

Student Funding Opportunities within ACSM

The costs associated with conducting thesis or dissertation research can cause graduate students great distress in addition to the normal stresses of data collection and analysis. Luckily, we as ACSM members are eligible for several research awards and grants sponsored by the ACSM Foundation and our regional chapters.

The ACSM Foundation awards over \$100,000 in research grants to students and young investigators working in the fields of sports medicine and exercise science. Contributors to the Foundation recognize that the dissemination of new information through research is vital to a better understanding of human health and fitness and furthermore, they believe that supporting student research is a way to prepare the next generation of leaders in the ACSM. The awards available through the Foundation Research Grant Program cover several areas including, but not limited to; injury prevention, weightlessness and space physiology, physical activity and human performance, exercise and aging, exercise and cardiovascular disease risk factors, and exercise thermoregulation. To apply for these research grants, doctoral students must submit a grant proposal outlining the research question and relevance, the methods to be utilized and a detailed budget. These grants are available up to \$5000. Some grants from the Foundation target specific realms of research. For example, the Carl V. Gisolfi Memorial Fund encourages research in thermoregulation, exercise, and hydration while another grant, the Raymond and Rosalee Weiss Research Endowment, funds an applied research study aimed at investigating the psychological and emotional benefits of physical activity. For a full listing of all the ACSM Foundation grants available to students, check out the ACSM website.

Additionally, there may be several funding opportunities to students through the regional chapters of ACSM. Many chapters offer awards to support student's ongoing research and also to recognize excellent research and service. These grants and awards are often presented at each regional chapter's annual meeting. Check with your regional chapter for the dates of the meetings and the grants and awards available.

Once you have identified the particular grant that you would like to apply for, there are a few basic tips that you should consider when preparing your grant application. According to the National Institutes of Health (NIH), the successful grant application is clear and precise, is easy to read, has a detailed experimental design section, and is free of typographical and other errors. Be sure that you have sufficient justification for the significance of the research question and be sure your methods are suitable to answer the question and most importantly, be sure to follow all directions and submit the grant on time.

So if you're getting ready to start that thesis or dissertation, head to the ACSM website, identify which grants you are eligible for and submit an application. The research that we conduct now is not only advancing health through science, education and medicine, but it is preparing us to become the next leaders of ACSM.

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