

Introduction

Understanding the nutritional strategies of individuals prior to an early morning high intensity functional fitness class to better garner nutritional literacy and physical activity literacy within this specific group of athletes.

Communication and misinformation of nutrition in relation to exercise is widespread in the media, including social media, leading to confusion by many in how best to fuel their body for their chosen activity (Burke et al., 2018). There is extensive literature on this subject, looking at weight loss in relation to exercise (Trakman et al., 2016), training fasted to help with 'fat burning' or increasing fat metabolism within the body (Aird et al., 2018; Hackett and Hagstrom, 2017; Levy and Chu, 2019), and specific diets linked to specific sport disciplines (Brisebois et al., 2022; Coyne and Woodruff, 2020; Cuhna et al., 2022; Maxwell et al., 2017; Pearson and Jenkins, 2022).

Barutucu et al., (2021) looked at the psychological effect of training fasted on an individual's intake during the preceding 24 hours, suggesting that those who were fasting ahead of exercising were doing so for weight loss reasons, however due to them unconsciously eating more the day before, those individuals were not therefore losing weight, leading to a perpetual cycle of exercising and dieting.

There is evidence to suggest benefits to training fasted (Maughan, 2010), as discussed by Zouhal et al., (2020), however there can be long term health implications associated with this approach to fuelling, affecting bone health and hormone regulation, especially in females (Coyne and Woodruff, 2020; Cunha et al., 2022). Looking specifically at High Intensity Functional Fitness classes (HIFF), more commonly known as CrossFit classes and more recently a similar style of fitness called HYROX; within this community there has historically been a certain approach to nutrition and fuelling, with the brand CrossFit promoting and encouraging its members and followers to follow a 'Clean eating' diet or the Palaeolithic diet that has led to disordered eating and health issues (Brisebois et al., 2022; Coyne and Woodruff, 2020; Cunha et al., 2022; Maxwell et al., 2017; Pearson and Jenkins, 2022). As highlighted by Coyne and Woodruff (2020), and Cunha et al., (2022), these 'recommended' diets are impacting HIFF participants, both physically and mentally, calling for a need to communicate and inform these athletes how best to fuel their bodies.

HIFF classes consist of a mixture of weightlifting and cardiovascular exercises with the aim to develop an athletes' all-round fitness and skill set (Brisebois et al., 2022). As a mixture of skill and technique relating to weightlifting, followed by often an anaerobic workout lasting 12-20 minutes; nutrition, and hydration prior to, during, and post these sessions is important to perform at an optimum level, to progress through the movements and techniques each week, and to help recover and repair muscles post sessions in readiness for the next session.

The researcher is a member of a HIFF gym, and as a registered dietitian with an interest in sport nutrition, the researcher is aware of the different nutritional practices that gym members utilise, and is concerned that a number of individuals aren't fuelling sufficiently, or at all prior to training, especially for the early morning classes that operate between 05.00am and 07.00am. However, this is an assumption made on discussions and an awareness of the different nutrition and diet trends and strategies communicated in the media, across social media and within the fitness industry.

Aims and Objectives

This research proposal aims to gather current data related to nutritional strategies utilised by individuals prior to a morning workout. The main objective is to better understand people's perception of fuelling and exercise in relation to their nutritional and physical activity needs and goals.

The data will be collected via a mixed-methods study that aims to gather data from an opportunistic sample of gym members, who participate frequently at 6am for 1 hour in a HIFF class. The data aims to highlight how many members fuel ahead of a 6am workout and those who train fasted, comparing gender and age with this data, and additional quantitative data on why those who train fasted do so.

The aim of the research activity is to better understand nutritional literacy in relation to physical literacy within a specific sport, and at a recreational athlete level. The assumption is being made by the researcher of what nutritional strategies are being utilised by recreational HIFF athletes who attend classes in the early morning prior to then going to work or tend to family commitments, or both. The aim is to potentially

highlight a lack of knowledge or understanding when it comes to nutrition, through data collected via a digital questionnaire, aiming for the activity to be relatively easy to access and answer.

