

Seoul National University

Institutional Review Board

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February 28, 2012

Professor Yeon Soo Kim
Department of Physical Education,
Seoul National University,
Seoul 151-742, Korea

IRB No. 1203/001-002

Title of Proposal: The Effects of exercise type and physical activity amount on depression symptom,
physical fitness and colon transit time

Approved period of study: 02/28/2012 – 02/27/2013

Dear Professor Yeon Soo Kim

This letter is to officially notify you that the Institutional Review Board has reviewed and approved the above referenced protocol to involve humans as research subjects under **a Full Board Review**. If it is necessary to continue the study beyond the approved period, a request for continuation approval should be submitted about 6 weeks prior to **02/27/2013**.

APPROVAL INCLUDES: Consent form, Questionnaire and Recruitment notice

ALL SNUIRB APPROVED INVESTIGATORS MUST COMPLY WITH THE FOLLOWING:

1. Conduct the research as described in the Protocol;
2. Use only the SNUIRB approved Consent Form;

3. For non-Korean speaking subjects, a certified translation of the approved Consent Form in the subject's first language should be provided. The translated version must be approved by the SNUIRB;
4. Obtain pre-approval from the SNUIRB of any changes in the research activity except when necessary to protect human subjects; immediately report to the SNUIRB any such emergency changes for the protection of human subjects;
5. Report to SNUIRB the death, hospitalization, or serious illness of any study subject;
6. Promptly report to the SNUIRB any new information that may adversely affect the safety of the subjects or the conduct of the research;
7. Provide reports to the SNUIRB concerning the progress of the research, when requested;
8. Obtain approval of study advertisements from the SNUIRB before use;
9. Conduct the informed consent process without coercion or undue influence, and provide the potential subject with sufficient opportunity to consider whether or not to participate.

If you have any questions, please contact SNUIRB at +82-2-880-5153.

Sincerely,

A handwritten signature in cursive script, reading "Cham-Goo Park".

Chair, SNUIRB