



THE UNIVERSITY OF QUEENSLAND  
**Institutional Human Research Ethics Approval**

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**Project Title:** Muscling-Up Against Disability in Older Adults -  
Implementing Evidence-Based Progressive Resistance  
Training

**Chief Investigator:** Dr Tim Henwood

**Supervisor:** None

**Co-Investigator(s):** Anthony Tuckett, Paul Gardiner, Brent Hodgkinson,  
Justin Keogh

**School(s):** Nursing, Midwifery and Social Work; Public Health;  
Faculty of Health Sciences and Medicine, Bond  
University

**Approval Number:** 2015000879

**Granting Agency/Degree:** DSS

**Duration:** 31st December 2017

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**Comments/Conditions:**

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Note: if this approval is for amendments to an already approved protocol for which a UQ Clinical Trials Protection/Insurance Form was originally submitted, then the researchers must directly notify the UQ Insurance Office of any changes to that Form and Participant Information Sheets & Consent Forms as a result of the amendments, before action.

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**Name of responsible Committee:  
Medical Research Ethics Committee**

This project complies with the provisions contained in the *National Statement on Ethical Conduct in Human Research* and complies with the regulations governing experimentation on humans.

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**Name of Ethics Committee representative:  
Professor Bill Vicenzino  
Chairperson  
Medical Research Ethics Committee**

Signature \_\_\_\_\_

Date \_\_\_\_\_

23/7/15