GEORGIA SOUTHERN UNIVERSITY
RESEARCH INTEGRITY

Institutional Review Board (IRB)
PO Box 8005 • STATESBORO, GA 30460
Phone: 912-478-5465
Fax: 912-478-0719
IRB@GeorgiaSouthern.edu

To:	Siekirk, Nick Anglin, Derick; West Kylee; North, Sarah
From:	Georgia Southern Institutional Review Board
Amendment Approval Date:	December 14, 2022
Current Expiration Date:	August 30, 2023
Original Approval Date:	September 22, 2022
Subject:	Status of **Modification Request** for Approval to Utilize Human Subjects in Research Amendment #: **1** Originally Approved By: **Expedited**

After a review of your Extension Request for the following research project, it appears that (1) the research subjects are at minimal risk, (2) appropriate safeguards are planned, and (3) the research activities involve only procedures which are allowable

Protocol #:	**H23069**
Title:	**The Effect of Tempo on Prone Hamstring Exercise - An Exploration of Unilateral Bias**
Maximum Number of Subjects:	**40**

Therefore, as authorized in the Federal Policy for the Protection of Human Subjects, I am pleased to notify you that the Institutional Review Board has approved your extension and modification.

Modification Description:

The passive rest period will be in a seated position and no longer supine.

Familiarization (Day 1) will be the 3rd exercise variation
a. Monkey Foot (n = 2) + 20 lb. rigid bar attached to both ankles.

Electromyography (EMG) Sensor Locations
a. The semitendinosus (hamstring) will be replaced with the gastrocnemius (calf).
b. The rectus femoris (quadricep) will be replaced with the vastus lateralis (quadricep).

Update to 3rd exercise variation with prone posture, bilateral strategy, and rigid coupled load.

Consent form was modified to reflect the changes in protocol.

Please provide the IRB with any information concerning any significant adverse event, whether or not it is believed to be related to the study, within five working days of the event. In addition, if a change or modification of the approved methodology becomes necessary, you must notify the IRB Coordinator prior to initiating any such changes or modifications. At that time, an amended application for IRB approval may be submitted. Upon completion of your data collection, you are required to complete a Research Study Termination form to notify the IRB Coordinator, so your file may be closed.