

## **Aerobic Testing Required Language for Consent Forms**

### **What is involved in Aerobic Testing?**

You will be given instructions for how to prepare for the test before the visit. When you come for the test, you should wear clothes appropriate to exercise in, including gym shorts and sneakers. Before you begin the test, you will be asked a series of questions about your medical history and staff all medications (including non-prescription) taken recently, and, in particular, those taken today. If you qualify to participate based on your responses to this interview, you will perform a graded exercise test on a motor-driven treadmill or stationary bicycle. After a brief warm-up, you will be asked to walk, run, or cycle to voluntary exhaustion or to the point at which you can go no further. The exercise intensity will begin at a low level and will be advanced in stages. The test length is dependent on your fitness level but typically lasts between 10 and 15 minutes. During this test you will have a mask covering your nose and mouth or a mouthpiece and nose clip in place to measure the amount of oxygen you consume when you breathe in order to confirm exercise intensity. We will also keep track of your heart rate. We may stop the test at any time because of signs of fatigue or changes in your heart rate or blood pressure, or other symptoms you may experience. You may stop the test at any time for any reason, including fatigue, discomfort, dizziness or other symptoms. After completing the test, a cool down and recovery period may be initiated.

### **What are the risks involved?**

The risks for exercise testing are minimal, but occasionally include muscle soreness and fatigue; sprains of muscles or ligaments; fainting; dizziness; chest pain; irregular heartbeats; and sudden cardiac death (*you may include this sentence, if appropriate*). Please note that because of your age and health status, the chance of a cardiovascular event is extremely low. Research suggests that sudden cardiac death occurs every 1.5 million episodes of vigorous physical exertion in men and every 36.5 million hours of moderate-to-vigorous exertion in women.

### **How will these risks be Managed?**

The study staff follow the procedures and risk stratification standards endorsed by the American College of Sports Medicine (ACSM) Guidelines for Exercise Testing and Prescription. You will be screened for any conditions that make vigorous exercise dangerous for you. If you have been diagnosed with cardiovascular disease by a medical doctor, have any physical or health conditions that make vigorous exercise dangerous for you, are or may be pregnant, you may be excluded from the study. Throughout the test, you will be monitored by study staff who are trained in CPR. An AED (cardiac defibrillator) is located within the Towson Wellness Center and emergency procedures are in place should you experience an injury or other medical emergency. There will not be a medical doctor on site. (*you may include this sentence, if appropriate*) However, given your age and health status, the ACSM does not require that your exercise testing be supervised by a medical doctor. The researchers will be in constant communication with you and if you or the investigators feel that the test should be stopped, we will do so immediately.

Because you will be wearing a mask, you may indicate your desire to end the test by either signaling with a thumbs down sign and/or gripping the front handrail (if on a treadmill) or simply stop pedaling (if on a bike).

### **What are my Responsibilities?**

You are required to tell the researchers about any exercise-related or heart-related symptoms (such as shortness of breath with low-level physical activity, pain, pressure, tightness, or heaviness in the chest, neck, jaw, back, and/or arms) you have experienced in the past as these may affect the safety of your test. You should also let the researchers know if you are or may be pregnant. You are also responsible for reporting any unusual feelings or symptoms you experience during the test. You are also expected to report to the testing staff all medications (including non-prescription) taken recently, and, in particular, those taken today. You should ask any questions that you have about the testing and its associated risks before signing this consent form. You and/or your personal insurance will be responsible for paying for any medical treatment you require should you experience an injury or medical emergency during your participation in the exercise test.