



香港大學及醫管局港島西醫院聯網研究倫理委員會

**Institutional Review Board of the University of Hong Kong/  
Hospital Authority Hong Kong West Cluster (HKU/HA HKW IRB)**

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Dr. Clara Yu  
Dept. of Institute of Human Performance  
University of Hong Kong  
02-04-2007

Dear Dr. Yu,

**IRB Reference Number: UW 06-163 T/1188**

The HKU/HA HKW IRB is authorized by a joint agreement of the University of Hong Kong and Hospital Authority Hong Kong West Cluster to review and monitor clinical research. It serves to ensure that research complies with the Declaration of Helsinki and acts in accordance to ICH GCP guidelines, local regulations and Hospital Authority and the University policies.

I write to inform that your research submission has been approved by an expedited process with details shown below.

**Protocol title** : Immediate and long term blood pressure response to strength training in adolescents  
**Date of expedited review** : 02-04-2007 (Date/Month/Year)  
**IRB reviewer** : Professor CL Lai, Chairman of the HKU/HA HKW IRB  
**Document(s) reviewed** : 01. Research final report form dated 28th Mar 07

Yours sincerely,

W. H. Lee  
HKU/HA HKW IRB Secretary