APPENDIX A

IRB APPROVAL
July 2, 2013

John Barnes

jbarnes@unm.edu

Dear John Barnes:

On 7/2/2013, the IRB reviewed the following submission:

Type of Review: Initial Study
Title of Study: "Determinants of sports and exercise participants' use of mobile fitness applications - An extended Technology Acceptance Model Approach"
Investigator: Jang Yul Kwak
Study ID: 13-351
Funding: None
Grant ID: None

Documents Reviewed:
• Survey Questionnaire v06.07.
• 13-351 Consent v06.07.
• 13-351 Protocol v06.07.

The IRB approved the study from 7/2/2013.

Category: EXEMPTION: Categories (2) Tests, surveys, interviews, or observation
Determinations/Waivers: None

Because it has been granted exemption, this research project is not subject to continuing review. Also note that the Food and Drug Administration (FDA) regulations as defined in 21 CFR 50.1 and 21 CFR 56.101 do not apply to this research.

Changes to the Research: It is the responsibility of the Principal Investigator to inform the HRRC of any changes to this research. A change in the research may disqualify this project from exempt status. Reference the HRRC number and title in all documents related to this protocol.

Sincerely,

J. Scott Tonigan, PhD
IRB Chair
APPENDIX B

SURVEY INSTRUMENT
Mobile Fitness Application Study

PURPOSE: The purpose of this study is to investigate use and adoption of Mobile Fitness Applications.

CONFIDENTIALITY: Your individual privacy will be maintained in all publications or presentations resulting from this study. No identifying information will be collected during the study and all information collected will be used for the sole purpose of data analysis and not shared with anyone outside of the research team. In order to preserve the confidentiality of your responses, we have not asked for your name or any other possible identifying information about yourself on the survey.

COMPENSATION: Upon completion of the survey you will have the opportunity to participate in a raffle for a $25.00 gift card to Amazon.com. Participation in the raffle is completely voluntary. If you would like to participate in the raffle, provide us with your email so that we may notify the raffle winner. Your email address will be separated from your survey answers and will be kept confidential.

The UNM Institutional Review Board has approved this project. If you have any questions or would like additional information about this research, please contact the primary investigator at deankwak@unm.edu. You may also contact the research collaborator at jbarnes@unm.edu, or UNM IRB office at (505) 272-1129 with any questions.

1. Age Confirmation and Informed Consent

You must be 18 years of age or older to complete this questionnaire. It is estimated that the questionnaire will take approximately 15 minutes to complete. You are NOT waiving any of your legal rights as a research participant. You can refuse to answer any questions and withdraw from completing the questionnaire at any time.

Your acceptance by clicking the “I Consent” button below indicates that you have read and understand the information provided above.

☐ I understand the above information. I consent to participate in this research.

Start

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Mobile Fitness Application Study

Please provide information about your background. This survey is anonymous and confidentiality will strictly adhered.

2. Gender?
   - Male
   - Female

3. Select the option(s) below that best describes your race?
   - Black or African American
   - American Indian/Native American
   - Asian
   - Hawaiian or Pacific Islander
   - Hispanic/Latino
   - White/Caucasian

   Other

4. What is your age?

   [ ] years old
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The following questions refers to the frequency and duration of your sports and exercise participation.

5. On average, how many times per week do you participate in sports and exercise? (e.g. power walking, aerobics, soccer, basketball, yoga, jogging, zoomba, weight training, baseball, hiking, calisthenics, swimming, martial arts)

- None
- 1 time per week
- 2 or 3 times per week
- 4 or 5 times per week
- 6 or 7 times per week
- More than 7 times per week

6. On average, how many hours per week do you participate in sports or exercise? (e.g. power walking, running, aerobics, basketball, soccer, softball, yoga, jogging, zoomba, weight training, volleyball, hiking, calisthenics, swimming, martial arts)

Total _______ hours per week
Mobile Fitness Application Study

7. The following question relates to your *Sport and Exercise involvement*.

Please choose (mark) the response (a number from 1 to 7) that best reflects your level of agreement with the following statement.

