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Dear athletes and parents/guardians,

I am a PhD student in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. I am beginning a research project called "The Reliability of Biodex Dynamometer Measurements of Lower Extremity Strength and Power in Children Aged 10-14" and am asking for your participation. A Biodex dynamometer is a machine that measures the strength and power of a person's muscles. The purpose of the study is to see if the machine measures strength and power in children the same way on different test days, and to see whether girls and boys are different in their muscle strength and power

The study will involve coming to the Max Bell Centre on the Fort Garry campus of the University of Manitoba on two different days, one week apart. Both times, the athlete will have their strength and power tested using the Biodex. Hip strength will be tested in a standing position and knee strength will be tested in a sitting position. During testing, the athlete will be attached to the machine with Velcro straps. You will then be asked to push or pull your leg as fast and strong as possible against the machine. Before testing, you will be shown what to do, and you will have lots of time to practice the movements. There will be rest times during testing to make sure your muscles don't get too tired.

As well as Biodex testing, we will measure your height and weight on the first day. We will ask you questions about how long you have been playing your sport and how old you were when you started playing. We will also ask you and your parent/guardian some questions about your physical development. We need to ask these questions as they can affect the results of the study.

Testing will take about 2 hours on the first day and 1.5 hours on the second test day.

There is very low risk to you if you decide to participate in this study. Risk will be no greater than would normally be involved with you playing your sport on a regular basis.

This study is approved by the University of Manitoba. All information collected during this research project will be kept private and confidential in a locked filing cabinet at the University of Manitoba. All information that is collected about you will be associated with the ID number instead of your name.

If you are interested in participating in this study, please call me at 474-9255. If you have questions about the study, you can call or email me (see below).

Sincerely,

Joanne Parsons
MSc, PhD student, Physiotherapist

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