

## 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	
<b>Research funder</b>	This research receives in kind support from La Trobe University.	

### 1. What is the study about?

You are invited to participate in a study that is trying to understand how we can better engage adolescent girls to be involved in strength training and to evaluate whether a short holiday program is able to improve your movement 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.

You are able to participate in this project as you have indicated your initial interest in the program (either online or via email).

### 2. Do I have to participate?

Being part of this study is voluntary. We ask that you discuss this study with your parent/guardian(s) when you are deciding if you want to take part. If you want to be part of the study we ask that you read the information below carefully and ask us any questions.

You can read the information below and decide at the end if you do not want to participate. If you decide not to participate this won't affect your relationship with La Trobe University or any other listed organisation. If you decide to participate, you will also need to get a parent/guardian to sign a consent form supporting your involvement in the project.

### 3. Who is being asked to participate?

You have been asked to participate because:

- You are aged between 14 – 16 years.
- You identify as a female/girl.
- You are currently involved in some form of exercise and/or sport participation.
- You have expressed an interest in participating in the school holiday program E.M.POWER.

### 4. What will I be asked to do?

Taking part in this study involves participating in the 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 individuals. Elements of the program that relate to this study include online surveys, focus group discussions, and movement assessments.

Prior to the start of the program, you will complete a brief online survey (10-15 min). You will also complete a survey at the end of the program, and again one month later (5-10 min). On the final day of the E.M.POWER program we will run focus groups with around 5 participants in each group, where we can discuss your feedback on the program and your general engagement with strength and conditioning exercise (30-45 min). This discussion will be audio recorded and transcribed and you will be given a copy of this transcript to confirm accuracy. Any reporting and presentation of interview data will use pseudonyms (fake names) so that you cannot be identified.

At the start and end of the program, we will observe your ability to complete various physical activities (such as a squat). These will be video recorded so that we can analyse the movement at a later date. You will also be required to record a video of you completing these same movements in your own environment (home or gym) one month

following the completion of the program. This will allow us to observe how well you have retained any movement changes.

**5. What are the benefits?**

The benefit of you taking part in this study is that you will receive coaching on how to correctly perform various movements in a gym setting along with education around how to program your own sessions, and other topics on exercise, health, and wellbeing. This can help to start/continue your strength and conditioning journey, improving your training age and potentially helping you to reduce your risk of injury from sport and exercise. Your 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 skills 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 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 me?**

We will **collect** information about you in ways that will reveal who you are.

We will **store** information about you in ways that will reveal who you are.

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

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

The storage, transfer and destruction of your 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 you provide 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 personal information by contacting the research team.

**8. Will I 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 I change my mind?**

You are free to withdraw from the program at any time without having to give a reason. You can stop completing the survey at any time. If you 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](mailto: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 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](mailto:a.clarke@latrobe.edu.au)). You are 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 you have made up to that point 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 I contact for questions or want more information?**

If you 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 href="mailto:a.clarke@latrobe.edu.au">a.clarke@latrobe.edu.au</a>

**11. What if I have a complaint?**

If you have 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	<a href="mailto:humanethics@latrobe.edu.au">humanethics@latrobe.edu.au</a>

**Consent Form – Declaration by Participant**

I (the participant) have read and understood the participant information statement, and any questions have been answered to my satisfaction. I agree to participate in the study, I know I 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 me or with my permission during the project may be included in a thesis, presentation and published in journals on the condition that I cannot be identified.

If you are happy to provide consent to be involved in this research, please sign the below form along with your parent/guardian signed consent form and return it via email to Dr Anthea Clarke ([a.clarke@latrobe.edu.au](mailto:a.clarke@latrobe.edu.au)).

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

Used for future related studies;

I agree to have my interview audio recorded.

I would like to receive a copy of the results via email or post. 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)

**Participant Signature**

I have received a signed copy of the Participant Information Statement and Consent Form to keep

Participant's printed name	
Participant's 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 to participate in this study. I understand withdrawal will not affect my relationship with La Trobe University. I understand the researchers cannot withdraw my information once it has been analysed, or for data that has been collected as part of a focus group.

**I understand my information will be withdrawn as outlined below:**

- ✓ I 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.

**Participant Signature**

Participant's printed name	
Participant's signature	
Date	

**Please forward this form to:**

CI Name	Anthea Clarke
Email	<a href="mailto:a.clarke@latrobe.edu.au">a.clarke@latrobe.edu.au</a>
Phone	9479 6277
Postal Address	La Trobe University, Kingsbury Drive, Bundoora.