



**Older Child and Adolescent Assent (9 – 17 years)**

**Cross-Sectional Study of a Community-Based Exercise Intervention: Program Effectiveness in Delaware County, Indiana**

My name is Shannon Powers. I am studying how cardiovascular exercise makes you and your family healthier. You can do Zumba dance or go to the playroom for other physical activities for 1 hour, at least 3 times a month. The day you start exercising with us and every three months we will do tests to see if you get healthier. A fitness report will be provided every three months. The tests take only 20 minutes. By participating you may lose weight, feel better, meet new people, and have fun with family and friends.

Here are the tests you will do: 1) hand squeeze, 2) height and weight on scale, 3) blood pressure with arm cuff, and 4) hip and waist with measuring tape.

When I tell other people this project, I will never use your name, so no one can tell who I am talking about. Your parents or guardian must say it's OK for you to do this. After they decide, you get to choose if you want to do it too. If you don't want to be in the study, no one will be mad at you. You can always go into the childcare room or children's playroom if you do not want to do Zumba. If you want to be in the study now and change your mind later, that's OK too. You can stop at any time. All information about you will be deleted and not used.

My telephone number is 765-285-7976. If you are injured or need anything while you are at the program, ask an adult in a red shirt for help right away. The adult will help you. Please take a copy of this form in case you want to ask questions later.

\_\_\_\_\_  
Name/Signature

\_\_\_\_\_  
Date

Contact:

Principal Investigator  
Dr. Shannon Powers, Assistant Professor  
School of Kinesiology  
Ball State University  
Muncie, IN 47306  
Telephone: (765) 285-7976 Email: smpowers@bsu.edu