected for this research study to be:

Used for future related studies (up until my child turns 18, and then they will be asked for their own consent);

I agree to have my child’s interview audio and/or video recorded

I would like to receive a copy of the results via email. I have provided my details below and ask that they only be used for this purpose and not stored with my information or for future contact.

Name	Email (optional)

Parent/Guardian Signature

I have received a signed copy of the Parent/Guardian Information Statement to keep

If appropriate - I have discussed the study with my child and through these discussions they have shown to me they want to be part of the study.

Parent/Guardian printed name	
Parent/Guardian signature	
Date	

Declaration by Researcher

I have given a verbal explanation of the study, what it involves, and the risks and I believe the participant has understood;

I am a person qualified to explain the study, the risks and answer questions

Researcher’s printed name	
Researcher’s signature	
Date	

* All parties must sign and date their own signature

Withdrawal of Consent

I wish to withdraw my consent for my child to participate in this study. I understand withdrawal will not affect my or my child's relationship with La Trobe University. I understand my child's information from the survey will be withdrawn as outlined below:

- ✓ My child will not be asked to provide any more information.
- ✓ All information will be withdrawn from the study provided the request is within four weeks of submission of the survey.
- ✓ The researchers cannot withdraw my child's information collected as part of a focus group.

Parent/Guardian Signature

Parent/Guardian's printed name	
Parent/Guardian's signature	
Date	

Please forward this form to:

CI Name	Anthea Clarke
Email	a.clarke@latrobe.edu.au
Phone	9479 6277
Postal Address	La Trobe University, Kingsbury Drive, Bundoora.