

Cover Page

Study title

The Effects of Low-Volume High Intensity Interval Training and Circuit Training on Maximal Oxygen Uptake

Trial Number: NCT03700671

Date: 11/05/17

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Informed Consent Form

Name of test(s).....

The participant should complete this sheet himself / herself

1. Have you completed the pre-exercise medical questionnaire? YES / NO
2. Do you understand that your information will be treated as confidential? YES / NO
3. Have you read the participant information sheet? YES / NO
4. Have you had the opportunity to ask questions and discuss the test? YES / NO
5. Have you received satisfactory answers to all of your questions? YES / NO
6. Have you received adequate information about the test? YES / NO
7. With whom have you discussed the nature of the test?

.....

8. Do you understand that you may withdraw from the test:
 - At any time
 - Without needing to give reason
 - Without prejudice YES / NO
9. I have read, discussed and fully understand the requirements, procedures, and potential risks involved in the test and give consent for my participation.

Signature..... Date.....

Test Administrator..... Date.....

Parent/Guardian if Minor..... Date.....