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A comparative study of the alpha health related fitness levels of 12 to 13 year old boys from different schools in Johannesburg

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Appendix IX

INFORMATION SHEET FOR MINORS

Study title: A comparative study of the Alpha Health related Fitness levels of 12 to 13 year old boys from different ethnic, educational and socio-economic backgrounds in Johannesburg.

Dear Participant

My name is Musawenkosi Joe Xaba. I am completing my Masters degree at the University of the Witwatersrand. As part of my degree I have to do a research study. I have chosen to look at the fitness levels of young boys and the amount of time they spend doing physical activity. I want to compare two schools with children who come from different cultures, different home and school environments. I will also compare their fitness levels to the levels of children overseas. It is important to know this so that we can advise schools on the correct things to do to make sure that children in South Africa are doing enough to be active and healthy.

I would like to invite you to take part in this research study.

When you have agreed to take part in the study you will first have to answer some questions on paper. This should take you about 10 to 15 minutes to finish. You will be asked very simple questions about the area that you live in. If you have access to cycling and sports facilities, the kind and amount of physical activity you do. It is important to be honest in your answers since you have nothing to fear because there are no wrong answers. You are not being marked for this I just need to have a good idea of your home environment.

The next part of the study involves some fitness tests and measurements of your body and your abilities. I will measure your weight, height and waist. Then I will measure your body fat percentage, the strength of your legs and how fast you are able to run and change direction. The last test is designed to test your endurance (ability to keep exercising for long periods). You will be running over a distance of 20m to a beat that slowly gets faster and faster the longer you keep up. You run until you can no longer keep up. I will record the level you stop at.

I expect about 150 participants from both schools combined to take part in this study. The testing should take about 1hour and 15 minutes for a group of 10 people. I will test the St Johns boys at St Johns and the Masibambane boys at Masibambane. I will try to do as much testing as I can during school hours but you may be asked to stay for an hour after school to complete the testing.

The only discomfort you are expected to experience is during the endurance test where you will have to run for as long as you can keep up. This may make you tired and feel out

of breath. You may have some muscle stiffness the next day, but this is a normal after having done exercise.

Unfortunately I am unable to reward you for your participation. The only benefit would be that you receive a free fitness assessment of your fitness levels. Based on your results I will be able to advise you if you are in danger of developing any diseases that are caused by being inactive.

When the results of the study are available I will send information to you on what I was able to find out.

If you decide to participate in the study you will be volunteering to do so. If you decide not to participate you will not be penalized in any way or loose any benefits which you are entitled to. You may also decide to stop participating anytime during and after testing but before the results are finalized. If you choose to do so, again you will not be penalized in any way.

You do not have to pay anything to participate in this study.

Efforts will be made to keep personal information confidential. No one will be able to identify you from the results of the study. It is very difficult to guarantee that absolutely no one will access the information but every effort will be made to keep the information safe.
There are organizations that may want to check that I conducted the research in a humane and ethical manner, for example the Research Ethics Committee. These people may need to see the information I will be collecting but they are also bound by law not to disclose any personal information.
If results are published, this may also lead to the group being identified but not you as an individual.

If you need to contact me or your parents need to contact me please do not hesitate to do so:

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