

**Effects of a 12-Week Recreational Football Program on Predisposing, Enabling,  
and Reinforcing Determinants of Physical Activity in Adolescents: A Randomized  
Controlled Trial Based on the YPAP Model**

The study was approved on May 24, 2024.



## INFORMED ASSENT FORM - CHILDREN AND ADOLESCENTS

You are being invited to take part in a research study called “Physical activity level and its determinants in children and adolescents in the city of Rio de Janeiro: the effect of a recreational football program.” We want to understand how individual, psychosocial, and environmental factors influence the physical activity levels of school-aged children and adolescents.

Children and adolescents between 7 and 13 years old may take part in this study, which will take place at the Institute of Physical Education and Sports of UERJ. During the study, you will make three separate visits, every three months, to the assessment laboratory located at IEFD/UERJ. During the first visit, you will answer demographic, social support, and motivation questionnaires, and you will also undergo a maturation test using the Maturity Offset method. You will also complete an anthropometric assessment and a body composition evaluation using Dual-Energy X-ray Absorptiometry (DXA), as well as a lower-limb muscle power assessment through the Countermovement Jump (CMJ). At the end of this first visit, an accelerometer will be placed on you so that your physical activity level can be continuously monitored. On the second visit, you will return the accelerometer and complete the motor competence test, the Körperkoordination Test für Kinder (KTK), and the VO<sub>2</sub>max assessment using the Yo-Yo Test. You will also answer additional psychosocial questionnaires about attitude, parental influence, perceived competence, perceived physical environment, and self-efficacy. On the final visit, you will return to the laboratory to complete the remaining assessments, which include socioeconomic questionnaires, physical activity questionnaires, and the tactical knowledge test in football (TACSIS), as well as the ball-handling coordination test and the game performance evaluation. After completing all assessments, you will participate in free football classes twice per week for at least three months. The instruments used in this study are considered safe, but it is possible that you may feel uncomfortable or embarrassed during some activities. If anything goes wrong, you may contact the researcher, Isabela Freire Soares, at (21) 98135-4639. There may also be good things that happen as a result of your participation, because this research may help improve your physical activity level and, as a result, your quality of life and general health indicators, especially physical, psychosocial, and cultural aspects. You don't have to take part in this research if you do not want to. No one will be upset or disappointed with you if you say “no”; the choice is yours. You may think about it and decide later if you prefer. You may say “yes” now and change your mind later, and everything will still be fine. It is important that you talk to your parents or guardians about your decision. Find out what they think, tell them what you want to do, and whether or not you want to participate. You have as much time as you need for that. You may also talk to the researcher whenever you want; she will answer all your questions at any time.

You will not receive any money, nor will you have to pay anything to participate in the research. No one will know that you are participating. We will not tell other people or share with strangers any information you provide. The study results will be published, but without identifying the people who took part in the research.

### ASSENT

I, \_\_\_\_\_ have read this form and agree to participate in this study.

Participant's Signature	Date: ____/____/____
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I, Isabela Freire Soares have appropriately and voluntarily obtained the Informed Assent of the research participant.

Researcher's Signature <i>Isabela Freire Soares</i>	Date: ____/____/____
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