PARTICIPANTS' CONSENT FORM

Title of the Project: Comparative Effects of Land and Aquatic Plyometric Training on Muscular Power

Investigator: Shantanu Mistri, M.Phil.
Name of the Supervisor: Dr Dilip Kumar Bandyopadhyay
Name of Join Supervisor: Dr. Madhab Chandra Ghosh
Number of Participant: 48
Site of the Study: Athletic and Physical Training Academy, Thakurnagar, West Bengal, India.
Date of Experiment: 24th June 2012 to 2nd August 2012

About the project

In order to understand the comparative effects of land and aquatic plyometric training on muscular power the participants will be divided into three groups- 'Land Plyometric Group', 'Aquatic Plyometric Group' and 'Control'. An initial test (Pre-test) will be taken on Vertical Leg Explosive Power (Vertical Jump), Horizontal Leg Explosive Power (Standing Broad Jump), Anaerobic Power (Plyometric Leap Test), Dynamic Leg Explosive Power (Running Broad Jump), Speed (50-Yard Dash) and Acceleration (30 m Acceleration Run) for all the groups. Then, ‘Land Plyometric Group’ and ‘Aquatic Plyometric Group’ will go through plyometric training on the grassy turf and in the water medium respectively for six weeks. After that, final test (Post-test) will be taken on all the previously measured variables.

Please note:

i) The duration of the intervention programme (Plyometrics) will be 6 weeks and take place two times (Sunday & Thursday) a week.
ii) All information obtained during the study will be kept confidential and individual report of assessment will be given.
iii) Anyone can withdraw himself from this study at any point of time unconditionally.

I hereby declare that I have understood the above points and I voluntarily agree to participate in this research study.

Place: Thakurnagar
Date: 14/06/2012

Signature of the participant