Participant Information Sheet

Study Title:

High-Intensity Interval Training Improves the Reactive Strength Index and Motor Ability of Youth Football Players

Principal Investigator:

Dr. Serkan Kızılca – Bitlis Eren University, Faculty of Sports Sciences

Purpose of the Study:

This research aims to examine the acute and chronic effects of a four-week high-intensity interval training (HIIT) program on explosive strength, agility, reactive strength index (RSI), and sprint performance in 11–13-year-old male youth football players.

Why You Have Been Invited:

You have been invited to participate because you are a male youth football player aged between 11 and 13 years and are actively participating in regular football training.

Study Procedures:

Participants will be randomly assigned to either a HIIT intervention group or a control group. Those in the intervention group will complete an additional HIIT program three times per week for four weeks alongside their regular football training. All participants will complete pre- and post-intervention performance tests, including sprint tests (10 m, 20 m, 30 m), countermovement jump (CMJ), reactive strength index (RSI), agility, and back strength tests.

Voluntary Participation:

Participation is entirely voluntary. You may withdraw from the study at any point without giving a reason, and this will not affect your regular training or any other rights.

Risks and Discomforts:

The exercise protocol used in this study is similar to your usual football training. However, as with any physical activity, minor muscle soreness or fatigue may occur. All sessions will be conducted under supervision and safety precautions will be taken.

Benefits:

Participation may improve your physical performance and provide insight into the effectiveness of HIIT training in football.

Confidentiality:

All personal information will remain confidential. Your name will not be used in any reports or publications. Data will be stored securely and accessed only by the research team.

Ethical Approval:

This study has been approved by the Bitlis Eren University Non-Interventional Clinical Research Ethics Committee (Meeting Date: 02.01.2025, Decision No: 13, Protocol No: 2024/9).

Consent:

Both the legal guardians of the participants and the participants themselves must sign a written informed consent form prior to inclusion in the study.

Contact Information:

If you have any questions about the study or your rights as a participant, please contact:

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