

# 2019 Northland ACSM Innovative Student Research Grants

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In an effort to enhance and facilitate student research relevant to the mission of ACSM, the NACSM board is pleased to announce that a total of \$3000 will be distributed to support 3-8 student research projects.

## Eligibility

- A. You must be a student member of NACSM to apply.
- B. Must have the support of a faculty member of the student's institution.
- C. Individuals who received an award in 2018 are eligible to apply, but will be automatically docked 10 points on the evaluation rubric.
- D. Only one application per Principal Investigator is allowed.
- E. Proposal must be written by the student member and certified by the faculty advisor that it was written by the student.

## Exclusions & Restrictions

- A. Proposals requesting more than \$1,000 will not be considered.
- B. Proposals that include salary support for the principal or co-investigators will not be considered.
- C. Travel costs will be allowed only to collect data or to use research tools/resources not available at the institution of the principal investigator. Meeting/conference travel costs is not permitted
- D. Funding will not cover indirects

## Required Proposal Format (Submitted electronically as a single PDF file)

- A. **Cover Sheet:** Use the attached form. Proposals without all of the required signatures will be disqualified.
- B. **Abstract:** Summarize your proposed project for a general audience outside your field in 250 words or less.
- C. **Narrative:** This section must not exceed 3 pages, single spaced, with 1 inch margins on all sides and font size no smaller than 11-point. This section must include the following headings and include the information described in each.
  - a. **Background and Significance:** Provide a brief literature review demonstrating justification for the research. The introduction should familiarize readers with the general problem being studied and its significance relevant to the mission of ACSM. What are the broader impacts of the research?
  - b. **Specific Aims/Hypotheses/Innovation:** Clearly define the purpose of the study and any hypotheses developed in relation to the research. State why the research is innovative.
  - c. **Methods:** include the following in your methods
    - i. **Participant Selection (if applicable):** Specify sample size and any inclusion or exclusion criteria for participants, such as age, gender or diagnosis. A brief justification of the sample size should be provided. In addition, please indicate whether the project has been approved by your institutional IRB/IACUC panel or is pending approval.

- ii. **Research Design:** Include type of research design (i.e., true experimental, quasi-experimental, non-experimental). Identify independent and dependent variables, control groups, and number of repeated observations. Discuss any steps taken to control for internal or external validity.
  - iii. **Intervention Procedures:** Provide a clear, detailed description of the intervention process (if applicable). This section should include all steps the participants must undergo, along with any necessary treatment/safety evaluation procedures.
  - iv. **Measures:** Describe measurement procedures, instruments used, and data collection techniques.
  - v. **Data Collection and Data Safety:** Clearly define data collection procedures
  - vi. **Data Analysis:** Discuss methods used for data entry, statistical analysis, treatment of missing data, and data interpretation. Include reasoning for the type of analysis used.
- d. **Timeline:** What is the project schedule? Substantiate the feasibility of completing the project within the 9 month time frame
  - e. **References:** Include a list of only the most important and relevant references.
- D. Budget:** Fill out the budget template providing budget figures by expense category. Include a narrative justification of the budget (max 1 page). Please use the budget template provided by NACSM. Expenditures can include materials and supplies needed to complete the study, participant incentives, travel expenses used for data collection, etc. Funds for travel, other than to collect data, will not be approved. PI or co-investigators salary support will not be supported. Budget Template will be attached to the proposal as Appendix A. Costs for indirect are not permitted and will not be covered by funds from this grant.
- E. Appendices:** Attach supporting information, tables, or figures that improve the understanding of the project (max of 2 additional pages/not including the budget template).
- F. Resume/CV:** Include an updated resume/CV at the end of your application (max 2 pages)

### Submission Procedures:

- A. A single PDF file of your proposal must be submitted before the deadline as an e-mail attachment to NACSM Innovative Student Research Grant Coordinator Brad Bowser ([bradley.bowser@sdstate.edu](mailto:bradley.bowser@sdstate.edu)).
- B. Proposals must be received by: **Wednesday May 1, 2019 at midnight CST.**
- C. Students will be notified by May 15, 2019 if they were awarded funding.

### Expectations of Awardees:

- A. Funds will be sent to the awardees department. Funds will not be released until we receive a copy of the IRB Approval letter and number for the awardees project. The copy of the IRB Approval letter and number should be sent to [bradley.bowser@sdstate.edu](mailto:bradley.bowser@sdstate.edu) .
- B. All funds must be spent by December 31, 2019. All un-used funds will be returned to NACSM.
- C. A final report must be submitted to the NACSM Innovative Student Research Grant Coordinator Brad Bowser ([bradley.bowser@sdstate.edu](mailto:bradley.bowser@sdstate.edu)) by January 31, 2020.
- D. Grant recipients are expected to present their findings at the **2020 NACSM Spring Tutorial.**
- E. Failure to comply with any part of the instructions may result in forfeiture or repayment of funds.