

**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 CONSENT FORM – LEGAL GUARDIAN**

Dear Parent/Legal Guardian,

We would like to request your consent for the minor \_\_\_\_\_ to participate as a volunteer in the research study entitled “Physical activity level and its determinants in children and adolescents in the city of Rio de Janeiro: the effect of a recreational football program,” conducted within the Graduate Program in Exercise and Sport Sciences (PPGCEE-UERJ) as part of a doctoral thesis. The study will be carried out at the Institute of Physical Education and Sports of UERJ.

**1. OBJECTIVE:** the objective of this study is to investigate the influence of individual, psychosocial, and environmental determinants on the level of physical activity among school-aged children and adolescents.

**2. PROCEDURES:** the minor’s participation will consist of three visits to the assessment laboratory, on separate days, located at IEFD/UERJ. During the first visit, demographic, social support, and motivation questionnaires will be administered, in addition to the biological maturation test using the Maturity Offset method. Anthropometric assessment and body composition evaluation using Dual-Energy X-ray Absorptiometry (DXA), as well as lower-limb muscle power assessment through the Countermovement Jump (CMJ), will also be conducted. At the end of the first visit, an accelerometer will be fitted to the participant, which they will take home for continuous monitoring of physical activity levels. On the second day, the adolescent will return to hand back the accelerometer and will complete the motor competence assessment using the Körperkoordination Test für Kinder (KTK), as well as the VO<sub>2</sub>max evaluation through the Yo-Yo Test. Additionally, the remaining psychosocial questionnaires will be administered, including attitude toward physical activity, parental influence, perceived competence, perceived physical environment, and self-efficacy. On the final day, the remaining assessments will be completed: socioeconomic questionnaires, physical activity questionnaires, and the tactical knowledge test in soccer (TACSIS), along with the ball-handling motor coordination test and the game performance assessment. After completing all assessments, the minor will participate in free soccer classes twice a week for at least three months.

**3. POTENTIAL RISKS AND BENEFITS:** all research entails some degree of risk. In this study, the risk is considered moderate, as participants will be asked to disclose personal information, which may be perceived as the release of confidential data and/or an invasion of privacy. However, the researchers will ensure a private setting for data collection and will respect the participant’s freedom to refrain from answering any questions that may cause embarrassment or discomfort. In addition, confidentiality and privacy will be safeguarded, as well as protection of the participant’s image and the prevention of any form of stigmatization, ensuring that the information obtained is not used in any way that could harm individuals or their communities, including in terms of self-esteem, reputation, or economic–financial status. Likewise, participation in recreational football involves the inherent risk of potential injuries due to the nature of the sport. It is guaranteed that any research participants who suffer any type of harm, whether anticipated or not in this consent form and resulting from their participation, will have the right to full assistance and compensation. To minimize these risks, participants may withdraw from the study at any time, without any cost or penalty. On the other hand, the study is expected to provide the following benefits: improvement in participants’ physical activity levels and, as a consequence of this engagement, potential enhancement of quality of life and general health indicators, particularly physical, psychosocial, and cultural aspects.

**4. CONFIDENTIALITY:** research data may be published or disseminated in books and scientific journals. We assure that the minor’s privacy will be fully respected, and their name or any identifying information will be kept strictly confidential. The principal investigator commits to storing the research data securely under her responsibility for a minimum period of five (5) years after the completion of the study.

**5. VOLUNTARY PARTICIPATION:** the minor’s participation in this study is entirely voluntary and not mandatory. You may refuse to allow the minor to participate or withdraw your consent at any time without providing justification. If you decide to withdraw the minor from the study, no penalty or disadvantage will occur.

**6. COSTS, COMPENSATION, AND INDEMNIFICATION:** participation in this study will not involve any additional costs for you. There will also be no financial compensation for participating in the study.



**RIO DE JANEIRO STATE UNIVERSITY  
PEDRO ERNESTO UNIVERSITY HOSPITAL  
RESEARCH ETHICS COMMITTEE**



7. ADDITIONAL INFORMATION, CRITICISMS, SUGGESTIONS, AND COMPLAINTS: You will receive one copy of this Informed Consent Form (ICF), and another copy will remain with the researcher. If you agree to participate, each page will be initialed, and the final page will be signed by both you and the researcher. The researcher guarantees you free access to all information and any additional clarification regarding the study and its implications. You may contact the researcher, Isabela Freire Soares, by phone at (21) 98135-4639 or by email at isabelafreire12@hotmail.com. If you have any concerns or questions regarding the ethical aspects of the research, you may contact the Research Ethics Committee (CEP) at AV. Vinte e Oito de Setembro, No. 77 – CePeM, Multiuser Clinical Research Center, 2nd floor, Room 28, annex building of the Pedro Ernesto University Hospital. Telephone: (21) 2868-8253. Email: cep@hupe.uerj.br. Public service hours are Monday through Friday, from 1:00 PM to 4:00 PM.

**CONSENT**

I, \_\_\_\_\_ have read and agree to the participation of the  
minor \_\_\_\_\_ in this research study.

Signature of Parent/Legal Guardian	Date: ____/____/____
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I, Isabela Freire Soares, have appropriately and voluntarily obtained the Informed Consent from the parent/legal guardian of the minor participating in this research.

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