The objective is to highlight where there are potential areas of concern and confusion related to nutrition and exercise within the HIFF community. Individuals who participate will be signposted to trustworthy and evidenced based information on the subject to help inform and educate, with the aim of helping these individuals gain more from their training sessions and help them improve their performance outcomes.

Rationale

The purpose of the research is to better understand the nutritional strategies of individuals, both male and female prior to participating in an early morning high intensity functional fitness (HIFF) class, with the aim to garner if those individuals are taking on board sufficient nutrition and hydration for optimal performance. The research proposal was conceived due to ongoing misinformation and communication of sports nutrition available to the general population, and a concern that some individuals may not be fuelling sufficiently, or not at all prior to these HIFF classes, which can impact their general health and performance both in the short and long term.

The research aspires to be within epistemological realism, aiming to test participants' knowledge and scope of a chosen area, and if they're guided by belief or influenced by opinion and belief rather than by knowledge.

This chosen theory aligns itself within sports science and the mixed-methods approach that will be used to gather the data for the research.

Research Theory and Methods Considerations

This research question and topic naturally aligns itself within the research theory paradigms of has deductive research (Proudfoot, 2023). The researcher has hypothesised a theory in relation to habits which can be tested via quantitative data collection and additional qualitative questions to add depth to the work and understand better some of the participants' experiences in relation to the phenomena (Migiro and Magangi, 2011; Almeida, 2018).

The research proposal will utilise a mixed-methods approach to data capturing, with a large percentage being quantitative research due to the researcher's own understanding and knowledge within the subject (Lund, 2012). This method allows the research to be kept at a distance away from the researcher so as not to influence any of the data and results collected from the participants (O'Cathain, 2009). Participants will be sent a digital questionnaire with a few questions to answer relating to age, gender, frequency of exercise, and if any nutrition and/or hydration is taken before, during, and or after exercise. A small number of open questions will also be included with free text boxes for participants to answer – enabling a richer depth of data collated, and a better understanding of the phenomena in relation to the hypothesis under question (Tariq and Woodman, 2013).

The questionnaire aims to be quick and simple to answer for those who are willing to participate, with the aim of having a minimum of 40 participants involved in the research (Lefever et al., 2007). The questionnaire will be shared via the main gym

email communication messages, via the gym's closed FaceBook group and will also be able to be accessed via QR codes at the gym location. The questionnaire will be available to access for a period of 2 weeks and will be promoted and publicised throughout this period, with an expectation of high participation numbers at the start of the period compared to the last few days.

The data will then be collated and processed via statistics software and some manual thematic categorising, with results presented on a poster as part of a future assignment. Results will be a mixture of statistics and qualitative experiences shared by the participants, with the aim of capturing a data alongside actual experiences to better understand nutritional literacy alongside physical activity literacy (Rattray and Jones, 2007).

Ethical Considerations

Ethical considerations for this research proposal have been carefully considered due to the nature of the topic having potential to trigger some individuals when discussing nutritional strategies or diets and exercise. For this reason, no questions will be asked in relation to the individual's anthropometry or body image, and no question will be specifically asked about weight loss or body composition. The aim of the study is to better understand participants' routine and rational in relation to nutrition and early morning exercise, and to gauge their understanding of these practices.

Participants will be directed at the end of the study to the British Dietetic Association's website (2024), where trusted and evidence-based information in relation to sports nutrition will be available for them to read and help inform the participants about the

best way to fuel for different physical activities. A full copy of the completed application for ethical approval can be found in the appendix section of this research proposal.

Summary

To summarise, the literature for nutrition in relation to sport and exercise can be confusing and misinformation on the topic is communicated via the media and social media, leading to some individual being at risk of not fuelling or fuelling their training and exercise insufficiently. This is why it's important to better understand what nutritional literacy in relation to physical literacy individuals who participate in HIFF have currently and if better availability and communication of the evidenced based information is needed to help those individuals achieve better performance outcomes.

