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**Information Sheet for Participants**

**Department of Sport and Exercise Sciences**

PLEASE READ THE FOLLOWING CAREFULLY

**Study title**: **Effects of Autonomy on Deliberate Practice and Performance**

I would like to invite you to take part in a research study around practice. Before you decide you need to understand why the research is being done and what it would involve for you. Please take time to read the following information carefully.

**What is the purpose of the research and how will the research be carried out?**

This research aims to shed light on the effect autonomy has on how people practice, and how effective that practice is. It will do so by running a series of practice sessions, along with some measures of performance, based on a non-dominant handed javelin throw task.

**What will you be asked to do?**

*This section should include a clear and concise explanation of what will happen during the research. For example:*

* *How long the participant will be involved in the research*
* *How long the research will last overall*
* *How often they will need to attend or meet the researcher*
* *How long the visits or activities are likely to last*
* *What exactly will happen (a list or table of activities/assessments).*

You will be asked to take part in a total of 7 sessions, spread over approximately three and a half weeks. The first, and final two of these sessions will be test sessions, will be reasonably short, and require you to take a total of 5 throws of a javelin, with your non-dominant hand. These throws will be scored on a gird system which shall be introduced to you before your first session.

The first test session will take place on Thursday 13th or Friday 14th June 2019. A few days following this first session you will begin a series of four practice sessions lasting approximately 20 minutes in total, 15 of which will be spent actually practicing. These sessions will take place over two weeks, with two per week, during Brighton and Hove Athletics Clubs normal club nights, at Withdean Stadium. If however, you are allocated to the “control” group, you will not be required to attend these four session, instead your next involvement will be during the two sessions following these four, explained further on.

Each practice session will be done in exactly the same manner, and use the same throwing area shown to you before the first session. In these practice sessions you will be asked to either make a couple of choices on how you throw each time, or you will be directed as to how you must do so. After each of your 15 minute practice sessions you will be asked to complete a short rating scale, used to assess how hard you feel you worked.

After these four practice sessions you will be asked to return for another test session, similar to the first, involving five non-dominant handed throws which will be scored. This will happen the week following your last practice session. Finally, you will be asked to return once more, this time a week after this second test session. This will eb a final test session, and you will again be asked to take five throws, which as before will be recorded following the grid. At this point your active participation in the research will be finished. For clarity, a timetable of events can be seen below.

During the three test sessions video footage will be obtained of your throws. This will only be to ensure each throw is legal, according to the rules which will be explained before the first test session. Following your involvement this footage will be deleted, at a date no later than one week following the last session. All other data gathered will be strictly confidential, made available only to the researcher, and research supervisor at the University of Chichester.

Please note that if you choose to volunteer to take part, you will be required to attend all session relevant to the group you are allocated. If you fail to attend all of these sessions your data will have to be dropped from the research. You will also be required to attend each session at a certain time, which will be made clear to you before you begin your involvement, this is to ensure all tests and practices can be done in a timely manner, and so your cooperation here will be greatly appreciated in particular. You will also be required to adhere to the strict rules laid out by the athletics club, and agreed by the researcher, around throws. Failure to comply to these rules could be incredibly dangerous, and will result in ejection from the research and possible referral to the athletics club’s committee.

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| Session no./provisional date | Content | Who will be asked to attend? | Approximate duration |
| 1/13th June  | Briefing and test throws | All participants | 10 minutes |
| 2/18th June | Practice | Practice group participants | 25 minutes |
| 3/20th June | Practice | Practice group participants | 20 minutes |
| 4/25th June | Practice | Practice group participants | 20 minutes |
| 5/27th June | Practice | Practice group participants | 20 minutes |
| 6/2nd July | Test throws 2 | All participants | 10 minutes |
| 7/9th July | Test throws 3 | All participants | 10 minutes |

**What are the anticipated benefits of participating in the research?**

Should you choose to take part, there will be benefits for both yourself, and perhaps the athletics club also. For yourself it is likely that your javelin throwing ability will be enhanced, with much research already done to suggest that to practice actions with our non-dominant side is beneficial to our dominant side also. It may also prove beneficial for how you view your own training, and how training is done at the club, with the hope that anything that is found can provide performance benefits all round.

**Are there any risks associated with participating in the research?**

Risks are minimal if all rules around athletics throwing are followed, of which I am sure you are already familiar with, as a member of the club. Any risk of injury as a result of using the arm, and moving in a way that is opposite to your normal throwing technique will be minimised by use of only short practice sessions, and if necessary, corrections in your form can be made, assisted by the researcher, whom is a UKA qualified coach, and a present throws specialist coach.

**Do you have to take part?**

You do not have to take part, all involvement is entirely voluntarily, but very much appreciated.

**Who can you contact if you have any questions about the project?**

If you have any questions please contact Alex Rawlinson using the email address arawlin2@stu.chi.ac.uk.

**What happens if you change your mind and want to withdraw?**

You may withdraw from participation at any time during your active participation, following this, your data will be used as per the next section of this form.

**What will happen to the information collected as part of the study?**

All data gathered in pen and paper form will be stored securely, made available only to the researcher. Performance and practice data will be recorded using pen and paper, but after each session will be transferred to a digital format, with the paper copy securely destroyed once all the data has been transferred and checked.

You may withdraw your data from this research at any time until one week after your final test session. After this point it will not be possible to withdraw your data as analysis will have begun and to withdraw at this point this will adversely affect the final reporting of the research. However, please be aware that your data will be held anonymously, and any recording of your name shall be destroyed, with relating data reassigned to a numbering system, to ensure that any data held about you cannot be linked to you.

Your data may also be published, should the opportunity arise, as part of standard report publishing and presenting, with data not included in the final report possibly made available as open access. In this case your anonymity shall continue to be preserved through the methods stated here.

**Who can you contact if you have a complaint about the project?**

If you wish to make a complain about this research please contact the researcher, Alex Rawlinson using the address arawlin2@stu.chi.ac.uk, the research supervisor Dr Oliver Runswick- o.runswick @chi.ac.uk, or head of research Dr Rosana Pacella –research@chi.ac.uk: Phone 01243 812125

**Can you get information on the findings of this research?**

Yes! Should you wish to see a copy of the final report, or would like to speak to the researcher about what is found, please contact Alex using the email address above.

**This project has been approved in accordance with the University of Chichester Research Ethics Policy**

**Thank you for your time**