



Informed Consent Declaration by the Japanese Society of Physical Fitness and Sports Medicine

- 1) When conducting a medical study involving human subjects, the Japanese Society of Physical Fitness and Sports Medicine (hereinafter referred to as the JSPFSM) shall adequately inform the research subjects of matters including the significance, purpose, aims, and methods of the study, how the study results will be summarized, potential risks and their extent, the invasiveness of the study on the subjects, handling of personal information, or presentation of the study before academic societies, and shall conduct the study only after obtaining the understanding and consent of the subjects.
- 2) The JSPFSM shall abide by the Declaration of Helsinki (adopted in 1964 and revised in 1975 in Tokyo, Japan) as a guideline in conducting a study on any persons, and shall permit presentation before and publication to the JSPFSM of studies that have been conducted only after having obtained adequate informed consent by the study subjects.
- 3) The subjects must be informed of the right to freely refuse measurements or examinations for any reason even after they have voluntarily given consent to participate as subjects in the study.
- 4) The subjects' informed consent must be expressed in writing in principle; however, if consent cannot be expressed in writing, non-written consent must be formally documented and witnessed.
- 5) All studies can be conducted only after going through deliberation and approval by the Research Ethics Committee of the relevant institution, and the only then may obtained study outcomes be presented before the JSPFSM and published in the journal of the JSPFSM.

Japanese Society of Physical Fitness and Sports Medicine

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