

Participant Information Sheet

(Young Person Age 11-16)

THE SPA PROJECT

Hello, my name is Mike and I need your help with a project that I am doing at University. I would like to learn more about how active pupils of secondary school age are throughout the day.

Why is this project being completed?

This SPA (School Physical Activity) project will help me to understand how various things contribute to young people's activity levels over a 1-week period. We (hopefully!) all know that being more active is a good thing for our health, so the project will provide some valuable information on this topic.

Why have I been chosen to take part?

Your Headteacher has kindly given their permission for me to work with students in year 7 at your school. Therefore, I am hoping to work with as many year 7 students as possible.

What will I be expected to do?

Nothing different to usual! You will be provided with a small piece of equipment, called an accelerometer. You will wear this device for a whole week, and go about your normal routines as usual both inside and outside of school.

What is an accelerometer? How will it impact on me in my lessons?

An accelerometer is a small device worn on your hip that monitors your activity levels. It will not impact on you at all, and you will hardly notice that you are wearing it! This device will provide me with the information I need on your levels of activity throughout the week.

How often will this happen?

You will be provided with an accelerometer to wear for a 1 week period. This will happen to each participant only once during the project.



Anglia Ruskin
University

I will ask you to provide your permission to take part in the study. This is called an assent form.

What does this mean?

This simply means that you are telling us that you are happy to take part in the study. Your parents / carers will also be asked to provide their consent for you to take part.

Do I have to take part in this study?

No! I very much hope that you will want to take part, but you do not have to. If you decide to take part, and later change your mind, that is also OK. You can cease your participation at any point, and will not be asked to explain why.

Are there any additional risks to taking part in the study?

This project is designed in a way that does not present any additional risks to you as a participant. It should be fun to be a part of, and provide some interesting information regarding how active you are throughout the week.

What should I do now?

Now that you have been given the information about the study, you need to think about whether you are happy to be a part of it or not. If you are happy to take part, you will need to sign the assent form as discussed earlier.

I have further questions, who can I ask about this?

You parents / carers have also been given some more detailed information about the project. They may well be able to answer some of your questions.

If not, you can contact me either in person when I am in the school, or by email - Michael.Bond@pgr.anglia.ac.uk. Alternatively, you could ask your teachers to contact me on your behalf!