

**Physical Activity Preference, Participation, and Cognitive Ability in
Middle School Students**

You are invited to be in the present research study being done by Fabian Correia from the University of Kentucky. You are invited because you are a student in middle school who is currently enrolled in physical education. An invite is an option and you do not have to participate. If you agree to be in the study, you will arrive at your regularly scheduled physical education class. Before participating in your daily activity you will be tasked with completing a preference survey. The survey will be done in one day and students will be given fifteen minutes maximum to complete the survey. Students will complete a survey with pen and paper to the best of their ability and submit it to the lead researcher, Fabian Correia.

A random select group of students will complete an additional survey to test the impact of physical exercise on cognitive abilities. You will complete this survey once before your regularly scheduled PE class, once after a PE class involving aerobic exercise (with air), and once after a PE class involving anaerobic exercise (without air). The survey will be completed on the student's personal electronic device and should only take about ten minutes to do.

There will be no payment for participating in this study. Your family will know that you are in the study. If anyone else is given information about you, they will not know your name at all. A number or initials will be used instead of your name in the present study. If something makes you feel bad while you are in the study, please tell Fabian Correia. If you decide at any time you do not want to finish your study, you may stop whenever you want. Refusal to participate will not affect the current grade or standing in the class. You can ask Fabian Correia and/or Dr. Heather Erwin questions any time about anything in this study. You can also ask your parents any questions you might have about this study. Signing this paper means that you have read this or had it read to you and that you want to be involved in the present study. If you do not want to be in the study, do not sign the paper. Being in the present study is up to you, and no one

will be mad if you do not sign this paper or even if you change your mind later. You ag

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you have been told about this study and why it is being done and what to do.

Signature of Person Agreeing to be in the Study

Date

Name of Person Obtaining Informed Assent

Date