**

**Consent Form**

**Project Title:** What Factors Motivate an Individual to Exercise

**Principal Investigator(s)/Faculty Advisor:** Masey Seals, Rachel Moulton, Katelyn Klein, Todd Graham, Dr. Joseph Weaver

**Purpose of the Study**

To collect data to help the researchers learn factors that motivate individuals to exercise. Participants are volunteers from the student body at Saginaw Valley State University.

**Study Procedures**

Participants are invited to participate in a research study investigating what factors motivate individuals to exercise. The only requirement for participation is that you are at least 18 years of age and can give electronic consent. As a participant, you will be asked to view an anonymous electronic survey presented on a computer and asked to answer questions. The questions will ask you to rank your motivation for exercise from a list of factors and basic details like age range, gender, and sexual orientation. Your participation should require five to ten minutes. You are free to withdraw from the research at any time without penalty.

**Possible Risks**

Your participation does not involve any risks other than what you would encounter in your daily life. If at any time during the research, you experience stress or discomfort, you are free to skip a question. You may also withdraw from the study at any time without penalty. As in all research, there may be unforeseen risks to the participant. If an accidental injury occurs, appropriate emergency measures will be taken; however, no compensation or additional treatment will be made available to the subject except as otherwise stated in this consent form.

**Participant Rights**

If you choose to be in this study, you have the right to be treated with respect, including respect for your decision whether or not you wish to continue or stop being in the study. You are free to stop being in the study at any time. Choosing not to be in this study or to stop being in this study will not result in any penalty to you or loss of benefits to which you are otherwise entitled. Specifically, your choice not to be in this study will not negatively affect (insert statement about not losing any present or future medical treatment; class standing; present or future employment).

The participant is free not to answer any questions or respond to experimental situations that he or she chooses without penalty.

**Benefits**

You are not likely to experience any benefits as a result of your participation in this research. Participants may contact the researchers at a later time for a summary of the research results.

**Confidentiality**

At no time will the researchers release your individual results to anyone without your written consent. Your data will be coded with a number, and all results will be reported in the form of group averages. Your name will be kept separate from the data. Your name will not be used in any reports or presentations of the results. It is possible that the Institutional Review Board (IRB) may view this study’s collected data for auditing purposes. The IRB is responsible for the oversight of the protection of human subjects involved in research. The survey data will be securely stored electronically and accessible only by the investigators and the advisor.

**Course Credit**

Participants will be assigned credit through the Research Participant Program. Any course credit assigned for your participation is at the sole discretion of your instructor.

**Questions or Concerns about this Research Study**

If you have any questions, problems, illness, or injury during your time on this study, call us promptly. Researchers can be contacted through email. Masey Seals at mnseals@svsu.edu, Rachel Moulton at rmmoulto@svsu.edu, Katelyn Klein at kmklein4@svsu.edu, and Todd Graham at tjgraha1@svsu.edu. You can also contact the advisor, Dr. Joseph Weaver at jweaver@svsu.edu with questions about this research. You may also contact the Chair, Human Subjects Institutional Review Board (989-964-7488; irbchair@svsu.edu) if questions or problems arise during the course of the study.

**Consent**

**Participant’s Responsibilities**

As a participant, you voluntarily agree to participate in this study and answer as many questions as possible on the survey.

**Participant’s Permission**

I have read this form and the research study has been explained to me. I have been given the opportunity to ask questions and my questions have been answered. If I have additional questions, I have been told whom to contact. I agree to participate in the research study described above and will receive a copy of this consent form after I sign it.

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Participant’s Name (printed) and Signature Date

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Name (printed) and Signature of Person Obtaining Consent Date