



INFORMATION SHEET

Assessment of physical activity in South African school-going children and adolescents

Hi. My name is Rebecca, and I along with third year science students from the University of the Witwatersrand would like to take a few minutes of your time to ask you to allow your child to participate in our project. We are interested in looking at exactly what level of physical activity children and adolescents are at and whether the level of physical activity changes as you go through school.

We would appreciate it if you would assist us with our research by participating in our study. If you agree to take part in our study we would like you to fill out a questionnaire for your child. We will be coming to your child's school to give them these questionnaires. We will collect the questionnaires from your child at school at the end of the week once you have filled them out. The questionnaire asks about any type of physical activity that your child might do and will take approximately 20 minutes to fill out. The questionnaires ask questions about your child's activity over the past week as well as over the past year. The questionnaires are anonymous and the information that you provide on the questionnaire will be kept strictly confidential. We would then also like to measure your child's height and weight. This will be done at the school once your child has handed in the completed questionnaire. These measurements will only take a few minutes.

We would like to emphasize that participation is completely voluntary and if you wish to withdraw your child from the study you may do so at any time. The data will be made available to the school should you be interested in the outcomes of the study.

Thank you for considering your/your child's participation in this study*.

Thank you.

Rebecca Meiring

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*If you have any doubts to your rights as a subject please feel free to contact Anisa Keshav, Wits Research Office, 10th Floor Senate House, East Campus:

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