

## **INFORMED CONSENT FORM (ICF)**

**Official Study Title:**

**Effects of a 12-Week Isometric Core Training Program on Trunk Endurance and 50-m Freestyle Performance in Adolescent Amputee Swimmers**

**ClinicalTrials.gov Identifier:**

**NCTXXXXXXX**

**Document Type:**

**Informed Consent Form (ICF)**

**Document Date:**

**28 May 2026**

**Institution:**

**Istanbul Gelisim University Faculty of Sports Sciences**

## **INFORMED CONSENT FORM (ICF)**

### **Study Title**

Effects of a 12-Week Isometric Core Training Program on Trunk Endurance and 50-m Freestyle Performance in Adolescent Amputee Swimmers

### **Invitation to Participate**

You are invited to participate in a scientific research study conducted by Istanbul Gelisim University Faculty of Sports Sciences.

Before deciding whether to participate, please read the following information carefully.

### **Purpose of the Study**

The purpose of this study is to investigate the effects of a supervised isometric core training program on trunk endurance and swimming performance in adolescent amputee swimmers.

### **Study Procedures**

If you agree to participate:

- You will complete swimming performance tests.
- You will perform trunk endurance assessments.
- You may participate in supervised isometric core exercises.
- The study duration will be 12 weeks.
- Assessments will be conducted before and after the intervention period.

Participation will require approximately:

- 3 additional exercise sessions per week,
- 40 minutes per session.

### **Possible Risks and Discomforts**

Potential risks may include:

- muscle soreness,
- temporary fatigue,
- exercise-related discomfort,
- mild musculoskeletal strain.

All exercise sessions will be supervised by qualified professionals.

## **Possible Benefits**

You may experience:

- improvements in trunk endurance,
- improved swimming performance,
- increased physical fitness.

The study may also contribute to scientific knowledge regarding Para-swimming training.

## **Confidentiality**

All information collected during the study will remain confidential.

Your identity will not appear in scientific publications or presentations.

Data will be stored securely and accessed only by the research team.

## **Voluntary Participation**

Your participation is completely voluntary.

You may withdraw from the study at any time without penalty or negative consequences.

## **Compensation**

No financial compensation will be provided for participation.

## **Contact Information**

If you have any questions regarding the study, please contact:

Görkem Açar

Istanbul Gelisim University

Faculty of Sports Sciences

Email: [gacar@gelisim.edu.tr](mailto:gacar@gelisim.edu.tr)

## **Consent Statement**

I have read and understood the information provided above.

I voluntarily agree to participate in this study.

Participant Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name (if participant is under 18 years): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Researcher Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_