

LIVERPOOL JOHN MOORES UNIVERSITY PARTICIPANT INFORMATION SHEET



Title of Project

The influence of forefront sole stiffness on burst movement and running

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Name of Research Supervisor: Mark Lake

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You are being invited to take part in a student research study into the influence of forefoot sole stiffness in running, sprinting, and jumping. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. If there is anything that is not clear or if you would like more information feel free to ask any questions you may have. Take time to decide if you want to take part or not.

1. What is the purpose of the study?

The aim of this study will be to assess the biomechanical impact of forefront sole stiffness on burst movements such as sprinting and jumping in adult participants, as well as distance running.

2. Why have I been invited to take part?

You have been invited to take part because you may suit our inclusion criteria; being healthy, being aged 18-30 who normally engage in sprinting jumping and running. Have not sustained serious injury within the last six months, and are not currently injured. With a shoe size from 8-10.5 uk.

3. Do I have to take part?

Participation is voluntary - it is up to you to decide whether to take part. You should read this information sheet and if you have any questions, you should ask the research team. You should not agree to take part in this research until you have had all your questions answered satisfactorily. If you agree to take part you will be asked to sign a consent form. You are still free to withdraw at any time and without giving a reason.

4. What will happen to me if I take part?

If you take part, you will be needed for a single, hour long testing session in the Tom Reilly Building, Byrom Street, Liverpool John Moores University. When you arrive, you will be asked to complete a consent form and a health based questionnaire, to be collected by me before we start the measurements. From there, we will measure your height, and weight. We will fit you with the appropriate markers. You will have a warm-up period and be asked to run two sprints for each of the four shoe variables. Then you will have two jumping attempts in each shoe type, and two slower paced runs with each shoe.

5. Are there any risks, discomforts, benefits involved?

There are no foreseeable risks or discomforts. All the procedures undertaken are extremely low risk, non-invasive and performed at rest. There should be no distress for any participants.

6. Will my taking part in the study be kept confidential?

Your taking part in the study will remain confidential. Not sure what else to say here

This study has received ethical approval from the School of Sport & Exercise Sciences Research Ethics Committee (U18SPS073), (U18SPS074)

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If you any concerns regarding your involvement in this research, please discuss these with the researcher in the first instance. If you wish to make a complaint, please contact SPSethics@ljmu.ac.uk and your communication will be re-directed to an independent person as appropriate.

Note: A copy of the participant information sheet should be retained by the participant with a copy of the signed consent form.