



EAST CAROLINA UNIVERSITY
University & Medical Center Institutional Review Board
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www.ecu.edu/ORIC/irb

Notification of Initial Approval: Expedited

From: Biomedical IRB
To: [Zachary Domire](#)
CC: [Zachary Domire](#)
[Patrick Rider](#)
Date: 1/26/2018
Re: [UMCIRB 17-000284](#)
Stretching as pre-intervention can improve aged muscle’s response to a resistance training intervention

I am pleased to inform you that your Expedited Application was approved. Approval of the study and any consent form(s) is for the period of 1/25/2018 to 1/24/2019. The research study is eligible for review under expedited category #4,7. The Chairperson (or designee) deemed this study no more than minimal risk.

Changes to this approved research may not be initiated without UMCIRB review except when necessary to eliminate an apparent immediate hazard to the participant. All unanticipated problems involving risks to participants and others must be promptly reported to the UMCIRB. The investigator must submit a continuing review/closure application to the UMCIRB prior to the date of study expiration. The Investigator must adhere to all reporting requirements for this study.

Approved consent documents with the IRB approval date stamped on the document should be used to consent participants (consent documents with the IRB approval date stamp are found under the Documents tab in the study workspace).

The approval includes the following items:

Name	Description
Final IRB Flyer.pub	Recruitment Documents/Scripts
IRB Informed Consent RT+RT.doc	Consent Forms
IRB Informed Consent S+RT.doc	Consent Forms
PASE	Surveys and Questionnaires
Protocol-AMGG.docx	Study Protocol or Grant Application

The Chairperson (or designee) does not have a potential for conflict of interest on this study.

IRB00000705 East Carolina U IRB #1 (Biomedical) IORG0000418
IRB00003781 East Carolina U IRB #2 (Behavioral/SS) IORG0000418