

CONSENT FORM

This research will be carried out by primary researcher, William Farrell, in completion of graduate coursework in Nutrition & Dietetics at SUNY Oneonta. The purpose of this study is to determine the relationship between nutrition knowledge and dietary practices and attitudes toward food by members at The Cardio Club & Delhi Dance Studio. Results of this research will aid in the development of nutrition programming available to members in the future.

Participation includes completion of one survey; taking approximately 15-20 minutes to complete. The questions asked will address basic nutrition knowledge and food frequency for insight on dietary practices and attitudes toward food. In addition, this tool will be used to survey habits and goals of physical activity, basic demographic information (such as age and sex), and body measurement data (such as height and weight) for determining nutrition needs and where diet improvements may be useful.

If you participate, you may leave any questions on the survey blank if you do not wish to answer them. If you feel uncomfortable or change your mind regarding your participation, know that you may also choose to withdraw from participation; retracting any information provided, at any time, without penalty. Choosing not to participate in this study and/or withdrawing from the study will not impact your membership status or ability to participate in programs at The Cardio Club & Delhi Dance Studio.

There is no direct benefit to you for participating in this survey, but participation will allow the researcher to create a nutrition program geared toward participants' nutrition-related needs. The ultimate goal is to improve nutrition status of members at The Cardio Club & Delhi Dance through focus on nutrition knowledge, dietary patterns, and attitudes toward food.

We do not anticipate any risks of this study beyond those faced in day to day life. If you are concerned that your confidentiality will be compromised by some (or all) of the questions, please keep in mind that individual data will be assigned a number and reported exclusively as group data. This coding of information is an additional safety measure we use to guarantee you anonymity in this research. Please also keep in mind, you may leave any questions blank if you are not comfortable providing an answer for them.

You must be 18 years of age or older to participate in this study. If you are willing and able to participate in this study, please indicate this by signing and dating this consent form.

I hereby certify that I am 18 years of age or older and in a position to give my consent. My signature below indicates that I have read this form and consent to my participation in the above study:

Participant's Signature

Print Name

Date

Researcher's Signature

Print Name

Date

Please note that all documents must be submitted as hardcopies; electronic documents will not be accepted. Also note surveys without accompanying, signed consent forms will not be collected/accepted. Please refrain from submitting surveys without first granting appropriate consent. Thank you!

Please contact us if you have any questions or concerns about your participation in this study:

Contact information

| | Student Researcher | Program Contact | Faculty Supervisor |
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For you may also contact Chair of the Institutional Review Board, Dr. Katherine Lau:

Phone: (607)436-3214 or E-mail: Katherine.Lau@oneonta.edu