

Application for an Ethical Approval by the Ethics Committee of the Faculty of Sport Science (ECS) / Ruhr University Bochum

1. Title of the Research Project

2. Name and contact data of the applicant:

Last name, First name: _____ Job title: _____ student ☐

Teaching and Research Area: _____

Email Address: _____

Telephone number: _____

3. Short Summary of the Research Project

Aims, methodologies, target parameters; participant groups, sample size; max. 250 words, excl. literature

Start of the research project: _____ Duration: _____

4. Funding agencies of the research project, if sponsored outside RUB (also state partial sponsorship)

☐ Commercial sponsor (please state): _____

☐ Public funding (please state): _____

☐ Other (please state): _____

5. The applicants already have an ethics approval on a comparable research project.

no ☐ yes ☐ If yes, please give the following information:

Title of the research project:

Ethics Committee taking part:

File number and date of the ethics approval:

Checklist and additional information on the research project

If “no”, additional information (see section 10) is obligatory, if “yes” it is optional. In cases of doubt cross “no”.

Please note the double negation in statements 9, 16, 17 and 26!

6. Information on participants in the research project

	Facts	yes	no
(1)	An account of the general aims of the research is given.	<input type="checkbox"/>	<input type="checkbox"/>
(2)	An account of the scientific importance of the study, which justifies its expense, is given.	<input type="checkbox"/>	<input type="checkbox"/>
(3)	An account of the duration of the research is given.	<input type="checkbox"/>	<input type="checkbox"/>
(4)	An account of the demands and risks due to the research procedures used as well as insurance aspects is given.	<input type="checkbox"/>	<input type="checkbox"/>
(5)	An account of the remuneration and other commitments offered to the participants is given.	<input type="checkbox"/>	<input type="checkbox"/>
(6)	An account of the voluntary nature of participation is given.	<input type="checkbox"/>	<input type="checkbox"/>
(7)	An explanation is given that retraction of participation is possible at any time and without consequences.	<input type="checkbox"/>	<input type="checkbox"/>
(8)	An explanation is given on the safe storage and evaluation of data (making anonymous/giving pseudonyms, who has access to the data).	<input type="checkbox"/>	<input type="checkbox"/>
(9)	There is <u>no</u> deliberate deception of participants (e.g. incomplete or incorrect information on the aims of the research and its procedures, manipulated feedback on participant performance).	<input type="checkbox"/>	<input type="checkbox"/>

- | | | | |
|------|--|--------------------------|--------------------------|
| (10) | A comprehensive explanation is given on the true aims of the research in instances of deliberate deception after the research has ended. | <input type="checkbox"/> | <input type="checkbox"/> |
| (11) | Information is worded so it is generally comprehensible without technical vocabulary and other foreign words. | <input type="checkbox"/> | <input type="checkbox"/> |
| (12) | No feedback is given to the examined person on individual research results. | <input type="checkbox"/> | <input type="checkbox"/> |

7. The voluntary nature of participation and vulnerable groups

- | | Facts | yes | no |
|------|---|--------------------------|--------------------------|
| (13) | Voluntary participation is guaranteed. | <input type="checkbox"/> | <input type="checkbox"/> |
| (14) | Only people able to give consent are examined (legally responsible adults) or in the case of people not able to give consent, the consent of their legal representatives (e.g. parents, legal guardians) is obtained. | <input type="checkbox"/> | <input type="checkbox"/> |
| (15) | Only persons who do not belong to a particularly vulnerable group take part (e.g. persons with restricted health, children/ young or elderly people). | <input type="checkbox"/> | <input type="checkbox"/> |

8. Framework conditions to the research project and demands on the participants

- | | Facts | yes | no |
|------|--|--------------------------|--------------------------|
| (16) | In the course of the research project, participants are not specifically put under physical stress (e.g. through collection of blood, administration of medicines or placebos, invasive measurements, unusual environmental conditions such as Hypoxia, subjective feelings of stress “very, very stressful“ on the Borg scale, load test, very high fatigue test). | <input type="checkbox"/> | <input type="checkbox"/> |
| (17) | In the course of the research project, participants are not specifically put under psychological stress (e.g. through length of activities, aversive stimulation, negative experiences). | <input type="checkbox"/> | <input type="checkbox"/> |
| (18) | In the case of a specific stress in the sense of points 16 and 17, test persons are intensely looked after during and after the examination, if required. | <input type="checkbox"/> | <input type="checkbox"/> |

- | | | | |
|------|--|--------------------------|--------------------------|
| (19) | The participants do not disclose any confidential information or are – if such information is collated – informed about this before the consent declaration is signed. | <input type="checkbox"/> | <input type="checkbox"/> |
| (20) | Persons tasked with the implementation of the examinations on the entrusted people are thoroughly instructed with regards to the course and risks of the procedures applied (e.g. drawing capillary blood) | <input type="checkbox"/> | <input type="checkbox"/> |
| (21) | The applicant agrees to report any negative events (e.g. injuries, side effects), which occur during and/or after the research project to the Ethics Committee. | <input type="checkbox"/> | <input type="checkbox"/> |