Word count: 1650

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APPENDIX

Table 1: proposed timeline for activity in relation to creation of the questionnaire, data capture, analysis and submission of the results.

Dates	Activity	Contributors
15 th March	Submit research proposal	Researcher
18 th – 28 th March	Draft questionnaire	Researcher and lit. review
29 th – 31 st March	Finalise questions	Researcher
1 st April	Share questionnaire with participants	Researcher and participants
1 st -14 th April	Data capture	Participants
15 th – 21 st April	Analyse data and interpret results	Researcher
22 nd April – 8 th May	Design poster and write reflection	Researcher
9 th -10 th May	Submit poster and reflection	Researcher

Table 2: Gantt chart depiction of the timelines as outlined in table 1 above. The below chart is a visual representation of the activity, allowing for some crossover of the timescales depending on how each activity progresses. This allows for some flexibility for collection and analysis of the data.

[illegible]

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

SECTION A: About You (Principal Researcher)

1	Full Name:	Rebecca Lyne-Pirkis			
2	Tick all boxes that apply:	Member of staff:	☐	Honorary research fellow:	☐
	Undergraduate Student	☐	Taught Postgraduate Student	☒	Postgraduate Research Student
					☐
3	Institute/Academic Discipline/Centre:	School of Sport, Health, and Outdoor Education			
4	Campus:	Carmarthen			
5	E-mail address:	2213564@student.uwtsd.ac.uk			
6	Contact Telephone Number:	07711 613882			
For students:					
7	Student Number:	2213564			
8	Programme of Study:	MSc Sport and Exercise Nutrition			
9	Director of Studies/Supervisor:	Nalda Wainwright			

SECTION B: Approval for Research Activity

1	Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)	YES	☐	NO	☒
					Date
2	If Yes, please indicate source of approval (and date where known): <i>Approval in principle must be obtained from the relevant source prior to seeking ethical approval</i>	Research Degrees Committee	☐		
		Institute Research Committee	☐		
		Other (write in)	☐		

SECTION C: Internal and External Ethical Guidance Materials

	Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, location-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines. You may add rows to this table if needed.
1	UWTSD Research Ethics & Integrity Code of Practice ☒
2	UWTSD Research Data Management Policy ☒
3	<i>[List any other relevant documents here]</i> ☐

SECTION D: External Collaborative Research Activity

If there are external collaborators then you should gain consent from the contact persons to share their personal data with the university. If there are no external collaborators then leave this section blank and continue to section E.

1	Institution					
2	Contact person name					
3	Contact person e-mail address					
4	Is your research externally funded?	YES	☐	NO	☐	
5	Are you in receipt of a KESS scholarship?	YES	☐	NO	☐	
6	Are you specifically employed to undertake this research in	Voluntary	YES	☐	NO	☐
7	either a paid or voluntary capacity?	Employed	YES	☐	NO	☐

8	Is the research being undertaken within an existing UWTSD Athrofa Professional Learning Partnership (APLP)?	If YES then the permission question below does not need to be answered.	YES	☐	NO	☐
9	Has permission to undertake the research has been provided by the partner organisation?	(If YES attach copy) If NO the application cannot continue	YES	☐	NO	☐

Where research activity is carried out in collaboration with an external organisation

10	Does this organisation have its own ethics approval system?	YES	☐	NO	☐
	If Yes, please attach a copy of any final approval (or interim approval) from the organisation (this may be a copy of an email if appropriate).				

SECTION E: Details of Research Activity

1	Indicative title:	Understanding the nutritional strategies of individuals prior to an early morning high intensity functional fitness class to better garner nutritional literacy and physical activity literacy within this specific group of athletes.			
2	Proposed start date:	18/03/2024	Proposed end date:	10/05/2024	
	Introduction to the Research (maximum 300 words per section) Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the points below: <i>Purpose of Research Activity</i> <i>Proposed Research Question</i> <i>Aims of Research Activity</i> <i>Objectives of Research Activity</i> Demonstrate, briefly, how <u>Existing Research</u> has informed the proposed activity and explain <i>What the research activity will add to the body of knowledge</i> <i>How it addresses an area of importance.</i>				
3	Purpose of Research Activity The purpose of the research is to better understand the nutritional strategies of individuals, both male and female prior to participating in an early morning high intensity functional fitness (HIFF) class, with the aim to garner if those individuals are taking on board sufficient nutrition and hydration for optimal performance. The research proposal was conceived due to ongoing misinformation and communication				

