

Informed Consent Form

Version 1.0 | Date: 10 July 2025

Study title: An eight-week study comparing recreational basketball games and interval running to improve fitness and body composition in inactive young adults

Please initial each statement:

Statement	Initials
I have read and understood the Participant Information Sheet.	
I have had the opportunity to ask questions and my questions were answered.	
I understand participation is voluntary and I can withdraw at any time.	
I understand possible risks and benefits.	
I understand my data will be kept confidential and reported in summary form.	
I agree to take part in this study.	
Participant name:	
Signature and date:	

Researcher/Investigator: [insert name] Signature: _____ Date: _____

Ethics approval: Academic Affairs Office of Hunan Mechanical & Electrical Polytechnic (Approval No. 20250710).