

BPIT_2024_ICF: Informed Consent Form

Study Title: A Prospective, Single-Center, Interventional Study to Evaluate the 5-Line Principle of Balanced Intensity Training (BPIT) for Enhancing Physical Performance and Reducing Injury Risk

Protocol ID: BPIT-GFFI-2024-001

Principal Investigator: Dr. Neeraj Mehta, PhD

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Site: GFFI Fitness Academy, [35, NWA, Punjabi Bagh , West, New Delhi 110026]

What is the purpose of the study?

This is a 6-week training study to test a new exercise method called Balanced Progression Intensity Training (BPIT) based on the 5-Line Principle. We want to see if it improves strength and reduces injury risk compared to your current fitness level.

Who is doing the study?

The study is sponsored by MMSx Authority Institute for Movement Mechanics & Biomechanics Research Inc. and conducted at GFFI Fitness Academy under the direction of Dr. Neeraj Mehta.

What will happen if I take part?

- You will train 3 times per week (60-minute sessions) for 6 weeks (total 18 sessions).
- Each session follows the BPIT 5-Line progression (ground-based → knee-level → standing → head-level → plyometric).
- Before starting and after Week 6 we will measure: – Your maximum strength (1RM squat, bench press, deadlift) – Heart rate and heart rate variability – Muscle activation with surface EMG – Knee and spine angles with video analysis
- You will be asked to report any discomfort or injury immediately.

How many people will take part?

23 healthy adults.

What are the risks and discomforts?

Possible muscle soreness, fatigue, or minor strains (risk similar to normal gym training). Serious injury is very rare. A qualified trainer will supervise every session. You can stop at any time.

Are there benefits?

You will receive 6 weeks of free supervised training and detailed personal fitness assessment (worth several thousand rupees).

Will my information be kept confidential?

Yes. Your name will be replaced by a code. Only the study team will have access to the link between code and name. Results will be published/presented only in summary form.

Can I leave the study?

Yes, at any time without giving a reason and without any consequence.

Costs and compensation

No cost to you. You will receive [state any compensation or “no financial compensation – only free training and testing”].

Who do I contact if I have questions?

Dr. Neeraj Mehta – **Contact:** [6148228038] / [Info@mmsxauthority.com]

In case of injury: same contact or visit nearest medical facility (costs covered by sponsor if directly related to study).

Participant Statement

I have read this form, had the chance to ask questions, and voluntarily agree to take part.

Name: _____ Signature: _____ Date: _____

If participant <18 years: Parent/Guardian signature _____

Investigator Statement

I have explained the study and answered all questions.

Signature Dr. Neeraj Mehta _____ Date _____