INTRODUCTION
You are invited to participate in a research study conducted by Dr. Amber Shipherd from the Kinesiology and Sports Studies Department. The purpose of this study is to explore physical activity levels and attitudes towards physical activity in university faculty and staff. Participation in this study is voluntary and you may discontinue participation in the study at any time without any penalty.

PARTICIPANTS' INVOLVEMENT IN THE STUDY
If you volunteer to participate in this study, you will be asked to:
1. Complete several short questionnaires on your physical activity and attitudes towards physical activity both at the beginning of the semester and again at the end.
2. Schedule an appointment with the Assessment Testing and Prescription (ATP) Laboratory, located in 1101 Lantz Arena, during the first five weeks of the semester for initial testing, and during the last three weeks of the semester for post-testing. During this approximately hour-long appointment at the ATP Laboratory, you will be asked to complete the following assessments, administered by a Kinesiology and Sports Studies graduate student trained to administer the assessments and who is CPR certified. You may still participate in the study if you are not able to complete some or all of the physical fitness testing described below.
   a. Health History Questionnaire: The Health History Questionnaire assesses potential health risks and relevant medical information that may prevent you from successfully completing any of the assessments. The Health History Questionnaire involves items regarding your family members’ medical conditions, your own medical conditions, and any symptoms that may indicate you would not be able to complete any of the physical assessments safely or successfully.
   b. Body composition.
      i. Skinfold measurements: The skinfold procedure to determine body fat percentage involves the technician grasping your skin with the thumb and index finger 3 inches apart and firmly pulling the skin, with the underlying subcutaneous fat, away from the limb or torso. For males, the three sites assessed are: chest, triceps, and subscapular. For females, the three sites assessed are: triceps, suprailiac, and abdominal.
      ii. Bioelectrical Impedance Analysis (BIA): BIA is a non-invasive field measure for assessing body composition. Using impedance, age, height, weight, and gender, BIA estimates body fat percentage, fat-free mass, and total body water. You will be asked to hold the hand-to-hand BIA device with your arms straight out in front of you and parallel to the floor. A total of 2 measurements will be taken and recorded, each lasting approximately 6 seconds.
      iii. Waist-to-hip ratio (WHR): WHR is the circumference of the waist divided by the circumference of the hips and is a simple method for determining body fat distribution. You will be asked to stand tall with your feet together and a horizontal measure will be taken at the maximal circumference of the buttocks. You will then be asked to stand with your legs slightly apart and a horizontal measure will be taken at the maximal circumference of the hip/proximal thigh. Measurements will be taken with a flexible tape measure.
   c. Muscular endurance tests.
      i. Push-ups: You will be instructed on how to properly complete a push-up on either your toes or modified knee push-up with your hands pointing forward and under the shoulder, back straight, head up. You will then be instructed to raise the body and return to the “down” position, until your chin touches the mat. The maximum number of push-ups performed consecutively without
rest will be counted as the score. The test is stopped when you are unable to maintain the appropriate technique within two repetitions.

ii. Crunch: You will assume a supine position on a mat with the knees at 90 degrees. Your arms will be at your side, palms facing down, with the middle fingers touching a piece of masking tape. A second piece of masking tape will be placed 10 cm apart. You will be instructed to perform slow, controlled curl-ups to lift the shoulder blades off the mat without pausing, for one minute.

d. Muscular strength one-repetition maximum (1-RM): You will be instructed on how to properly complete a chest press and leg press and then will be allowed to complete several warm-up repetitions with a low weight. An initial weight will be selected that is within your perceived capacity and resistance will be progressively increased by 2.5 to 20 kg until you cannot complete the selected repetitions. The final weight lifted successfully will then be recorded as the absolute 1-RM.

e. Flexibility (sit-and-reach): You will sit without shoes, with the soles of your feet against the flexometer (sit-and-reach box) at the 26cm mark. You will slowly reach forward with both hands as far as possible and hold the position for approximately two seconds. Two trials will be attempted and the farthest score of the two will be recorded.

