

Participant Information Sheet

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

Why are we doing this study?

We want to compare recreational basketball games and interval running to see how they affect fitness and body composition in inactive young adults.

Why have I been invited?

You are invited because you are aged 18-22 years and do not take part in regular structured exercise.

Do I have to take part?

No. Participation is voluntary. You can withdraw at any time without giving a reason and without penalty.

What will happen if I take part?

You will be randomly assigned to basketball games, interval running, or a control group. Training groups exercise 3 times per week for 8 weeks. We measure fitness and body size before and after 8 weeks.

Possible benefits

You may improve your fitness, but benefits are not guaranteed.

Possible risks

Exercise can cause temporary soreness or fatigue and rarely injury. Sessions are supervised and include warm-up. Stop any time if you feel unwell.

Confidentiality

Your data will be coded with a study ID. Identifiable information will be stored securely and separately. Results will be reported in group form.

Ethics approval

Approved by Academic Affairs Office of Hunan Mechanical & Electrical Polytechnic (Approval No. 20250710).

Contact

Questions: [insert name, email, phone].