	of sports nutrition available to the general population, and a concern that some individuals may not be fuelling sufficiently, or not at all prior to these HIFF classes, which can impact their general health and performance both in the short and long term. HIFF classes are better known under the CrossFit brand or more recently Hyrox brand and consist of a mixture of weightlifting – with some Olympic weightlifting movements included, alongside cardiovascular exercise with the aim of these sessions to develop an athletes' all-round fitness and skill set. Classes are used to teach certain weightlifting movements, with strength blocks of 8-16 weeks devised to help individuals build skills and increase weights used across these blocks, with each class concentrating on a specific movement, for example bench press or back squats, allowing those who attend to hone those skills and concentrate on one specific area or skill per session. During the last third of the classes, attention is turned away from the weightlifting skills and movements and onto doing a metabolic conditioning workout; often a cardiovascular workout with a mix of bodyweight exercise, some weighted exercises and running, cycling, or rowing. The aim of this portion of the session is to build cardiovascular health and fitness and to move blood through the muscles after working them during the weightlifting portion of the class to develop these muscles and aid repair. With a mixture of skill and technique relating to weightlifting, followed by often an anaerobic workout which can last between 12-20 minutes, nutrition, and hydration prior to, during and post these sessions is important in order to perform at an optimum level, to progress through the movements and techniques each week, and to help recover and repair muscles post sessions in readiness for the next session. (this box should expand as you type)
4	Research Question The researcher is a member of a HIFF gym, and as a registered dietitian with an interest in sport nutrition, the researcher is aware of the different nutritional practices that other gym members utilise and is concerned that a number of individuals aren't fuelling sufficiently, or at all prior to training, especially for the early morning classes that operate at 05.25am, 06.00am (indoors) and 06.15am (outdoors). However, this is an assumption made on discussions with others and an awareness of the different nutrition and diet trends and strategies communicated in the media, across social media and within the fitness industry. The following research question has therefore been created and is being proposed: <i>Understanding the nutritional strategies of individuals prior to an early morning high intensity functional fitness class to better garner nutritional literacy and physical activity literacy within this specific group of athletes.</i> This will be a small research project as part of the MSc in Sport and Exercise Nutrition, with limitations on what is possible at this stage, however there's scope to build on the research and expand the data collected at dissertation level should the results collected highlight areas for additional investigation. (this box should expand as you type)
5	Aims of Research Activity The aim of the research activity is to better understand nutritional literacy in relation to physical literacy within a specific sport, and at a recreational athlete level. The assumption is being made by the researcher of what nutritional strategies are being utilised by recreational HIFF athletes who attend classes in the early morning prior to

