



The Effect of Eight-week Specific Core Training on Core Stability, Balances and Jumps in young Rhythmic Gymnasts

Doctorate: Cristina Cabrejas Mata

Tutors: Mònica Solana, Jose Morales

Directors: Mònica Solana, Jose Morales

Departament: Ciències de l'activitat física i l'Esport

Date: 30-04-2018

University of Psychology, Education and Sports Science Ramon Llull, Blanquerna.



INFORMED CONSENT FORM

I, who will sign, as the participant's mother, father or guardian, confirm that (please tick the appropriate box):

1.	I have read and understood the information about the project: “The Effect of Eight-week Specific Core Training on Core Stability, Balances and Jumps in Young Rhythmic Gymnasts”, explained in the informative document dated _____.	<input type="checkbox"/>
2.	I have had the opportunity to ask questions about participation in this project	<input type="checkbox"/>
3.	As a parent, guardian or guardian of the minor participant I agree that (name) _____ will voluntarily participate in this project.	<input type="checkbox"/>
4.	I know that the participant can withdraw at any time without giving any explanation and will not be penalized for withdrawing or questioned for the reason she is withdrawing.	<input type="checkbox"/>
5.	Confidentiality processes have been clearly explained.	<input type="checkbox"/>
6.	Research data, publications and storage of this data have been explained.	<input type="checkbox"/>
7.	I understand that other researchers will have access to this data, as long as they agree to preserve the confidentiality of the data and also if they agree to the terms specified in this form.	<input type="checkbox"/>
8.	I, as a parent, guardian, in agreement with the researcher, agree to sign and date this consent form.	<input type="checkbox"/>

Participant:

Name of participant Signature Date

Mother, father or guardian:

Name of mother, father or guardian Signature Date

Researcher:

Name of researcher Signature Date



INFORMED CONSENT

I,, father, mother or legal guardian of with ID, acting in my own name and interest, I

DECLARE THAT:

I have received information about the project "The Effect of Eight-week Specific Core Training on Core Stability, Balances and Jumps in Young Rhythmic Gymnasts" from which I have submitted an information document attached to this consent form and for which my participation is requested. I have understood its meaning, my doubts have been clarified and the actions that will derive from it have been exposed to me. I have been informed of all aspects related to the confidentiality and protection of data regarding the management of personal data involved in the project and the guarantees taken in compliance with Law 15/1999 on the Protection of Personal Data.

My collaboration in the project is entirely voluntary and I have the right to withdraw from it at any time, revoking this consent, without this withdrawal can negatively affect my person in any way. In case of withdrawal, I have the right to have my data deleted from the study file. For all of the above.

I GIVE MY CONSENT TO:

1. Participate in the project "The Effect of Eight-week Specific Core Training on Core Stability, Balances and Jumps in Young Rhythmic Gymnasts".
2. That the SAFE research team and the student, Cristina Cabrejas Mata as principal investigator, can manage my personal data and disseminate the information generated by this project. It is guaranteed that my identity and privacy will be preserved at all times, with the guarantees established in Law 15/1999 on data protection and complementary regulations.
3. That the SAFE team keep all records made about me in electronic form, with the guarantees and deadlines legally provided, if established, and in the absence of legal provision, for the time necessary to fulfill the functions of the project for which the data were collected.

In Barcelona on... .. of 2018

Signatures:

Participant

Mother, father or guardian

Principal Investigator