

**Research Integrity**

Human Research Ethics Committee

Wednesday, 25 March 2015

Dr Nathan Johnson  
Exercise Health and Performance; Faculty of Health Sciences  
Email: nathan.johnson@sydney.edu.au

Dear Nathan

I am pleased to inform you that the University of Sydney Human Research Ethics Committee (HREC) has approved your project entitled "**Novel Exercise Strategies for the Management of Type 2 Diabetes**".

Details of the approval are as follows:

**Project No.:** 2014/961**Approval Date:** 24 March 2015**First Annual Report Due:** 24 March 2016**Authorised Personnel:** Johnson Nathan; Gerofi James; Keating Shelley Elizabeth; Lanting Sean; Baker Michael; Chuter Vivienne; Way Kimberley;**Documents Approved:**

Date Uploaded	Type	Document Name
23/03/2015	Participant Consent Form	Consent Form
23/03/2015	Participant Info Statement	Participant Information Statement
12/02/2015	Questionnaires/Surveys	FFQ Questionnaire
12/02/2015	Other Type	Letter to GP
12/02/2015	Questionnaires/Surveys	PSQI Questionnaire
12/02/2015	Questionnaires/Surveys	DASS Questionnaire
12/02/2015	Questionnaires/Surveys	IPAQ Questionnaire

HREC approval is valid for four (4) years from the approval date stated in this letter and is granted pending the following conditions being met:

**Condition/s of Approval**

- Continuing compliance with the National Statement on Ethical Conduct in Research Involving Humans.
- Provision of an annual report on this research to the Human Research Ethics Committee from the approval date and at the completion of the study. Failure to submit reports will result in withdrawal of ethics approval for the project.



- All serious and unexpected adverse events should be reported to the HREC within 72 hours.
- All unforeseen events that might affect continued ethical acceptability of the project should be reported to the HREC as soon as possible.
- Any changes to the project including changes to research personnel must be approved by the HREC before the research project can proceed.
- Note that for student research projects, a copy of this letter must be included in the candidate's thesis.

**Chief Investigator / Supervisor's responsibilities:**

1. You must retain copies of all signed Consent Forms (if applicable) and provide these to the HREC on request.
2. It is your responsibility to provide a copy of this letter to any internal/external granting agencies if requested.

Please do not hesitate to contact Research Integrity (Human Ethics) should you require further information or clarification.

Yours sincerely

**Professor Glen Davis  
Chair  
Human Research Ethics Committee**

**This HREC is constituted and operates in accordance with the National Health and Medical Research Council's (NHMRC) National Statement on Ethical Conduct in Human Research (2007), NHMRC and Universities Australia Australian Code for the Responsible Conduct of Research (2007) and the CPMP/ICH Note for Guidance on Good Clinical Practice.**