	then going to work or tend to family commitments, or both. The aim is to potentially highlight a lack of knowledge or understanding of the knowledge when it comes to nutrition, through data collected via a digital questionnaire, aiming for the activity to be relatively easy to access and answer to gather a good amount of data on the subject. (this box should expand as you type)
6	Objectives of Research Activity The objective is to highlight where there are potential areas of concern and confusion related to nutrition and exercise within the HIFF community. Individuals who participate will be signposted to trustworthy and evidenced based information on the subject to help inform and educate, with the aim of helping these individuals gain more from their training sessions and help them improve their performance outcomes. There is scope to expand the research as mentioned previously at dissertation level via interviews with some individuals who participate at the initial stage of the research. There's also scope to report the results of this small research proposal to the gym community who participate for information and educational purposes. (this box should expand as you type)
	Proposed methods (maximum 600 words) Provide a brief summary of all the methods that may be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed. You do not need to justify the methods here, but should instead describe how you intend to collect the data necessary for you to complete your project.
7	The research proposal will utilise a mixed-methods approach to data capturing and analysis of the results. Participants will be sent a digital questionnaire with a number of questions to answer relating to age, gender, frequency of exercise, nutrition and hydration taken before, during, and after exercise; a small amount of open questions will also be included with free text boxes for participants to answer – enabling a richer depth of data collated, and a better understanding of the phenomena in relation to the hypothesis under question. The questionnaire aims to be quick and simple to answer for those who are willing to participate, with the aim of having a minimum of 40 participants involved in the research. The questionnaire will be shared via the main gym email communication messages, via the gym's closed facebook group and will also be able to be accessed via QR codes at the gym location. The questionnaire will be available to access for a period of 2 weeks and will be promoted and publicised throughout this period, with an expectation of high participation numbers at the start of the time period compared to the last few days. The data will then be collated and processed via statistics software and some manual thematic categorising, with results presented on a poster as part of a future assignment. Results will be a mixture of statistics and qualitative experiences shared by the participants, with the aim of capturing a data alongside actual experiences to better understand nutritional literacy alongside physical activity literacy. (this box should expand as you type)

	Location of research activity Identify all locations where research activity will take place.
8	The activity will be fully digital and will be communicated to an opportunistic group of individuals via 1 specific gym which have already agreed to participate in the research. The questionnaire will be communicated and shared via the main gym's email account and will also be accessible via the gym's private social media page on FaceBook. QR codes will be physically placed by the researcher at the gym near to the coffee bar for members to access whilst at the gym after training, or whilst waiting for their class to start. The questionnaire will be available to access for 2 weeks only, and all posters relating to the activity will be removed by the researcher after this time, and an email circulated via the gym email account to notify members that the questionnaire has closed and to thank participants for their time and participation. (this box should expand as you type)
	Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants. If you live in the country where you will do the research then please state this.
9	N/A (this box should expand as you type)

10	Use of documentation not in the public domain: Are any documents <u>NOT</u> publicly available?	NO	☒
		YES	☐
11	If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with the current data protection law of the country in question and that of England and Wales. (this box should expand as you type)		

	Does your research relate to one or more of the seven aims of the Well-being of Future Generations (Wales) Act 2015?	YES	NO
12	A prosperous Wales	☐	☒
13	A resilient Wales	☐	☒
14	A healthier Wales	☐	☒
15	A more equal Wales	☐	☒
16	A Wales of cohesive communities	☐	☒
17	A Wales of vibrant culture and thriving Welsh language	☐	☒

18	A globally responsible Wales	☐	☒
19	If YES to any of the above, please give details:		
	(this box should expand as you type)		

SECTION F: Scope of Research Activity

	Will the research activity include:	YES	NO
1	Use of a questionnaire or similar research instrument?	☒	☐
2	Use of interviews?	☐	☒
3	Use of focus groups?	☐	☒
4	Use of participant diaries?	☐	☒
5	Use of video or audio recording?	☐	☒
6	Use of computer-generated log files?	☐	☒
7	Participant observation with their knowledge?	☐	☒
8	Participant observation without their knowledge?	☐	☒
9	Access to personal or confidential information without the participants' specific consent?	☐	☒
10	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
11	Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
12	Investigation of participants involved in illegal activities?	☐	☒
13	Use of procedures that involve deception?	☐	☒
14	Administration of any substance, agent or placebo?	☐	☒
15	Working with live vertebrate animals?	☐	☒
16	Procedures that may have a negative impact on the environment?	☐	☒
17	Other primary data collection methods. Please indicate the type of data collection method(s) below.		
	Details of any other primary data collection method:	☐	☒
	(this box should expand as you type)		

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

If there are no participants then do not complete this section, but go directly to section H.

