

Consent Form

School of Biomedical Sciences, Department of Anatomy and Physiology, Faculty of Medicine Dentistry and Health Sciences



Project: Does Physical Activity Improve First Year Student Engagement, Sense of Belonging and Academic Performance Stage 2

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Name of Participant: _____

**University of
Melbourne email
address of
Participant:** _____

1. I consent to participate in this project, the details of which have been explained to me, and I have been provided with a written plain language statement to keep.
2. I understand that the purpose of this research is to investigate how regular participation in structured group activities (either physical exercise or social activities) affects first-year university students' sense of belonging, well-being, and academic performance. I understand that my participation in this project is for research purposes only.
3. I acknowledge that the possible effects of participating in this research project have been explained to my satisfaction.
4. In this project I will be required to f
Complete a fitness assessment (1-mile Rockport walk test) at the beginning and end of the study
 - Provide anthropometric data (biological sex, gender, height, and body weight)
 - Be randomly assigned to either a social activity group or an exercise group
 - Participate in two 30-45 minute sessions per week for 10 weeks:
 - If assigned to the social activity group: Engage in structured social activities such as team quizzes, board games, card games, and jigsaws
 - If assigned to the exercise group: Participate in BodyPump™ group exercise classes
 - Complete the same surveys as in Part 1 (GPAQ, WEMWBS, Sense of Belonging scale) at the end of the 10-week period

Project ID Number: 32100 Project Start Date: 1 April, 2025 Version: 1

- Allow researchers to record my attendance at the group sessions

The total time commitment will be approximately 1-1.5 hours per week for 10 weeks, plus about 1 hour each for the initial and final assessments.

As compensation for my time, I will receive:

- A \$75 electronic gift card if I complete at least 75% of the attendance requirement (This requires researchers to know my University of Melbourne email address.)
- An additional \$25 electronic gift card upon completion of the second fitness assessment (This requires researchers to know my University of Melbourne email address.)

Participation in Part 2 of this project is contingent on

- Ongoing participation in Part 1 of this project
 - Demonstrating readiness to participate in physical activity via completion of the a Physical Activity Readiness Questionnaire.
5. I understand that my participation is voluntary and that I am free to withdraw from this project anytime without explanation or prejudice and to withdraw any unprocessed data that I have provided.
 6. I understand that the data from this research will be stored at the University of Melbourne and will be destroyed 5 years after publication.
 7. I have been informed that the confidentiality of the information I provide will be safeguarded subject to any legal requirements; my data will be password protected and accessible only by the named researchers.
 8. I understand that due to the nature of the intervention, other participants involved in the study, will know my identity. However, when the data is analysed, data about me will be de-identified.
 9. I understand that after I sign and return this consent form, it will be retained by the researcher.

Participant Signature: _____ **Date:** _____