

**APPALACHIAN STATE UNIVERSITY**  
**INFORMED CONSENT TO PARTICIPATE IN RESEARCH**  
**Health and Fitness Community Assessment Database**

**Principal Investigator:** Robert Kowalsky, PhD

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#### **RESEARCH STATEMENT**

We are asking you to be in a research study to compile a research database from the data generated by your visits to the Health and Fitness Community Assessment program. This form gives you information to help you decide whether or not to be in the study, such as the purpose of the study; the procedures, risks, and benefits of the study; how we will protect the information we will collect from you; and how you can contact us with questions about the study or if you feel like you have been harmed by this research. Please read it carefully. You should ask any questions you have about the research and, once they are answered to your satisfaction, you can decide whether or not you want to be in the study. You may want to be in this study if you want your data from the testing program to help researchers identify new areas of research regarding health and performance metrics. You may not want to be part of the study if you wish your test results to remain private and not shared with the database, even in a coded manner. Being in the study is voluntary, and even after you agree to participate, you can change your mind and stop participating at any time without losing any benefits from the University to which you may be entitled.

#### **PURPOSE OF THE STUDY**

Our goal is to create a computer database to help us study the health and fitness values of individuals choosing to participate in the Health and Fitness Community Assessment program at Appalachian State University. This will help us find normal values for some health and fitness measures, how these performance measures relate to each other, and how these measures may change over time. We may also use this data in future studies where other groups of people (such as those with medical problems or healthy people with different levels of fitness) are compared to people in this database.

#### **STUDY PROCEDURES**

Your data will be coded with a number that will link participant identities to their data and added to a computer database of health and fitness measures. This data may be combined with other data from those who have participated in this research and used in scientific presentations or published in journal articles. No information that can identify you will be used or shared with anyone not involved in this study.

#### **RISKS, STRESS, AND DISCOMFORTS**

The only risk associated with this study is that your information may become known outside the research study. Under the "Protection of Research Information" section below, we will describe how we try to prevent this from happening.

## **BENEFITS OF THE STUDY**

There may be no personal benefit from your participation but the information gained by doing this research may help others in the future. We will not pay you for volunteering in this study, nor will you receive a discount on the costs related to the Health and Fitness Community Assessment service.

## **YOUR RIGHTS AS A RESEARCH PARTICIPANT**

Your participation in this research is completely voluntary. If you choose not to volunteer, you will still have the opportunity to be tested and your data will not become part of the research database. There will be no penalties or consequences for refusing to participate. If you decide to take part in the study, you can still decide at any time that you no longer want to participate. If you have questions or concerns about your rights as someone taking part in research, please contact the Appalachian State University Office of Research Protections at **828-262-4060** or [irb@appstate.edu](mailto:irb@appstate.edu). This study was approved by the Appalachian State University Institutional Review Board on **2/17/2025**.

## **PROTECTION OF RESEARCH INFORMATION**

Information from the study will be stored indefinitely online in a protected database only accessible by a computer through the university-protected network and also requires University login credentials. The information could be used for future research studies or distributed to another investigator for future research studies without additional informed consent from you. Government or university staff sometimes review studies such as this one to make sure they are being done safely and legally. If at any time you wish to remove your information from the data, please contact the principal investigator, Robert Kowalsky, at 828-262-6799 or [kowalskyrj@appstate.edu](mailto:kowalskyrj@appstate.edu). Your name and contact information will be retained in a separate document from your health and fitness data. All your health and fitness data will be identified with a code (for example CHFA-01) and a document that links your name to your health information will be stored on an App State Google Drive, only accessible to the CHFA team.

## **RESEARCH-RELATED HARMS**

If you feel you have been harmed by this research, contact the Principal Investigator, Robert Kowalsky at 828-262-6799 or [kowalskyrj@appstate.edu](mailto:kowalskyrj@appstate.edu).

By signing this document, you are not waiving any legal rights that you have to act against Appalachian State University for harm or injury resulting from the negligence of the University or its investigators.

This consent applies indefinitely for all visits going forward unless your consent is retracted.

**By continuing to the research procedures, I acknowledge that I am at least 18 years old, have read the above information, and agree to participate.**

*I agree to participate in the study.*

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Signature

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Date