



PE Audit and Feedback Pilot Study
NCT05509803
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Informed Consent Form
October 3, 2025

Key Information*

- You are being invited to participate in a research study. Participation in research is completely voluntary.
- The purpose of the study is to better understand ways to improve PE in elementary schools.
- The study will involve PE class observations over 3 school years and interviews during 2 school years. The study will also take a total of approximately 20-30 minutes per interview and you will be asked to participate in 1-2 interviews (for a total of ~20 minutes to 1 hour if you participate both years).
- Risks and/or discomforts may include feeling uncomfortable sharing your views on PE at your school, feeling uncomfortable being observed teaching PE, and the risk of breach of confidentiality.
- There are no direct benefits to you by participating in this research. The results from the study may help improve PE for students in your school district and in other school districts

Introduction and Purpose

My name is Dr. Hannah Thompson. I am a faculty member at the University of California, Berkeley in the School of Public Health. I would like to invite you to take part in my research study, which looks at the potential of an audit and feedback tool to improve physical education (PE) in elementary schools.

Approximately 40 OUSD 2nd grade, 5th grade, and/or PE teachers from 8 different elementary schools will take part in this study.

Procedures

The study will last 3 school years and you can participate in PE class observations for up to 3 years and interviews for up to 2 years. If you agree to be in this study, you will be asked to do the following:

- Provide my research team with your class's PE schedule.
- Allow observers from the research team to come and observe 3 randomly selected PE classes during the fall and 3 randomly selected PE classes during the spring of the school year (6 total observations per school year). When observers are there to observe your class, observers will not have any contact or interaction with you or your students.

- All PE class observations will take place at your schools and will last the length of your PE class. Observations will all occur during normal PE classes and participation in the observations require no extra time commitment.
- Once the class has arrived to the PE area (i.e. gym or blacktop), the observer will randomly select four target students to observe during the lesson (2 girls and 2 boys). No individually identifiable information will be collected on students being observed. The observer will observe Student One for 4 minutes, and then rotate to focus on the four students for four minutes each until the lesson ends. A pacing MP3 played through headphones will prompt the observer to collect data every 20 seconds on 1) the activity level of the student being observed (ranging from 1 (sedentary) to 5 (very active)) and 2) what type of activity the whole class is engaged in (game play, fitness, skill acquisition, knowledge acquisition, management, or other). The observer will begin the observation period when you (the teacher) and 51% of the class has reached the instructional station and continue until half the class has departed from the area.
- The observer will also collect information at the class level, including on the length (in minutes) or the PE class, weather conditions if the class took place outside, class size (and number of boys and girls in the class), and whether you (the teacher) were administering the state FitnessGram test during class.
- The only identifiable information that will be collected will be your (the teacher) name (this enables the observer to make sure he/she is observing the correct PE class), teacher type (2nd grade, 5th grade, or PE), and your sex (M/F).
- In addition, if you agree to participate, I will conduct an interview with you during the spring of study years 2 and 3 at a time and location of your choice. The interview(s) will involve questions about elementary PE, ways to improve PE, and the potential/use of a PE audit and feedback tool in schools. Each interview should last approximately 20-30 minutes (for a total of ~20 minutes to 1 hour if you participate in both years).
- With your permission, I will audiotape and take notes during the interview. The recording is to accurately record the information you provide, and will be used for transcription purposes only. If you choose not to be audiotaped, I will take notes instead. If you agree to being audiotaped but feel uncomfortable or change your mind for any reason during the interview, I can turn off the recorder at your request. Or if you don't wish to continue, you can stop the interview at any time.

Study time: In total, you could participate between ~20 minutes to 1 hour over the course of 3 school years.

Study location: All PE class observations will take place at your school, wherever you typically hold PE. Interviews will take place either over the phone or in a private location of your choice.

Benefits

There are no direct benefits to you by participating in this research. Receiving objectively collected data on students' physical activity during PE classes you teach may help you improve your PE teaching. The results from the study may help improve PE for students in your school district and in other school districts.

Risks/Discomforts

Being observed teaching PE may make you feel uncomfortable. Similarly, some of the research questions may make you uncomfortable. You may feel uncomfortable talking about your job or your school's/district's practices related to physical education. You are free to decline observation and to decline to answer any questions you don't wish to, or to stop the observations or interviews at any time.

As with all research, there is a chance that confidentiality could be compromised; however, we are taking precautions to minimize this risk.

Confidentiality

Your study data will be handled as confidentially as possible. If results of this study are published or presented, individual names and other personally identifiable information will not be used.

To minimize the risks to confidentiality, we will keep all electronic study data encrypted on password-protected computers that only belong to the investigators. All paper study materials will be kept in locked cabinets in the PI's locked office. We will transcribe the audio recordings as soon as possible after the interview, and then destroy the audio files. The PI will maintain a key that links unique identifiers (participant name, job, school) to individual participants' data in a locked cabinet in her locked office, and only she will have access to this key. This key will be destroyed at the end of the study and only de-identified data will be retained, indefinitely, for possible use in future research done by myself or others. The same measures described above will be taken to protect confidentiality of this study data.

Your personal information may be released if required by law. Authorized representatives from the following organizations may review your research data for purposes such as monitoring or managing the conduct of this study:

- National Institutes of Health
- University of California

Identifiers might be removed from the identifiable private information. After such removal, the information could be used for future research studies or distributed to other investigators for future research studies without additional informed consent from the subject or the legally authorized representative.

Compensation

To thank you for participating in the study interviews, you will receive a \$20 gift card for either Target or Amazon immediately after you complete each interview. If you complete 2 interviews, you will receive a total of \$40 in gift cards (two \$20 cards). You will not receive monetary compensation for participating in the PE class observations; however, we will provide you with a report on the data we collect during your PE class, which you can use to improve your teaching practices, if you wish.

Rights

Participation in research is completely voluntary. You are free to decline to take part in the project. You can decline to answer any questions and are free to stop taking part in the project at any time. Whether or not you choose to participate in the research and whether or not you choose to answer any questions or continue participating in the project, there will be no penalty to you or loss of benefits to which you are otherwise entitled.

Questions

If you have any questions about this research, please feel free to contact me at REDACTED or thompsonh@berkeley.edu.

If you have any questions about your rights or treatment as a research participant in this study, please contact the University of California at Berkeley's Committee for Protection of Human Subjects at 510-642-7461, or e-mail subjects@berkeley.edu.

CONSENT

If you wish to participate in this study, please sign and date below. You will be given a copy of this consent form to keep for your own records.

Participant's Name (*please print*)

Participant's Signature

Date