	Who are the intended participants:	YES	NO
1	Students or staff at the University?	☐	☒
2	Adults (over the age of 18 and competent to give consent)?	☒	☐
3	Vulnerable adults?	☐	☒
4	Children and Young People under the age of 18? (Consent from Parent, Carer or Guardian will be required)	☐	☒
5	Prisoners?	☐	☒
6	Young offenders?	☐	☒
7	Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
8	People engaged in illegal activities?	☐	☒
9	Others. Please indicate the participants below, and specifically any group who may be unable to give consent.		
	Details of any other participant groups: (this box should expand as you type)	☐	☒

Participant numbers and source	
Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
10	How many participants are expected? (this box should expand as you type)
11	Who will the participants be? (this box should expand as you type)
12	How will you identify the participants? The questionnaire is targeted at those individuals who attend the early morning gym classes, either the 5.25am, 6.00am indoor or 6.15am outdoor class. This information will be communicated within all correspondence helping those individuals to be aware of which audience the questionnaire is targeting. (this box should expand as you type)

	Information for participants:	YES	NO	N/A
13	Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
14	Will you tell participants that their participation is voluntary?	☒	☐	☐
15	Will you obtain written consent for participation?	☐	☐	☒
16	Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☐	☐	☒
17	If the research is observational, will you ask participants for their consent to being observed?	☐	☐	☒
18	Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
19	With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
20	Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
21	Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
22	If NO to any of above questions, please give an explanation			
	<i>(this box should expand as you type)</i>			

	Information for participants:	YES	NO	N/A
24	Will participants be paid?	☐	☒	☐
25	Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
26	Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
27	Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
28	If YES to any question, please provide full details			
	<i>(this box should expand as you type)</i>			

SECTION H: Anticipated Risks

	Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them. If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
1	Full risk assessment completed and appended?	Yes No	☐ ☒
2	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information		
	Risk to participants: Low risk <i>(this box should expand as you type)</i>	How you will mitigate the risk to participants: All data will be anonymised – no specific information will be gathered about participants names, dates of birth, anthropometry, or other identifiable information. <i>(this box should expand as you type)</i>	
3	If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities		
	N/A <i>(this box should expand as you type)</i>		
4	Risks to the investigator For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest		
	Risk to the investigator: Low risk <i>(this box should expand as you type)</i>	How you will mitigate the risk to the investigator: All data and participant identifiable information will be anonymised, with only data available to the researcher to be analysed. <i>(this box should expand as you type)</i>	
5	University/institutional risks For example: adverse publicity, financial loss, data protection		
	Risk to the University: Low risk <i>(this box should expand as you type)</i>	How you will mitigate the risk to the University: N/A <i>(this box should expand as you type)</i>	
6	Environmental risks For example: accidental spillage of pollutants, damage to local ecosystems		
	Risk to the environment: Low risk <i>(this box should expand as you type)</i>	How you will mitigate the risk to environment: N/A <i>(this box should expand as you type)</i>	

	Disclosure and Barring Service			
	If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	YES	NO	N/A
7	Does your research require you to hold a current DBS Certificate?	☐	☐	☒
8	If YES, please give the certificate number. If the certificate number is not available please write "Pending"; in this case any ethical approval will be subject to providing the appropriate certificate number.			

SECTION I: Feedback, Consent and Confidentiality

1	Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
	Feedback will initially be given by signposting participants to the British Dietetic Association's website page on sport nutrition, a link will be provided for participants to access at the end of the questionnaire. Further feedback has been discussed with the gym management team by way of presenting the results to gym members via a powerpoint presentation at the gym one evening. However, this is something that has not been confirmed, but is something that the gym may like to offer to its members to help educate on nutrition for exercise. <i>(this box should expand as you type)</i>
2	Informed consent Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	A brief introduction at the start of the questionnaire will inform the participants of what is involved, with participants needing to agree to the introduction before continuing with the questionnaire. <i>(this box should expand as you type)</i>
3	Confidentiality / Anonymity Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.
	No identifiable information will be requested at any point during the questionnaire, some basic information on gender, age and frequency of training will be asked, but no information will be needed with regards to names, dates of birth or anthropometry. <i>(this box should expand as you type)</i>

