APPENDIX B: LETTERS TO PARTICIPANTS, INFORMED CONSENT FORM AND PARTICIPANT’S CONSENT LETTER.

FOOTBALL ASSOCIATION OF MALAYSIA

TO ALL PARTICIPANTS,

RESEARCH TITLE: Effects of a 10 week training programme on physical parameters in Malaysian Football Referees.

This letter is an invitation to consider participating in a study I am conducting on the above title as part of my Doctoral degree in the Sports Centre, University of Malaya. I would like to provide you with more information about this study and what your involvement would entail if you decide to take part.

This study involves pre-test in physical parameters namely repeated short sprints, repeated high intensity intermittent runs and aerobic power and post-test after 10 weeks to determine if there would be a significant difference in the performance.

In this study you will not be anonymous; the principal investigator will be supervising the testing and interventions. All participation in this study is voluntary and the participants will not be penalized or punished if the training protocol is not completed.

To participate in this study you will have to confirm that you are able to jog continuously for 30 minutes. You are also being asked not to change your diet or activity level outside of the study protocols while you are taking part in the study.

If you have any questions regarding this study or would like additional information to assist you in reaching a decision about participation, please contact me. Attached are participant’s consent and informed consent form. If you agree to participate in this study, please complete the attached consent form and return to me.
I sincerely hope that the results of this study will be of benefit to all aspiring football referees and football associations.

Thank you,

Sincerely yours,

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Dato’ Subramaniam Nathan
Principal Investigator
Date:
INFORMED CONSENT FORM

FOOTBALL ASSOCIATION OF MALAYSIA

EFFECTS OF A 10 WEEK TRAINING PROGRAMME ON PHYSICAL PARAMETERS IN MALAYSIAN FOOTBALL REFEREES.

In fulfilment of the requirements for the degree of doctor of philosophy

Principal Investigator: Football Association, Malaysia
Project Investigator: Dato’ Subramaniam Nathan.

The objective of this study is to investigate the effectiveness of a 10 Week Training Programme on the physical parameters in Malaysian Football Referees.

If you are selected into either the Experimental Group 1 or Experimental Group 2, you will benefit by receiving 10 weeks of training for free.

If you are in the control group we will inform you of the results and provide information about programming if you decide to start one or the other forms of training following the study.

Procedures

As a participant in this study, you will be tested before and after the intervention in the Cooper’s 12-minute Run Test, the repeated short sprints and high intensity intermittent runs. Following the pre-test you will be randomly assigned to one of the groups namely the Experimental Group 1, Experimental Group 2 or Control Group. The intervention groups will train for 10 weeks and the frequency of training is three times per week using the proposed training programme.

The pre-test and post-test

All the three tests will be conducted on a 400 metre athletic track. Following an adequate warm-up you will participate in the tests. The principal investigator will use your total distance covered to estimate your aerobic capacity and the number of repetitions you achieved in repeated short sprints and high intensity intermittent runs.
Intervention:

Experimental Group 1
For each training session you will begin with a 10-15 minute warm-up. Then you will follow the training programme stipulated for the evening. The training will be conducted by appointed professionals.

Experimental Group 2
For each training session you will begin with a 10-15 minute warm-up. As you have been training on your own previously, you are allowed to follow your own training programme.

Risk, Stress or Discomfort
Owing to the nature of the test there will be a potential risk for stress or discomfort. Adverse effects that could happen during or after the tests are muscle soreness, muscle cramping, nausea, fatigue, and possible muscular injury. Very rarely, abnormal physiological changes could occur during the test or intervention. These include abnormal blood pressure, fainting, irregular, fast, or slow heart rhythm and in rare instances heart attack, stroke, or death.

Inquiries
Any questions about the procedures used in this study are encouraged. If you have any concerns, questions or would like more information please contact Dato’ Subramaniam Nathan, Football Association of Malaysia. Telephone number: 019-6686744 or drsubranat@gmail.com.

Thank you,

Sincerely yours,

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Dato’ Subramaniam Nathan
Principal Investigator
Date:
PARTICIPANTS STATEMENT LETTER

PARTICIPANT STATEMENT

My participation in this study is completely voluntary. I am free to refuse participation and to stop at any point in this study. I understand the study procedures that I will perform and the possible risks that go along with the testing and training. Knowing all of the risks and discomforts and being allowed to ask questions that have been answered to my satisfaction, I consent to take part in this study. I am not waiving my legal rights by signing this form. I understand I will receive a signed copy of this consent form.

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Signature of Participant
Date