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### Appendix A: INFORMATION SHEET



***UNIVERSITY OF THE WESTERN CAPE***

Private Bag X 17, Bellville 7535, South Africa

**Tel: +27 21-959 2350, Fax: 27 21-959 3688**

***E-mail: ntsoli@uwc.ac.za***

### **INFORMATION SHEET**

Project Title: *The relationship between shoulder complex strength and throwing velocity in club cricketers*

#### **What is this study about?**

This research project is conducted by Rucia November, a Master's student in Biokinetics from the Department of Sport, Recreation and Exercise Science at the University of the Western Cape. The study will be investigating the relationship between isokinetic strength of the shoulder complex and throwing velocity of cricket bowlers and fielders. You may participate in this study if:

- you are willing to provide consent
- you a male club cricketer at UWC
- you are within the age group of 18-32 years

#### **What will I be asked to do if I agree to participate?**

You will be asked to come to the Biokinetics practice as well as the U.W.C cricket oval which are situated on the University of the Western Cape's campus. Isokinetic assessments will be performed at a scheduled time. Maximal throwing velocity tests would be performed at the U.W.C cricket oval. During the isokinetic assessment, it is necessary to wear appropriate sportswear. The tests will be performed using various pieces of exercise



equipment for evaluating, but not only limited to, your work capacity, muscular strength, muscular endurance, flexibility, and body composition. The exercise intensity is variable, but it usually begins at a level you can accomplish and will advance in stages depending on your fitness level. You or we may stop the test at any time, because of signs of distress. All testing is done privately, and the information is kept strictly confidential.

### **Confidentiality**

We will keep your personal information confidential by keeping your identity and data anonymous and secured in a locked filing cabinet in our supervisors office. Furthermore, any information received from this testing will only be used for the purpose of this research study and no identities will be disclosed at any time. No names or personal information is required for this study, other than medically relevant information that may determine your ability to participate in this study. If we write a report or article about this research project, your identity will not be divulged at any time.

### **Risks and Discomforts**

The possibility exists that certain abnormal changes can occur during the tests. These might include abnormal blood pressure, disorder of heart beat, and in rare instances, heart attack, stroke, or death. Every effort will be made to minimize these risks by evaluating preliminary information related to your health and fitness and by observations during testing. If this situation should arise, there will be trained personal with level three first aid qualifications available to assist.

### **Responsibilities of the Participant**

Information you possess about your health status or previous experiences of unusual feelings with physical effort may affect the safety and value of your test. Your prompt reporting of how you feel during the exercise test is also important. You are responsible for fully disclosing such information when requested to do so by the testing staff.

### **Expected Benefits from the Test**

The results obtained from the isokinetic assessment will be used to evaluate the strength of the shoulder complex. Maximal throwing velocity tests will evaluate the throwing speed.



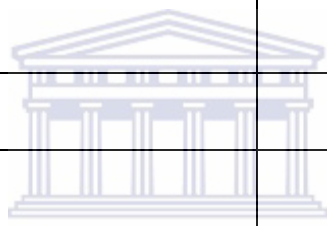








<i>Midstyliion-Dactylion</i>				
<u><i>Isokinetic Testing</i></u>				
<i>Shoulder Joint</i>		<i>Left</i>		<i>Right</i>
$60^{\circ}\cdot\text{sec}^{-1}$ con/con				
$90^{\circ}\cdot\text{sec}^{-1}$ con/con				
<u><i>Maximal Throwing Velocity Test</i></u>				
<i>Dominant Arm</i>		<i>Left</i>		<i>Right</i>
<i>Speed km/h</i>				
<i>Speed km/h</i>				
<i>Speed km/h</i>				
<i>Speed km/h</i>				
<i>Speed km/h</i>				



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