

Julius-Maximilians-University of Würzburg  
Faculty of Human Sciences  
Ethics Committee for the Master of Science Exercise Science & Training

**Full application form**

**Full application to the Ethics Committee for the Master of Science "Exercise Science & Training" for the assessment of a research project**

**1. General information on the research project**

1.1 Applicant (name & contact information)

1.2 Other persons involved (name & contact information)

1.3 Title of the research project

1.4 Funding of the research project (research organisation)

1.5 Does the research sponsor require the research project to be reviewed by an ethics committee?  
(yes/no)

1.6 Summary of the research project (subject, scientific relevance, methods and measurement procedures of the research project, max. 1000 characters)

1.7 Have you or other participants in the research project already submitted an application for this research project to another ethics committee?

## **2. Procedure of the research project**

2.1 Participants of the research project (intended number, gender, age, education, group affiliation if applicable or other key characteristics such as training level or health status) and information on the planned recruitment of the participants.

2.2 Inclusion and exclusion criteria of the participants

2.3 What personal data of the participants will be collected? (e.g. name, age, body weight, height, origin, occupation)

2.4 What motor, physiological or psychological data will be collected?

2.5 Procedure of the research project from the participant's point of view (list of all test procedures with details of the main parameters of the research project in chronological order).

## **3 Specific ethical aspects of the research project**

3.1 Do the participants in the research project receive reward for their participation? (If yes, what reward?)

3.2 Are the participants informed about the objectives and procedures used as well as about possible risks before the start of the research project (including duration of the study, burdens and risks due to specific research procedures, rewards and other promises)? If not, why? Please enclose complete information material for participants (e.g. information and informed consent for participants).

3.3 Is the voluntary nature of participation and the possibility of withdrawal from the research project at any time without consequences guaranteed on the basis of an informed consent form for the participants? Please enclose complete information material for participants (e.g. informed consent form).

3.4 Could potential participants (especially students or employees of the university) suffer disadvantages as a result of non-participation? If so, what disadvantages?

3.5 Is it possible or intended for persons of limited capacity, incapable of judgement, underage and/or not of legal age to participate? If yes, please explain:

3.6 For participants under the age of 18: Is the written consent of the legal representative obtained? (Please enclose the declaration of consent from the legal representative)

3.7 Will people who belong to a particularly vulnerable group (e.g. clinical samples, people with learning disabilities, people in hospital or prison settings, people with dementia, people in old people's homes, people with physical disabilities, children/adolescents) take part in the research project?

3.8 Do the participants expose themselves to a risk that must be covered by insurance? If yes, what is the risk and what insurance has been taken out? Please enclose insurance documents if applicable.

3.9 How will the participants be informed after the end of the research project? What is reported back and how?

#### **4. Stresses and risks during the research project**

4.1 Is the physical integrity of the participants affected (e.g. by taking medication, food supplements, taking blood samples)? Can negative consequences arise (e.g. headaches, nausea)? If yes, please explain.

4.2 Is the psychological integrity of the participants affected (e.g. ability to concentrate, induction of negative emotions)? Can negative psychological consequences occur? If yes, please explain.

4.3 Is the social integrity of the participants affected by participation (e.g. participation contributes to a bad reputation)? Can negative social consequences arise? If yes, please explain.

4.4 If you answered "yes" to any of the questions 4.1-4.3, do the burdens or consequences go beyond the everyday level?

4.5 If you answered "yes" to question 4.4, please provide a justification for your approach and explain the protective measures you will take for the participants:

4.6 Are the respondents asked to disclose personal experiences (e.g. stressful experiences), sensitive information (e.g. sexual behaviour, drug use) or attitudes (e.g. political preferences)? If yes, please explain.

4.7 Are the participants deliberately given incomplete or false information (with the aim of deceiving them) about the objectives and procedure of the project (e.g. by manipulating feedback about their performance)? If yes, please explain (especially the debriefing).

4.8 Will it be necessary for people to participate in the study without knowing this and without having given informed consent? (e.g. covert observation of persons in non-public places)

4.9 Is it to be expected that participants will be exposed to particular psychological stress, fear, exhaustion, disgust or other negative emotions?

4.10 Is it to be expected that participants will be exposed to particular physical stress (e.g. invasive measurements, stress tests, blood sampling, induction of physical pain)?

## **5 Information on data protection**

5.1 Are image, film or sound recordings or other behavioural recordings planned?

5.2 Will the data collected be anonymised? If not, why not?

5.3 How is the confidentiality of the data guaranteed?

5.4 Is the data security of the personal data guaranteed?

5.5 Are collected data partially or completely deleted after a certain period of time?

## **6 Other information**

6.1 Other information that may be relevant for the Ethics Committee.

6.2 The following documents are enclosed with the application

Declaration: I confirm that I will comply with the professional ethical guidelines of the German Association for Sports Science and the ethical guidelines of the German Society for Psychology and that I have provided the above information to the best of my knowledge and belief. I am aware that the responsibility for compliance with the guidelines lies with me.

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Signature of the applicant