

Dissertation Title: Differences in motivation, performance goals and self-efficacy between marathon runners and walkers.

Student: Barbara C. Lemaire

Consent Form to participate in research

You are invited to be involved in a research study that will examine differences in motivation, performance goals and self-efficacy between marathon walkers and runners. The research is being conducted by Barbara C. Lemaire M.A., a doctoral candidate in sports psychology at the San Diego University for Integrative Studies (SDUIS), who is also a certified personal trainer through the American Council of Exercise. Dr. Sherry Newsham is supervising this research project. The outcomes of this study may provide valuable information on what components will motivate people to participate in a regular exercise routine.

To participate in the study, you will be asked to complete a number of questionnaires; one set as you begin your training and a second set after you finish the marathon. Each set of questionnaires will take approximately 20 minutes to complete. The questionnaires require participants to score how they feel about their sport participation in various situations and from a number of points of view. The data collected from each participant will be kept strictly confidential as required by law and will not be made known to others. Identifying information will be known only to the researcher. Your participation in this study is purely voluntary and there will be no negative consequences for anyone who do not wish to participate.

Some of the questions may be considered sensitive in nature. In filling out the questionnaire, keep in mind that if you find a question embarrassing or uncomfortably intrusive, you are at full liberty not to answer it, although it is hoped that under the strict confidentiality provided, all questions can be answered fully. You are free to withdraw from this study at any time, for any reason.

As a result of participating in this study you may find a better understanding of your self and how you feel about increased physical fitness and your feelings about your exercise routine. There is no guarantee however, that you will receive any benefits from this study.

If you have any questions you should contact the researcher Barbara C. Lemaire at 858-793-8352 or e-mail me at sportpsych@myexcel.com . If you have questions regarding your rights as a human subject and participation in this study, you should call Dr Newsham or Dr de Haan at The San Diego University for Integrative Studies at 858-638-1999. You will be provided with a copy of this consent form as well as a copy of “The Research Participant’s Bill of Rights”.

If you would like to participate in the study, please sign below.

I have read and understand the information provided above. My signature indicates that I have decided to participate in this research.

Signature: _____

Name (Please Print) : _____

Date : _____

If you would like to receive a summary of the research findings please provide the following:

Address: _____

City, State Zip: _____

Thank you for choosing to participate in this study!