To: Tyler Woodard

From: Jane L. Swanson, Ph.D., CIP
Chair, Human Subjects Committee

Date: February 21, 2014

Subject: Comparison of Timed-based sets circuit weight training vs. repetition-based sets circuit weight training on EPOC in recreationally active young women

Protocol Number: 14043

The referenced study has been reviewed and approved by the SIUC Human Subjects Committee.

This approval expires on 2/4/2015, one (1) year from the review date. Regulations make no provision for any grace period extending beyond the above expiration date. Investigators must plan ahead if they anticipate the need to continue their research past this period. The application should be submitted 30 days prior to expiration with sufficient protocol summary and status report details, including number of accrued subjects and whether any withdrew due to complaint or injury. If you should continue your research without an approved extension, you would be in non-compliance of federal regulations. You would risk having your research halted and the loss of any data collected while HSC approval has lapsed. Extensions will not be required to continue work on an approved project when all the data has been collected, there will be no more interaction or intervention with human subjects and subject identifiers have been removed (e.g. during the data analysis or report writing stages).

Also note that any future modifications to your protocol must be submitted to the Committee for review and approval prior to their implementation.

Your Form A approval is enclosed. Best wishes for a successful study.

This institution has an Assurance on file with the USDHHS Office of Human Research Protection. The Assurance number is 00005334.

JS:kr

Cc: Phil Anton