SECTION J: Data Protection and Storage

	Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 “GDPR” and the Data Protection Act 2018 “DPA”)?	YES	NO
1	“Personal data” means any information relating to an identified or identifiable natural person (‘data subject’). An identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person. Any video or audio recordings of participants is considered to be personal data.	☐	☒
	If YES, provide a description of the data and explain why this data needs to be collected:		
2	 <i>(this box should expand as you type)</i>		
	Does it involve special category data (as defined by the GDPR)?	YES	NO
3	“Special category data” means sensitive personal data consisting of information as to the data subjects’ – (a) racial or ethnic origin, (b) political opinions, (c) religious beliefs or other beliefs of a similar nature, (d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992), (e) physical or mental health or condition, (f) sexual life, (g) genetics, (h) biometric data (as used for ID purposes),	☐	☒
	If YES, provide a description of the special category data and explain why this data needs to be collected:		
4	 <i>(this box should expand as you type)</i>		

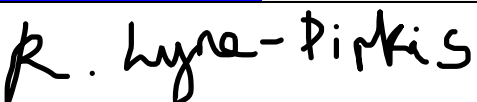
	Will data from the research activity (collected data, drafts of the thesis, or materials for publication) be stored in any of the following ways?	YES	NO
5	Manual files (i.e. in paper form)?	☐	☒
6	University computers?	☐	☒
7	Private company computers?	☐	☒
8	Home or other personal computers?	☐	☒
9	Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☐	☒
10	“Cloud” storage or websites?	☒	☐
11	Other – specify:	☐	☐

12	For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of backup procedures, password protection, encryption, anonymisation and pseudonymisation:
	All stored data will be kept in the researcher's university "Cloud" storage which has a 2-step security process before being able to access. All data will also be anonymised with no identifiable information requested from participants at any stage. <i>(this box should expand as you type)</i>

Data Protection			
	Will the research activity involve any of the following activities:	YES	NO
13	Electronic transfer of data in any form?	☒	☐
14	Sharing of data with others at the University outside of the immediate research team?	☐	☒
15	Sharing of data with other organisations?	☒	☐
16	Export of data outside the UK or importing of data from outside the UK?	☐	☒
17	Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
18	Publication of data that might allow identification of individuals?	☐	☒
19	Use of data management system?	☐	☒
20	Data archiving?	☐	☒
21	If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and Data Protection Act (2018) (and any international equivalents, where appropriate):		
	Date will be transferred electronically from the questionnaires to the statistics software to be analysed. This information will then be used within a poster and reflection piece as part of an extended piece of work from this research proposal. The data will also be uploaded onto the university's submission portal for marking and feedback. Sharing of data is being considered but only with the gym where participants have been recruited to take part in the research. The data will remain anonymised and will be relayed via a powerpoint presentation highlighting any key findings from the data collected. <i>(this box should expand as you type)</i>		
22	List all who will have access to the data generated by the research activity:		
	Researcher - myself <i>(this box should expand as you type)</i>		
23	List who will have control of, and act as custodian(s) for, data generated by the research activity:		

	Researcher - myself <i>(this box should expand as you type)</i>		
24	Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.		
	Stored in “Cloud” storage via the researcher’s university “cloud” account, accessible via password and further authentication security measures. <i>(this box should expand as you type)</i>		
25	Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. <i>(Most relevant to academic staff)</i>		
	N/A <i>(this box should expand as you type)</i>		
26	Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	YES	☒
27	Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	YES	☒

SECTION K: Declaration

	The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants.	
	In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice which is published on the website: https://www.uwtsd.ac.uk/research/research-ethics/	
1	Signature of applicant:	 Date: 10//03/2024

For STUDENT Submissions:

2	Director of Studies/Supervisor:		Date:
3	Signature:		

For STAFF Submissions:

4	Academic Director/ Assistant Dean:		Date:
5	Signature:		

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed ALL RELEVANT sections of the form in full.
☐	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (where appropriate)
☐	I have attached a full risk assessment (where appropriate) ONLY TICK IF YOU HAVE ATTACHED A FULL RISK ASSESSMENT
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Academic Director.