*To me, the exercise, activity or sport that I do for physical fitness is*

<table>
<thead>
<tr>
<th>Important</th>
<th>Boring</th>
<th>Relevant</th>
<th>Exciting</th>
<th>Means nothing</th>
<th>Appealing</th>
<th>Fascinating</th>
<th>Worthless</th>
<th>Involving</th>
<th>Not needed</th>
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<tbody>
<tr>
<td>1</td>
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<td>4</td>
<td>5</td>
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<td>7</td>
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8. Definition of Mobile Fitness Application

A Mobile Fitness Application (MFA) is a type of application designed to educate, entertain, or assist people interested in physical fitness. (e.g. RunKeeper, Nike +, iBody, iFitness, deftFitness, Fitsync, AbsoluteFitness, golf GPS)

Images below are just examples of mobile fitness applications.

Have you ever used a mobile fitness application?
Mobile Fitness Application Study

9. How many mobile fitness applications have you used?
   - 1
   - 2
   - 3
   - 4
   - More than 4

10. Which mobile fitness application do you use most frequently?

11. On average, how frequently do you use the mobile fitness application?
   - less than once a week
   - about once a week
   - 2 or 3 times a week
   - 4 or 5 times a week
   - 6 or 7 times a week
   - Several times a day
Mobile Fitness Application Study

12. The following questions are related to your perception regarding the mobile fitness application that you use most frequently. Please answer the questions based on the mobile fitness application that you use most frequently.

There are no right or wrong answers, just answer as accurately as possible. If you **Strongly Disagree** with the statement, check 1; if you **Strongly Agree** with the statement, check 6.

<table>
<thead>
<tr>
<th>The mobile fitness application is easy to use.</th>
<th>1 Strongly Disagree</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<th>6 Strongly Agree</th>
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<tbody>
<tr>
<td>Learning to operate the mobile fitness application is easy.</td>
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<td>My interaction with the mobile fitness application is clear and understandable.</td>
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<td>It is easy to interact with the mobile fitness application.</td>
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<td>Using the mobile fitness application enables me to accomplish tasks more effectively.</td>
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<td>Using the mobile fitness application improves my exercise performance.</td>
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<td>Using the mobile fitness application improves productivity of my fitness-related activities</td>
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<td>Overall, I found the mobile fitness application useful.</td>
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<td>Using the mobile fitness application enhances the effectiveness on managing fitness.</td>
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<td>Interacting with the mobile fitness application lead to exploration.</td>
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<td>When using the mobile fitness application, I have fun.</td>
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<td>Interacting with the mobile fitness application is enjoyable.</td>
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<td>Overall, I encountered a positive experience from using the mobile fitness application.</td>
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<td>When using the mobile fitness application, I feel the information I received is specific to my context (e.g., calories, distance, nutrition)</td>
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<td>The information provided by the mobile fitness application is customized for my needs (e.g., calories, distance, nutrition)</td>
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<td>The information that I received reflects my context (e.g., location, exercise, nutritional information)</td>
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<td>Overall, the mobile fitness application understands my needs.</td>
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Close preview
Mobile Fitness Application Study

13. The following statements are employed to investigate factors influencing your use of mobile fitness applications.

Again, there are no right or wrong answers, just answer as accurately as possible. If you *Strongly Disagree* with the statement, check 1; if you *Strongly Agree* with the statement, check 6.

