



University Hospitals Birmingham **NHS**
NHS Foundation Trust

UNIVERSITY OF
BIRMINGHAM

College of Life and
Environmental Sciences

School of Sport, Exercise and
Rehabilitation Sciences

CONSENT FORM

THE INFLUENCE OF STRENGTH TRAINING AND VITAMIN D3 SUPPLEMENTATION ON MUSCLE AND BONE FUNCTION IN OLDER ADULTS

Please initial box

1. I confirm that I have read and understand the information sheet dated 13 July 2016 (version 6.0) for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.
2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my medical care or legal rights being affected.
3. I understand that relevant sections of any of my medical notes and data collected during the study may be looked at by responsible individuals from the University Hospitals Birmingham NHS Foundation Trust, where it is relevant to my taking part in this research. I give permission for these individuals to have access to my records.
4. I understand that personal data collected during the study will be kept anonymised and stored securely at the University of Birmingham.



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5. I agree to my GP being informed of my participation in the study. I agree to take part in the above study.

6. I agree to the storage of samples taken during the course of this study so that they may be considered for use in future research studies (pending a favourable ethical opinion).

Name of Participant Date

Signature

Name of Investigator Date

Signature