

Qufu Normal University Biomedical Ethics Approval Document

No. (No): 2022075-

Lei Zhu The type of project applied for (submitted) is as follows: Sports Science The project (thesis) "**Effect of different types of Tai Chi exercise programs on the rate of change in bone mineral density in middle-aged adults at risk of osteoporosis: a randomized controlled trial**", which was examined by the Bio-medical Ethics Committee, complied with the ethical principles, and agreed to be declared (submitted).

Biomedical Ethics Committee of Qufu Normal University

Signature of the Director (Deputy Director) of the Ethics Committee



February 20, 2022