

3 December 2014

Mr Wade McGrath
2/27 Severin Court
THURGOONA NSW 2640

Dear Mr McGrath,

Charles Sturt University's (CSU) Human Research Ethics Committee (HREC) has reviewed your research proposal entitled "*Impact of low and moderate intensity exercise on quality of life in overweight men and women*".

The CSU HREC operates in accordance with the National Health and Medical Research Council's *National Statement on Ethical Conduct in Research Involving Humans*.

I am pleased to advise that the project meets the requirements of the *National Statement*; and ethical approval for this research is granted for a twelve month period from 3 December 2014.

The protocol number issued with respect to this project is **2014/200**. Please be sure to quote this number when responding to any request made by the Committee.

The HREC suggested by way of information ONLY and in no way an ethical requirement that the chief researcher be more circumspect when making claims about the risks of participants suffering a heart attack, for example as in the body of the response to the HREC. The HREC noted that the Information Sheet did cite the risks associated with a heart attack decisively.

The Committee commented that the resubmission was thorough and well thought out.

Please note the following conditions of approval:

- all Consent Forms and Information Sheets are to be printed on Charles Sturt University letterhead. Students should liaise with their Supervisor to arrange to have these documents printed;
- you must notify the Committee immediately in writing should your research differ in any way from that proposed. Forms are available at http://www.csu.edu.au/_data/assets/word_doc/0010/176833/ehrc_annrep.doc
- you must notify the Committee immediately if any serious and or unexpected adverse events or outcomes occur associated with your research, that might

affect the participants and therefore ethical acceptability of the project. An Adverse Incident form is available from the website: as above;

- amendments to the research design must be reviewed and approved by the Human Research Ethics Committee before commencement. Forms are available at the website above;
- if an extension of the approval period is required, a request must be submitted to the Human Research Ethics Committee. Forms are available at the website above;
- you are required to complete a Progress Report form, which can be downloaded as above, by 16 October 2015 if your research has not been completed by that date;
- you are required to submit a final report, the form is available from the website above.

YOU ARE REMINDED THAT AN APPROVAL LETTER FROM THE CSU HREC CONSTITUTES ETHICAL APPROVAL ONLY.

If your research involves the use of radiation, biological materials, chemicals or animals a separate approval is required from the appropriate University Committee.

The Committee wishes you well in your research and please do not hesitate to contact the Executive Officer on telephone (02) 6338 4628 or email ethics@csu.edu.au if you have any enquiries.

Yours sincerely



Julie Hicks
Executive Officer
Human Research Ethics Committee
Direct Telephone: (02) 6338 4628
Email: ethics@csu.edu.au
Cc: Associate Professor Paul Tinley

This HREC is constituted and operates in accordance with the National Health and Medical Research Council's (NHMRC) *National Statement on Ethical Conduct in Human Research* (2007)