<table>
<thead>
<tr>
<th>Statement</th>
<th>1 Strongly Disagree</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6 Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>If I heard about new technology, I would look for ways to experiment with it.</td>
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<td>Among my peers, I am usually the first to explore new information technologies.</td>
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<td>I like to experiment with new information technologies.</td>
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<td>In general, I am hesitant to try out new information technologies.</td>
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<td>My friends/peers/colleagues think that I should use a mobile fitness application.</td>
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<td>People around me think that using a mobile fitness application is a good idea.</td>
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<td>People I know influence me to try out a mobile fitness application.</td>
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<td>People close to me think that using a mobile fitness application is a good way to manage my fitness.</td>
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<td>In general, people who are important to me think that I should use a mobile fitness application.</td>
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<td>I read/saw reports that using a mobile fitness application is a good way of managing my physical fitness.</td>
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<td>Mass media reports influenced me to try out a mobile fitness application.</td>
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<td>The popular press depicted positive statements about using a mobile fitness application.</td>
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<td>I am able to use a mobile fitness application without the help of others.</td>
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<td>I have the knowledge and skills required to use a mobile fitness application.</td>
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<td>I am able to use a mobile fitness application reasonably well on my own.</td>
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<td>Overall, I am confident in using a mobile fitness application by myself.</td>
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Mobile Fitness Application Study

14. The following statements are about your **Intention** to use a mobile fitness application.

Again, there are no right or wrong answers, just answer as accurately as possible. Use the scale below to answer the questions. If you *Strongly Disagree* with the statement, check 1; if you *Strongly Agree* with the statement, check 6.

<table>
<thead>
<tr>
<th>Statement</th>
<th>1 Strongly Disagree</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6 Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will use a mobile fitness application on a regular basis.</td>
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<td>I intend to use a mobile fitness application in the near future</td>
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Mobile Fitness Application Study

15. Thank you for completing the survey. You now have the option of providing your email address to be entered in a raffle for a $25 gift card to Amazon.com.

If you wish to participate in the raffle, please provide your email address. If not, you can leave the survey questionnaire now.

Your email address will be separated from your survey responses and will be kept confidential. The researcher will only use the email address to notify you if you won the raffle.

- I wish to participate in the raffle.
- I do not wish to participate in the raffle.
Mobile Fitness Application Study

16. What is your email address?
Thank you so much for your time and help!
APPENDIX C

INVITATION LETTER
Title: Invitation to Participate in Sports, Exercise and Mobile Technology Survey

INTRODUCTION
You are invited to participate in a research study conducted by the University of New Mexico, Dept. of Health, Exercise and Sports Science. You were chosen to participate in this study because you are a student enrolled in a physical activity class. Participation should require about 15 minutes of your time. Participation is entirely voluntary. You may withdraw from the study at any time without consequences.

PURPOSE
The purpose of this survey is to explore the determinants of sports and exercise participants’ intention to use a mobile fitness application. A Mobile Fitness Application (MFA) is defined as software that runs on smartphones and mobile devices to educate, entertain, or assist people who are interested in fitness in their daily lives. Specifically, the survey investigates relationship among duration and frequency of sports participation, sports involvement, mobile fitness application experience, and beliefs related to behavioral intention to use a mobile fitness application.

PROCEDURES: You must be 18 years of age or older to participate. Your participation is completely voluntary. You may skip any question that you do not wish to answer and you may discontinue at any time. Your class standing will not be affected if you decide either not to participate or to withdraw. This survey has received IRB approval from The University of New Mexico's Institutional Review Board in the Human Research Protections Office.

CONFIDENTIALITY
Please note that your responses will be kept strictly confidential. Respondents cannot be identified and only group data will be reported (e.g., the analysis will include only aggregate data). No identifying information will be collected during the study and all information collected will be used for the sole purpose of data analysis and not shared with anyone outside of the research team.

RAFFLE PRIZES FOR SURVEY COMPLETION
Upon completion of the survey, you may provide your contact info (email address only) in a separate raffle survey for a chance to win a $25.00 gift card to Amazon.com. Participation in the raffle is completely voluntary.

Raffle entries will be separate from survey responses so as to maintain anonymity and winners will be contacted confidentially.

IDENTIFICATION OF INVESTIGATOR
If you have any questions or concerns about the research, please contact the research team at deankwak@unm.edu or j barnes@unm.edu. You may also contact the UNM IRB office at (505) 272-1129 with any questions.
CONSENT
Your decision to participate and respond constitutes your indicating that you consent to answering these questions and participating in this survey.

Follow this link to the Survey:

Take the Survey