



Participant Informed Consent Form (ICF)

Balanced Progressive Intensity Training (BPIT) Multi-Site Clinical Study Version 1.1

MMSx Authority Institute for Movement Mechanics & Biomechanics Research
In Collaboration with BodyGNTX Institute | GFFI India | IIKBS | Bureau of Fitness Standards
(BFS) | Active India Health & Fitness Trust (AIHFT)

"Note: This latest ICF doc is approved by MMSx Authority Ethics Committee on November 24, 2025"

Date: November 24, 2025

Version History:

- Version 1.0: Initial draft, November 6, 2025.
- Version 1.1: Reviewed for ClinicalTrials.gov submission on November 24, 2025; no changes to consent procedures or risks.

1. Study Title

Balanced Progressive Intensity Training (BPIT): A Multi-Site Clinical Evaluation of Movement Efficiency, Mobility, and Strength Adaptation in Healthy Adults (18-65 years).

2. Purpose of the Study

You are invited to participate in a **5-week clinical study** that evaluates the effects of the **BPIT method** on movement efficiency, joint mobility, postural alignment, and strength performance. The purpose is to understand how the **BPIT 5-Line Principle** improves biomechanical safety, neuromuscular activation, and training outcomes in healthy individuals.

3. Procedures

If you agree to participate, the following procedures will be carried out over the 5-week study duration:

- You will undergo **baseline biomechanical screening and mobility testing**.
- You will perform training sessions following the BPIT framework under MMSx-certified experts for **5 weeks**.



- Your **weekly progress will be documented**, including pain scales, posture, range of motion, and strength outcomes.
- Data from this study (anonymized, no personal identifiers) may be used in a U.S. university dissertation under co-IRB oversight, ensuring privacy and ethical review.

If at any time you experience **discomfort, pain, or fatigue**, you should immediately inform your instructor or clinical supervisor.

4. Potential Risks and Discomforts

Participation in physical activity involves minimal risk, such as:

- Temporary muscle soreness or fatigue.
- Mild joint stiffness or discomfort.
- In rare cases, aggravation of pre-existing injuries.

To minimize these risks, all sessions are supervised by qualified professionals, and the BPIT protocol is **individualized** based on each participant's capacity.

5. Benefits

Participation in this study may improve:

- Posture and movement efficiency.
- Strength and endurance.
- Joint mobility and balance.
- Understanding of personal biomechanics and recovery needs.
- As compensation, participants receive free BPIT training sessions (valued at \$100) and a completion certificate for personal records.

Results from this study may help create safer and more effective strength-training methods for athletes and the general population.

6. Confidentiality

All data collected will remain **confidential** and used solely for scientific analysis and improvement of training safety protocols.

- All personal information will be **coded** and kept confidential within the **BodyGNTX Research Registry**.
- Your identity will **not** appear in any report, publication, or presentation related to this study.
- Data will be stored securely for academic and clinical purposes only.

7. Voluntary Participation and Withdrawal

Participation is **voluntary**.



- You may choose not to participate or **withdraw at any time without penalty or loss of benefits**.
- If you withdraw, no further data will be collected from you. Previously collected data will remain securely stored for institutional integrity records.

8. Medical Oversight and Emergency Protocol

- **Medical professionals** (orthopedists, physiotherapists, and sports physicians) are available at each study site.
- In the event of any injury or health event, appropriate **medical attention will be provided immediately**.
- All adverse events must be documented in the Observation Log and reported to the MMSx Clinical Oversight Board.

9. Contact Information

For questions regarding the study, you may contact:

Role	Name	Contact
Principal Investigator	Dr. Neeraj Mehta, Ph.D.	Email: info@mmsxauthority.com
Institute	MMSx Authority Institute for Movement Mechanics & Biomechanics Research	

10. Consent Statement

I have read and understood the above information. I voluntarily agree to participate in this study under the supervision of the MMSx research and training team. I understand that I may **withdraw at any time** without giving a reason, and that my data will be kept confidential.

Participant Declaration

Field	Entry	Field	Entry
Participant Name		Contact Number	
Participant Signature		Date	

Investigator Declaration

I have explained the study details to the participant in a clear and understandable manner. All questions have been answered truthfully to ensure informed participation.



Field	Entry	Field	Entry
Investigator Name	Principle	Signature	
Principle Investigator	Dr Neeraj Mehta		
Site Investigator			
Designation / Site		Date	

Witness (Optional)

Name	Signature	Date

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Official: English. Hindi for India sites (GFFI/BFS/AIHFT). Contact PI for questions. (BPIT v3.2 Nov 24, 2025)

English (Official)

1. Study Title BPIT: Multi-Site Eval of Movement Efficiency, Mobility & Strength in Adults (18-52 yrs).

Hindi Translation

1. अध्ययन शीर्षक BPIT: वयस्कों (18-52 yrs) में गति दक्षता, गतिशीलता & शक्ति का बहु-साइट मूल्यांकन।



2. Purpose 5-week study evaluates BPIT effects on efficiency, mobility, alignment, strength. Understands 5-Line Principle for safety, activation, outcomes in healthy people.

2. उद्देश्य 5-सप्ताह अध्ययन BPIT के दक्षता, गतिशीलता, संरेखण, शक्ति पर प्रभावों का मूल्यांकन। 5-लाइन सिद्धांत से सुरक्षा, सक्रियण, परिणामों को समझना।

3. Procedures Over 5 weeks: Baseline screening/testing; BPIT sessions (MMSx experts); Weekly docs (pain, posture, ROM, strength). Report discomfort immediately. Anonymized data may use in U.S. dissertation (co-IRB, privacy ensured).

3. प्रक्रियाएँ 5 सप्ताह में: बेसलाइन स्क्रीनिंग/परीक्षण; BPIT सत्र (MMSx विशेषज्ञ); साप्ताहिक दस्तावेज (दर्द, मुद्रा, ROM, शक्ति)। असुविधा तुरंत रिपोर्ट करें। गुमनाम डेटा U.S. शोध प्रबंध में उपयोग (सह-आईआरबी, गोपनीयता सुनिश्चित)।

4. Risks Minimal: Temporary soreness/fatigue; mild stiffness; rare injury aggravation. Minimized by supervision & individualized protocol.

4. जोखिम न्यूनतम: अस्थायी दर्द/थकान; हल्की कठोरता; दुर्लभ चोट बिगड़ना। पर्यवेक्षण & व्यक्तिगत प्रोटोकॉल से कम।

5. Benefits May improve efficiency/mobility, alignment/strength, safety/outcomes. Compensation: Free BPIT sessions (\$100 value) + completion cert.

5. लाभ दक्षता/गतिशीलता, संरेखण/शक्ति, सुरक्षा/परिणाम सुधार। मुआवजा: मुफ्त BPIT सत्र (\$100 मूल्य) + पूर्णता प्रमाणपत्र।