

Center for Successful Aging

California State University, Fullerton

3Ps: Power, Plyometrics, and Pilates

PARTICIPANT CONSENT FORM

The Center for Successful Aging (CSA) is housed within the new Kinesiology and Health Science (KHS) building at California State University, Fullerton. The Co-directors of the Center are Jessie Jones, Ph.D. & Debra Rose, Ph.D. Through the Center's educational, research, and service activities, it has as its mission the promotion of health, vitality, and well being in later years. The 3 Ps: Power, Plyometrics, and Pilates class is taught in the Lifespan Wellness Center in the KHS building by Dr. Rose, with assistance from trained graduate students in the Division of Kinesiology and Health Promotion.

I understand that:

- (a) the purpose of this physical activity class is to (i) train undergraduate and graduate students in the Division of Kinesiology and Health Promotion who are interested in working with older adults in physical activity settings and (ii) study factors related to healthy aging.
- (b) the duration of the 3 Ps class is 12 weeks (twice/week for 75 minutes). Each class will be instructed by trained personnel/students with extensive education and experience in exercise science and aging. The class consists of a 10-15 minute warm-up, followed by 30 to 40 minutes of resistance training activities emphasizing the development of muscle power, agility, and dynamic balance. The class concludes with 20 to 35 minutes of pilates matwork exercises.
- (c) prior to starting this exercise class, it will be necessary to obtain a medical clearance and to complete a health and physical activity questionnaire. In addition, I will be required to complete a functional fitness and balance assessment necessary for the purpose of individualizing my exercises and providing a safe and effective program. Participation in this class is voluntary, and I am free to discontinue participation at any time without explanation.
- (d) because the CSA is currently conducting a longitudinal study investigating the role of different types of physical activity on functional

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status, level of disability, and prevention of falls among older adults, it is necessary to connect my name with all assessment scores and the completed health/activity questionnaire. Although the information obtained will be coded such that identification is possible, all data files will be maintained in a secured storage area.

- (e) the risks associated with the classes are minimal but the exercises performed may cause some acute and delayed muscle soreness and physical fatigue. If participants experience any physical discomfort (chest pain, leg pain, muscular discomfort, etc.) during the class they should immediately inform the class supervisor.
- (f) if I am accidentally injured during any of the classes, I understand that the class instructor will offer immediate first aid (if needed), but will be unable to offer me treatment. If injured, I will be responsible to seek treatment from my own physician.

PLEASE READ THE FOLLOWING STATEMENT CAREFULLY

I have read the full content of this document. I understand my involvement as a participant and the physical risks I may encounter. I understand that I may ask any questions before I sign this document. My signature below indicates I freely consent to participate in the program.

Furthermore, I, for myself and my heirs, fully release from liability and waive all legal claims against California State University, Fullerton and all testing and training personnel for injury or damage that I might incur during participation in the 3 Ps: Power, Plyometrics, and Pilates class.

Participants Signature _____ *Date* _____

Witness Signature _____ *Date* _____