

Monash University Human Research Ethics Committee
Approval Certificate

This is to certify that the project below was considered by the Monash University Human Research Ethics Committee. The Committee was satisfied that the proposal meets the requirements of the *National Statement on Ethical Conduct in Human Research* and has granted approval.

Project Number: 12812
Project Title: Effect of a high protein milk drink in combination with resistance training on skeletal muscle mass, muscle strength and functional performance in healthy active older adults
Chief Investigator: Dr Ricardo Da Costa
Approval Date: 17/05/2018
Expiry Date: 17/05/2023

Terms of approval - failure to comply with the terms below is in breach of your approval and the *Australian Code for the Responsible Conduct of Research*.

1. The Chief Investigator is responsible for ensuring that permission letters are obtained, if relevant, before any data collection can occur at the specified organisation.
2. Approval is only valid whilst you hold a position at Monash University.
3. It is responsibility of the Chief Investigator to ensure that all investigators are aware of the terms of approval and to ensure the project is conducted as approved by MUHREC.
4. You should notify MUHREC immediately of any serious or unexpected adverse effects on participants or unforeseen events affecting the ethical acceptability of the project.
5. The Explanatory Statement must be on Monash letterhead and the Monash University complaints clause must include your project number.
6. Amendments to approved projects including changes to personnel must not commence without written approval from MUHREC.
7. Annual Report - continued approval of this project is dependent on the submission of an Annual Report.
8. Final Report - should be provided at the conclusion of the project. MUHREC should be notified if the project is discontinued before the expected completion date.
9. Monitoring - project may be subject to an audit or any other form of monitoring by MUHREC at any time.
10. Retention and storage of data - The Chief Investigator is responsible for the storage and retention of the original data pertaining to the project for a minimum period of five years.

Thank you for your assistance.

Professor Nip Thomson

Chair, MUHREC

CC: Ms Zoya Huschtscha, Dr Judi Porter, Assoc Professor David Kannar

List of approved documents:

Document Type	File Name	Date	Version
Explanatory Statement	explanatory-statement-template LION	10/03/2018	1
Consent Form	Consent form - Lion	10/03/2018	1
Supporting Documentation	Consent form - Lion	11/03/2018	1
Supporting Documentation	PRE-EXERCISE QUESTIONNAIRE	11/03/2018	1
Supporting Documentation	PRE-EXERCISE QUESTIONNAIRE	11/03/2018	1
Supporting Documentation	Participant recruitment advertisement (Active aging)	11/03/2018	1
Supporting Documentation	venepuncture SWF	11/03/2018	1
Supporting Documentation	Dairy active aging protocol (ZH 050318)	11/03/2018	1
Supporting Documentation	Medical Physicist Report - Monash University 11 Mar 2018	15/03/2018	1
Ionising Radiation Form	Victorian Specific 15.03	06/04/2018	pdf
Supporting Documentation	DXA Questionnaire	06/04/2018	1

Supporting Documentation	iDXA risk-management-worksheet	06/04/2018	1
Supporting Documentation	iDXA Safe Working Procedure	06/04/2018	1
Supporting Documentation	iDXA SOPs 2013	06/04/2018	1
Consent Form	Consent form - Lion EDIT 070518	07/05/2018	2
Explanatory Statement	explanatory-statement-template LION updated 070518	07/05/2018	2
Supporting Documentation	Food and Drink Intake Chart (1)	11/05/2018	1
Explanatory Statement	Explanatory-statement-lion	17/05/2018	3