

INFORMED CONSENT FORM

Institution:

Alva's College of Physiotherapy, Karnataka, India

Principal Investigator:

Ms. Kshetrimayum Bidyaluxmi Devi

Introduction

You are invited to take part in a research study. Before you decide, it is important for you to understand why the study is being conducted and what it will involve. Please read the following information carefully. You may ask questions if anything is unclear.

Purpose of the Study

The purpose of this study is to compare two types of training programs:

1. Plyometric exercises alone
2. Plyometric exercises combined with core stability training

This study aims to find out which method is more effective in improving vertical jump performance in high jump athletes.

Procedures

If you agree to participate:

- You will be assigned to one of two training groups.
- You will take part in supervised training sessions 3 times per week for 6 weeks.
- Each session will last about 30–45 minutes.
- Exercises may include jumping drills, agility exercises, and core strengthening exercises.
- Your height, weight, and jumping performance will be measured before and after the program.
- You will complete a total of 18 training sessions.

Voluntary Participation

Your participation is completely voluntary.

You are free to withdraw from the study at any time without any penalty or effect on your training or relationship with your coaches or institution.

Risks and Discomforts

- You may experience mild muscle soreness, fatigue, or a small risk of injury during exercise.
- All sessions will be supervised by trained professionals to reduce risks.

- If any discomfort or injury occurs, appropriate care will be provided.

Benefits

- You may improve your strength, coordination, and jumping ability.
- Your participation will help improve training methods for athletes in the future.

Confidentiality

- All personal information will be kept confidential.
- Your data will be coded and will not include your name.
- Results may be published, but your identity will not be revealed.

Compensation

- No financial incentives will be provided for participation.

Contact Information

Principal Investigator:

Ms. Kshetrimayum Bidyaluxmi Devi

Alva's College of Physiotherapy, Moodbidri, Karnataka, India. bdluxmi@gmail.com.

Contact number;+918147538432

Ethics Committee:

Alva's College of Physiotherapy, Karnataka, India

Consent Statement

I have read and understood the information provided above. I have had the opportunity to ask questions, and all my questions have been answered satisfactorily. I voluntarily agree to participate in this study.

Participant Name: _____

Signature: _____

Date: _____

Investigator Name: _____

Signature: _____ **Date:** _____