

Informed Consent Form for the Physical Fitness and Health Survey at Nantong University (Student Version)

Dear students,

Hello!

We are honored to deliver this questionnaire to you. As the youth of contemporary China, you are the future and hope of our country. We want to take this opportunity to understand your physical fitness and exercise habits. By gathering feedback on your current status, we will develop targeted strategies for promoting the health of college students. Thank you for your participation.

Wishing you a happy life!

National Higher Education Physical Education Instruction Committee

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