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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

Xaba, Musawenkosi Johannes

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Appendix X

INFORMATION SHEET FOR PARENTS/GUARDIANS

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 Parent/Guardian

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 physically active and healthy.

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

When you have agreed to take part in the study you will have to answer some questions about your child's physical activity patterns over the past seven days. This should take you about 10 minutes to complete. Your child will also have to answer a different questionnaire about the area in which you live in and his activities. It is important to be honest in your answers since you have nothing to fear because there are no wrong answers. Your child is not being marked for this. I am simply assessing activity patterns and reporting on them.

The next part of the study involves some fitness tests and measurements of your childs body and his abilities. I will measure his weight, height and waist. Then I will measure his body fat percentage, leg muscle strength and agility (ability to run as fast as possible and change direction). The last test is designed to test his endurance capacity (ability to keep exercising for long periods). He will be running over a distance of 20m to a beat that slowly gets faster and faster the longer he keeps up. He will be required to run until he can no longer keep up. I will record the level at which he stops.

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 he may be asked to stay for an hour after school to complete the testing if this cannot be done during school.

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

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

Unfortunately I am unable to reward you or him for your participation. The only benefit would be that he will receive a free fitness assessment. Based on his results I will be able to advise you if he is 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 or your child will not be penalized in any way or loose any benefits which you are entitled to. You may both 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 or your child as individuals.

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

Thanking you in advance.
Musawenkosi Joe Xaba
Email: xaba@stjohnscollege.co.za
Cell: 0718957363