Institutional Review Board Minutes
October 11, 2012
Burnett Hall Board Room

- Members Present: John Kraft, Delana Nivens, Elizabeth Desnoyers-Colas, Jane Blackwell, Sean Eastman, Greg Wimer, John Markham, and Sara Plaspohl
- Members not present: John Hobe
- Guests: Caily Sparks et al. & Dr. Angie Koban; Chris Knarr

- Call to order 3:00

- Review of IRB #1037
  - Mandatory full review due to ingestion of substance
  - The board members asked the researchers questions to clarify procedural items.
  - The board voted to approve the study.

- Review of IRB #1040 Chris Knarr
  - Resubmission
  - The board members’ main issue with the protocol was that when the researcher demonstrated the motion involved with placing dumbbells on the ground in front him, the researcher appeared to be flexing his back in a manner that might lead to back injury, especially when the participants would be holding two 40-lb dumbbells. The board discussed options for addressing this issue including an assurance from Dr. Lefavi that this motion is a proper squat motion with little chance of injury or a modified procedure where the dumbbells are held at the side when placed on the floor.
  - Additionally, the board asked the researcher to:
    - screen explicitly for cardiovascular issues, back pain, and weight training expertise
    - edit the informed consent so that it reads... risk is minimal and may include possible side-effects of strain or sprains.
  - The board voted to defer approval of the IRB application until the researcher could adequately address board members’ concerns.

- The board adjourned at approximately 4:00 pm.

Addendum to minutes: Chris Knarr and his faculty sponsor, Robert LeFavi, met with the IRB chair to discuss the boards concerns on October 17th. The researchers agreed to resubmit their protocol with a squat with dumbbells at the participants’ sides and make all editing changes. By October 24th, the researcher has submitted a video of the squat motion in the new protocol and all editing changes. These materials were distributed to board members by email and a majority of the board approved the IRB application given the changes by October 26th.