VNIVERSITAT DE VALÈNCIA

Facultat de Ciències de l'Activitat Física i l'Esport

INFORMED CONSENT FORM

TITLE OF THE PROJECT:

"Influence of cardiorespiratory fitness on cognitive performance in soldiers."

OBJECTIVES

- To analyze the influence of physical condition after a submaximal stress test on cognitive performance (attention).

DESCRIPTION

To obtain the data, the participants will perform a submaximal treadmill exercise test on the first day until they reach 95% of the Anaerobic Threshold HR with a duration of approximately 20 minutes to assess their cardiorespiratory capacity. 48 hours later, if you agree to participate in this study, you should know what the following will happen:

a. A heart rate monitor will be placed on you to monitor your heart rate (HR) and record its variability (HRV).

b. You will perform 1 cognitive attention test. This test will be passed in two moments: before the submaximal stress test and after it.

c. You will place yourself on the treadmill and perform a submaximal test until you reach 95% of your anaerobic threshold HR.

d. The session will end when you complete the post-exercise cognitive tasks. (Duration approx. 1h 30').

The control of these tests will be carried out by a group of researchers perfectly trained and qualified for this purpose. On the other hand, these procedures do not cause any harm to the people who undergo them. In any case, all practice guides contemplate situations that are CAUSES FOR STOPPING a test:

• Repeated desire of the subject to suspend the test.

• Progressive chest pain.

• Central nervous system symptoms: dizziness, syncope, ataxia.

• Signs of poor perfusion: cyanosis, paleness.

• Poor electrocardiographic signal, which prevents correct control.

In exceptional cases, as reversible side effects derived from participation in this type of protocol, the following could appear:

- Fatigue, dizziness, vomiting, …

- Sensation of hyperarousal, nervousness and increased HR.

- Insomnia.

- Gastrointestinal disorders.

These symptoms of fatigue usually disappear within 12 hours after completing the test. If not, you should go to a medical center. However, it is important that they know that their participation is voluntary and they can abandon the test at any time, informing the experimenter of this.

I have read the objective and characteristics of the study and I agree to take part in it. I authorize the research group to analyze the results obtained in my evaluation, film graphically during the development of said tests and for all this to be used anonymously for a scientific purpose. I am also informed that I can withdraw from the study at any time without having to explain the reasons. All data will be treated anonymously, providing a personalized report to each interested participant.

Name:
Surnames:
ID:
Valencia, _____ de 20__

FIRMA