f. Blood pressure: You will be asked to sit quietly in a chair for approximately 5 minutes before your blood pressure is measured. You will then have the blood pressure cuff wrapped around your upper arm at heart level and a stethoscope will be placed over the brachial artery. The cuff will be quickly inflated to 20 mm Hg above first Korotkoff sound and then the pressure will be slowly released. Two measurements will be made a minimum of one minute apart.

g. YMCA submaximal cycle test: In the YMCA submaximal cycle test, you will be cycling on a stationary bike with increasing resistance every 2-3 minutes until you reach 85% of the age predicted heart rate max. The submaximal test limits your effort to less than maximal exertion, which can be beneficial, especially in older adult populations.

3. Throughout the semester, you will receive (via email by the PI) informational handouts tailored to you regarding the benefits of engaging in physical activity and opportunities to engage in physical activity, that are designed by students enrolled in the three KSS 3720 Exercise Psychology courses during the Fall 2014 semester and supervised by the PI, who is also the class instructor.

4. You may also be invited to participate in several meetings throughout the semester with one or more KSS 3720 students to provide the same physical activity information as described above, but in a face-to-face setting (again, supervised by the PI).

5. Finally, you will also have the opportunity to participate in several face-to-face informational sessions throughout the semester on topics such as: proper weight lifting form and nutrition information, delivered by dietetics graduate students and students enrolled in the KSS 4460 (Principles of Resistance Training) class.

CONFIDENTIALITY, RISKS, AND PROTECTION MEASURES
You will first be screened (via the health history questionnaire) to determine if you are healthy enough to participate in the cardiorespiratory test. As a safety measure, the Kinesiology and Sport Studies graduate assistants administering the physical tests all have CPR certifications. You will be provided information on the potential negative consequences of engaging in physical activity, information on how to exercise properly and safely, and provided information for the EIU campus medical clinic (217) 581-3013, located in the Human Services Building. There is a risk of injury when engaging in any form of physical activity. There is no financial compensation or treatment available if you should become injured while participating in this study, however, you will be provided information and directed to the EIU campus medical clinic (217) 581-3013, located in the Human Services Building.
All efforts will be made to maintain confidentiality and anonymity. Data will be stored securely and any data that results from your participation will be made anonymous.

**BENEFITS**
By participating in this study, you may increase your physical activity, attitudes towards physical activity, your awareness of the benefits of physical activity and how to overcome potential barriers to engaging in physical activity. Increased physical activity levels have both psychological and physical benefits. You will also provide the KSS 3720 students designing the information with valuable real-world experience in creating physical activity and wellness programs that may assist them with selecting their career paths and could also make them more marketable and hirable in their respective career paths. Additionally, results from this study will add to the sport and exercise psychology literature on physical activity and wellness program effectiveness.

By completing the ATP testing both at the beginning and end of the semester, you will receive a coupon to the EIU bookstore, and any campus department with 3 or more individuals participating in the study will be eligible for a small award from the bookstore for the department that improves the most on ALL outcomes (both physical and psychological).

**CONTACT INFORMATION**
If you have questions you may contact Dr. Amber Shipferd at (517) 581-3999 or at amshipherd@eiu.edu. If you have questions about your rights as a participant, contact the Office of Research Compliance Officer at (217) 581-2125.

**PARTICIPATION**
Your participation in this study is voluntary; you may decline to participate without penalty. If you decide to participate, you may withdraw from the study at any time without penalty and without loss of benefits to which you are otherwise entitled. If you withdraw from the study before data collection is completed, your data will be returned to you or destroyed.

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**CONSENT**
I have read the above information. I have received a copy of this form. I agree to participate in this study.

Participant's signature ___________________________ Date __________

Investigator's signature ___________________________ Date __________
Physical Activity Assessment

Please provide your email address for future correspondence:

Section I.