9. Data protection

- | | Facts | yes | no |
|------|---|--------------------------|--------------------------|
| (22) | Data is made totally anonymous, so that it is not possible to allocate data on a person, or they are given pseudonyms (data are stored with a personal code, data and names are stored in separate data files.) | <input type="checkbox"/> | <input type="checkbox"/> |
| (23) | It is ensured that only persons obliged to secrecy have access to personal data, (e.g. storage in a locked cabinets, password protected computer data file). | <input type="checkbox"/> | <input type="checkbox"/> |
| (24) | The participants are informed that they can request their data to be deleted at any time. | <input type="checkbox"/> | <input type="checkbox"/> |
| (25) | Deletion of personal data is guaranteed when the statutory retention period expires. | <input type="checkbox"/> | <input type="checkbox"/> |
| (26) | No video or sound recordings or other behaviour registrations are anticipated, which would make it possible for third parties to clearly identify the test person. | <input type="checkbox"/> | <input type="checkbox"/> |

10. Additional information on the research project (please state the number)Regarding item number ():

Regarding item number ():

(if required, please add lines and/or points)

A. Sport scientific/sport specific research procedures/experimental layout/tests

- | | |
|--|--|
| <input type="checkbox"/> Actigraphy (e.g. sleep behaviour) | <input type="checkbox"/> Endurance test procedure |
| <input type="checkbox"/> Observations (e.g. training); if necessary with video recording | <input type="checkbox"/> Biofeedback (e.g. skin conductance, respiratory flow, pulse, temperature) |
| <input type="checkbox"/> Bicycle ergometrics | <input type="checkbox"/> Box step test |
| <input type="checkbox"/> Questionnaires (paper-pencil, online) | <input type="checkbox"/> Interview; if necessary with audio recording |
| <input type="checkbox"/> Coordination test | <input type="checkbox"/> Power test procedure (e.g. isometric /dynamic maximum power) |
| <input type="checkbox"/> Treadmill test | <input type="checkbox"/> Motor skills test |
| <input type="checkbox"/> PC supported tests (e.g. concentration, reaction time) | <input type="checkbox"/> Regeneration |
| <input type="checkbox"/> Sport/medical anamnesis | <input type="checkbox"/> Sprint test (e.g. linear sprint, change of direction sprint, repeated sprint) |
| <input type="checkbox"/> Jump tests (e.g. CMJ, Drop Jump, Squat Jump, Repeated Jumps) | <input type="checkbox"/> Speed test procedure |
| <input type="checkbox"/> Training | <input type="checkbox"/> Wingate test |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Measurement/collection/sensor/measurement condition

- B.**
- **extrinsic**
 - **passive**
 - **non-invasive**

- | | |
|--|---|
| <input type="checkbox"/> Anthropometry | <input type="checkbox"/> Accelerometer |
| <input type="checkbox"/> Bio-impedance | <input type="checkbox"/> Pressure sensor (biomechanics) |
| <input type="checkbox"/> EKG | <input type="checkbox"/> Goniometer |
| <input type="checkbox"/> Heart rate | <input type="checkbox"/> Heart rate variability |
| <input type="checkbox"/> Contact switch | <input type="checkbox"/> Load cells |
| <input type="checkbox"/> Strength measuring plate | <input type="checkbox"/> LAVEG |
| <input type="checkbox"/> Light barrier measurement | <input type="checkbox"/> Medical anamnesis |
| <input type="checkbox"/> Diagnosis of muscular functioning | <input type="checkbox"/> Near infrared spectroscopy |
| <input type="checkbox"/> Surface EMG | <input type="checkbox"/> Psychometrics |
| <input type="checkbox"/> Spirometry | <input type="checkbox"/> Ultrasound |
| <input type="checkbox"/> Video-analysis/High-Speed-Cam | <input type="checkbox"/> Time/speed measurement |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Measurement/collection/sensor/measurement condition

- C.**
- **intrinsic**
 - **active**
 - **invasive**
 - **enforced**

- | | |
|---|---|
| <input type="checkbox"/> Biopsy, collection of tissue | <input type="checkbox"/> Cervical-medullar stimulation |
| <input type="checkbox"/> Diet, fasting | <input type="checkbox"/> Blood pressure measurement |
| <input type="checkbox"/> Administration of medication | <input type="checkbox"/> Administration of food supplements |
| <input type="checkbox"/> Administration of placebos | <input type="checkbox"/> Hypoxia |
| <input type="checkbox"/> Isokinetics | <input type="checkbox"/> Capillary blood sampling |
| <input type="checkbox"/> Muscle stimulation | <input type="checkbox"/> Needle/fine wire EMG |
| <input type="checkbox"/> Nerve stimulation | <input type="checkbox"/> Posturomed |
| <input type="checkbox"/> Saliva examination | <input type="checkbox"/> Tensiomyography (TMG) |
| <input type="checkbox"/> Trans-cranial magnetic stimulation | <input type="checkbox"/> Urine analysis |
| <input type="checkbox"/> Venous blood collection | |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

11. Attachments

- ☐ Written explanation to participant of the conduct of the study as well as its necessity and the risks of the procedures undertaken.
 - ☐ Consent declaration of the participants and/or their legal representative
 - ☐ Study protocol
 - ☐ Other documents (e.g. study schema, questionnaires etc.)
-

An application regarding this research project has not been submitted to another ethics committee for appraisal.

I confirm that all information in this application is true to the best of my knowledge.

Place, Date

Name of the Applicant

Signature of the Applicant

If required

Place, Date

Name of Supervisor

Signature of Supervisor