

Quad Strength and Range of Motion Testing

My name is Jane Doe. I am a grade 11 student at Esquimalt High School and a figure skater with the Oak Bay FSC. I am doing an experiment for the Vancouver Island Regional Science Fair to see how stretching affects quadriceps strength and range of motion. I would like you and your son or daughter, if s/he is over the age of ten, to participate.

Before doing any other physical activity (such as skating) participants will be asked to do a simple range of motion test and strength test on the quadriceps of both legs before and after stretches.

The only risk involved in participating in this experiment is muscle strain. But I will be asking the participant to work within his/her range of comfort when doing the stretches and the strength tests, so there is little chance of straining anything. All names and corresponding information will be kept confidential. The participant is free to stop doing the experiment at any time.

If your son or daughter wishes to participate in my experiment I require parental permission.

Thank-you for helping with my Science Fair project.

Jane Doe

I have read and understand the conditions and risks above, and I consent to participate in this research study.

I have read and understand the conditions and risks above, and I give permission for my daughter/son _____ and my daughter/son _____ to participate in this research study.

I would like to receive a copy of the report by email when the study is completed.

My email address is _____

Name

Signature

Date