1. **Moderate physical activities** are of moderate intensity, such as fast walking 3-4 miles per hour. Which of the following moderate activities did you do for at least 10 minutes at a time without stopping during the last 7 days? (*Circle all that apply*)

   - Walking fast (3-4 mph)
   - Bicycling (less than 12 mph)
   - Mowing lawn (power mower)
   - Gardening (planting, raking, weeding)
   - Housework (mopping, sweeping, vacuuming)
   - Lifting, turning, carrying less than 50 lbs
   - Playing with children (walking, kneeling, lifting)
   - Housework (mopping, sweeping, vacuuming)
   - Mowing lawn (power mower)
   - Gardening (planting, raking, weeding)
   - Carrying loads more than 50 lbs
   - Bicycling fast (more than 12 mph)
   - Roller skating, roller blading
   - Ski machine (Nordic Track)
   - Judo, Karate, Kick boxing

2. During the last 7 days, on how many days did you do a moderate physical activity for at least 10 minutes at a time without stopping? ___________ days

3. On those days that you did moderate physical activities, how much time did you spend on average doing the activities? ___________ minutes per day

Section II.

4. **Vigorous physical activities** are of more vigorous intensity, such as jogging or running. Which of the following vigorous activities did you do for at least 10 minutes at a time without stopping during the last 7 days? (*Circle all that apply*)

   - Aerobics (low impact)
   - Calisthenics (light)
   - Fishing (while standing)
   - Walking downstairs
   - Horseback riding
   - Rowing, sailing
   - Water aerobics
   - Tai Chi, Qi gong
   - Weightlifting

5. During the last 7 days, on how many days did you do a vigorous physical activity for at least 10 minutes at a time without stopping? ___________ days

6. On those days that you did vigorous physical activities, how much time did you spend on average doing the activities? ___________ minutes per day

7. Compared to how physically active you have been over the last 3 months, how would you describe the last 7 days: (Check one)

   - More active
   - Less active
   - About the same
Section III.

8. Do you know of any reason why you should not do physical activity?   Yes   No
   If yes, explain:

Section IV.

9. To be considered physically active, you must get at least:
   30 minutes of moderate physical activity on 5 or more days a week, OR
   20 minutes of vigorous physical activity on 3 or more days a week, OR
   150 minutes of moderate and vigorous physical activity combined each week

   Given this definition of physically active, how physically active do you plan to be over the next 6 months? (Choose the best answer and check only one)

   _____ I am not currently active and do not plan to become physically active in the next 6 months
   _____ I am thinking about becoming more physically active
   _____ I intend to become more physically active in the next 6 months
   _____ I have been trying to get more physical activity
   _____ I am currently physically active and have been for the last 1-5 months
   _____ I have been regularly physically active for the past 6 months or more

10. What are the 3 biggest reasons why you would consider increasing your physical activity to become physically active or maintain your physical activity if you are already physically active? (Circle up to 3 reasons that matter most to you)

   Make more time for myself
   Improve my health
   Control my weight
   Lower my stress
   Feel good about taking care of myself
   Set a good example for my family or friends
   Get my partner/child/friend to be more active with me
   Teach my family and friends the importance of
   Other:____________________
   physical activity

11. To be considered physically active, you must get at least:
   30 minutes of moderate physical activity on 5 or more days a week, OR
   20 minutes of vigorous physical activity on 3 or more days a week, OR
   150 minutes of moderate and vigorous physical activity combined each week

   Given this definition of physically active, how confident are you that you can increase (or maintain) your physical activity to be physically active this week? (Circle only one number on the scale below)

   0  10  20  30  40  50  60  70  80  90  100
   Not at all confident  Completely confident
What reasons/factors influence your confidence to increase or maintain your physical activity to be physically active?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

12. Circle the number that indicates how confident you are that you could be physically active in each of the following situations.

1= Not confident at all
2= Slightly confident
3= Moderately confident
4= Very confident
5= Extremely confident

A. When I am tired
B. When I am in a bad mood
C. When I feel I don’t have time
D. When I am on vacation
E. When it is raining or snowing

Section V.

