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**Supplement Form G**

**Research Involving Exercise Interventions, Testing, or Training**

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| **PI Name:** | **Date:** Click here to enter a date. |
| Protocol Title: | WMed IRB #:  *(for IRB office use only)* |

In general, the risks associated with exercise interventions, testing, or training are caused by the presence of known or unknown cardiovascular, pulmonary, or metabolic diseases. Physical condition, injuries, body mass, and weight can also influence risk. Investigators conducting research involving exercise are encouraged to consult resources such as the American College of Sports Medicine’s *Guidelines for Exercise Testing and Prescription* as they design their research.

1. **Target Populations** 
   1. **Indicate which populations will be included in this research:**

Healthy volunteers without known risk factors

Volunteers with known risk factors

Athletes

Volunteers who exercise regularly

Volunteers who rarely or sporadically exercise

Other, specify:

1. **Screening Procedures**

Investigators conducting research involving exercise testing or training should use screening procedures to identify when a potential subject may be at increased risk. The nature and extent of the screening should be tailored to the risks associated with the research and the intended subject population.

* 1. **Describe the inclusion and exclusion criteria for this research:**

* 1. **Describe the screening procedures you will use to evaluate risk and whether subjects will be included or excluded based on the results:**

1. **Exercise Interventions, Testing, or Training** 
   1. **Explain the exercise interventions, testing, or training that are being done for the purposes of the research:**

* 1. **Describe any known risks associated with the above interventions, testing, or training:**

1. **Safety** 
   1. **Describe the procedures to protect the safety of the subjects including any signs, symptoms, or other factors that will be monitored while participating and any actions that will be taken as a result:**

* 1. **Provide the credentials for the individuals performing or monitoring the procedures:**

* 1. **Describe the location and setting where the research procedures will be performed:**

* 1. **Describe the availability of emergency medical care and/or equipment:**

* 1. **Describe any plans for interim analyses or data monitoring to monitor the overall safety of the study, include any actions, such as suspension or termination of the study, that will be taken if the data indicate that the study involves more risk than was previously known or understood:**