Directions: Rate yourself on each statement indicating the extent to which you feel committed to improve your health and fitness through regular exercise.

Level of commitment

1  2  3  4  5
Very low  Somewhat low  Moderate  Somewhat high  Very high

___ 1. I am willing to sacrifice other things to improve my fitness.
___ 2. I really want to improve my health.
___ 3. Some of my deepest values and beliefs include remaining healthy for my family and friends.
___ 4. I give 100% when I exercise.
___ 5. I have a scheduled exercise plan for the week.
___ 6. I take personal responsibility for my health, fitness, and well-being.
___ 7. I can make the time and effort to maintain an exercise program, even when I am tired.
___ 8. I am determined to reach my exercise goals.
___ 9. I am open to exercise instruction to improve my technique.
___10. I exercise at least three times per week.
___11. I acknowledge that I must do more than casual walking to gain exercise benefits.
___12. I am improving my aerobic fitness.
___13. I am improving my muscular strength.
___14. When I feel fatigued during exercise I continue to give 100%.
___15. I get myself psyched up before and during exercise.
___16. I am in the process of reaching my fitness goals.

Section VI.

Directions: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and circle the number of the statement that most applied to you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Very Likely</th>
<th>Somewhat Likely</th>
<th>Somewhat Unlikely</th>
<th>Very Unlikely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My day is so busy now, I just don’t think I can make the time to include physical activity in my regular schedule.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>2. None of my family members or friends like to do anything active, so I don’t have a chance to exercise.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>3. I’m just too tired after work to get any exercise.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>4. I’ve been thinking about getting more exercise but I just can’t seem to get started.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>5. I’m getting older so exercise can be risky.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>6. I don’t get enough exercise because I have never learned the skills for any sport.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>7. I don’t have access to jogging trails, swimming pools, bike paths, etc.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>8. Physical activity takes too much time away from other commitments – time, work, family, etc.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>9. I’m embarrassed about how I will look when I exercise with others.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
10. I don’t get enough sleep as it is. I just couldn’t get up early or stay up late to get some exercise. 3 2 1 0

11. It’s easier for me to find excuses to not exercise than to do out to do something. 3 2 1 0

12. I know of too many people who have hurt themselves by overdoing it with exercise. 3 2 1 0

13. I really can’t see learning a new sport at my age. 3 2 1 0

14. It’s just too expensive. You have to take a class or join a club or buy the right equipment. 3 2 1 0

15. My free times during the day are too short to include exercise. 3 2 1 0

16. My usual social activities with family or friends do not include physical activity. 3 2 1 0

17. I’m too tired during the week and I need the weekend to catch up on my rest. 3 2 1 0

18. I want to get more exercise, but I just can’t seem to make myself stick to anything. 3 2 1 0

19. I’m afraid I might injure myself or have a heart attack. 3 2 1 0

20. I’m not good enough at any physical activity to make it fun. 3 2 1 0

21. If we had exercise facilities and showers at work, then I would be more likely to exercise. 3 2 1 0

Section VII.

Please rate your satisfaction with your current level of physical activity on the below scale.

Extremely dissatisfied Extremely satisfied
0 1 2 3 4 5 6 7 8 9 10

Please rate your satisfaction with your current overall wellness on the below scale.

Extremely dissatisfied Extremely satisfied
0 1 2 3 4 5 6 7 8 9 10

Section VII. Technology Component

An additional area we would like to investigate is the use of fitness technology to track and motivate you to increase your activity levels and improve your dietary habits. If you would be interested in either wearing an activity monitor (wrist watch) or using a fitness application, MyFitnessPal, please indicate this
below. The participants chosen to participate in this part of the study will be chosen by random from those interested. The activity monitors will require a weekly check-in to pull data off the watch. You will be asked to keep your diary open to me on the fitness application.

_______ I would be interested in wearing an activity monitor throughout the intervention.

_______ I would be interested in using the fitness application, MyFitnessPal, during the intervention.

_______ I would be interested in both: wearing the activity monitor and using the fitness application.