

NSCA Grants Application 2009 – 2011



Grants Available

GNC® Nutritional Research Grant — Up to \$2,500

Graduate Research Grant (Master's) — Up to \$5,000

Graduate Research Grant (Doctoral) — Up to \$10,000

Young Investigator — Up to \$15,000



www.nsca-lift.org/nscafoundation



National Strength and Conditioning Association Foundation Research Grants Program

The mission of the National Strength and Conditioning Association Foundation (NSCAF) is to support the Mission of the National Strength and Conditioning Association by providing funding for educational and research activities that enhance the practical application of strength and conditioning. It is the goal of the NSCAF to be recognized as a leader in providing research funds to support the research of students and faculty members in areas that relate to strength and conditioning. This information packet outlines the available grant opportunities and contains the application for the 2009 – 2011 granting period. All general and specific guidelines for each respective program are outlined and should be closely read by the applicant to ensure all guidelines have been met prior to submission.

General Eligibility Requirements

Applicants for student research grants must have graduate student status during the term of the grant to be considered for funding. At the time of application, student applicants must be a member of the NSCA before the submitted or postmarked date of their grant application and all faculty co-investigators or applicants must have maintained concurrent NSCA Membership for a period of at least one year prior to the submitted or postmarked grant application as verified by the NSCA office. Grants are open to all members of the NSCA. Applicants are not eligible to win more than one scholarship or grant in any given year, however applications can be made to more than one grant program in any given year. Applicants are only eligible to win each award twice and any further applications will not be accepted for that program from that applicant. NSCA Employees and their families are ineligible to receive financial awards.

All 2009 – 2011 grant applications must be emailed/postmarked by **March 15, 2010**. Incomplete application packets will not be accepted and will not be returned to the applicant. A complete application must be submitted for every program in which an application is being made. Additional instructions and guidelines are provided in the appendix to this application.

Current Grant Programs

Funding has been provided, in part, by General Nutrition Centers (GNC), the National Strength and Conditioning Association its Board of Directors and NSCA Members through use of their MBNA credit card.

GNC® Nutritional Research Grant

General Nutrition Centers® (GNC®) sponsors this nutrition-based research grant to any graduate student or faculty member in support of their research into areas related to sports nutrition. The purpose and scope of the project must fall within the Mission of the NSCA and have a significant nutritional component. Any faculty member applying to this program must have concurrently maintained NSCA Membership for a period of at least one year prior to the date their application is submitted. Any student applying to this program must be a member of the NSCA prior to submitting their application. Research grants awarded to student applicants under this program require that a faculty co-investigator be identified. All faculty co-investigators must have concurrently maintained NSCA Membership for a period of at least one year prior to the date the application is submitted. One grant will be awarded in the amount of \$2,500.

Master's Research Grant

This grant program funds graduate research in strength and conditioning that is consistent with the Mission of the NSCA. The purpose and specific aims of the research project must be consistent with the Mission of the NSCA. Research grants awarded at the Master's level requires that a graduate faculty member serve as a co-investigator and that the faculty member has maintained concurrent NSCA Membership for a period of one year prior to submitting the grant application. The applying student must be an NSCA Member prior to submitting the grant application. Further, all applicants to this program must be actively pursuing their Master's degree at the time the application is made. Awards in the amount of \$5,000 will be made as part of this program.

Doctoral Research Grant

This grant program funds graduate research in strength and conditioning that is consistent with the Mission of the NSCA. The purpose and specific aims of the research project must be consistent with the Mission of the NSCA. Research grants awarded at the Doctoral level requires that a graduate faculty member serve as co-investigator and that the faculty member has maintained concurrent NSCA Membership for a period of one year prior to submitting the grant application. The applying student must also be an NSCA Member prior to submitting the grant application. Further, all applicants to this program must be actively pursuing their Doctoral degree at the time the application is made. Awards in the amount of \$10,000 will be made as part of this program.

Young Investigator Grant

This grant program funds full-time faculty members in a tenure track position who are within seven (7) years from receiving their Doctorate degree. The purpose and specific aims of the research project must be consistent with the Mission of the NSCA. General eligibility requirements state that all applicants to this program must have maintained concurrent NSCA Membership for a period of no less than one year prior to submitting the grant application. Awards in the amount of \$15,000 will be made as part of this program.

Please note that all NSCA grant programs will NOT provide funding for overhead or indirect costs, salary of any kind, or travel.

Part I

1. Cover Letter of Application—Use the space below to draft a brief letter outlining the status of your application components. If the applicant is a student, it is important for you to provide detailed information regarding the arrival of your transcripts. In addition, all applicants should highlight the IRB status of their protocol. Furthermore, take this time to explain how receiving the funding will impact your ability to conduct research in this area. It is encouraged that all applicants take sufficient time to prepare a letter outlining their needs of funding for their project and what impact it will have on their future career.

Grants Application

Last Name, First Initial: _____

Part I

2. Applicant Background Information

Research grant for which you are applying: _____

Title of Project (Maximum of 75 characters including spaces):

Last Name: _____ First Name: _____ Initial: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____ Fax Number: _____

Email Address: _____

Faculty Only

Years since Doctoral degree conferred: _____ years

University/Business currently employed: _____

Years at this University/Position: _____ years

Student Only

Degree Pursuing: _____ Anticipated Date of Graduation: _____

Date Entered Program: _____ GPA: _____ / 4.0 _____ / 5.0

NSCA Member ID # _____ Date of NSCA Membership: _____

Which content area best aligns with the specific aims of your project? _____

Grants Application

Last Name, First Initial: _____

Part I

2A. Biographical Sketch of Principal Investigator or Student Investigator

Name: _____

Position/Title: _____

| Institution | Degree | Years | Area of Concentration |
|-------------|--------|-------|-----------------------|
| | | | |
| | | | |
| | | | |
| | | | |

| Professional Experience (in chronological order) | Area of Concentration | Years |
|--|-----------------------|-------|
| | | |
| | | |
| | | |
| | | |

Membership and Honors

Part I

2B. List of publications that relate to proposed project by the Principal Investigator or Student Investigator

(One page limit. Do not exceed one page as additional characters will not be seen by reviewers.)

Part II

Student Applicants Only

3. Transcripts—An official school transcript must be provided from each school attended or any school that is currently being attended. Please note that all transcripts must be from the university and not from the applicant. Only transcripts received in sealed envelopes bearing the university seal or other official designation will be accepted. Transcripts from universities in which the student is currently taking classes should reflect those classes that have been completed and not currently enrolled classes by the student.

Complete the following information below regarding the universities in which you have attended and transcripts should be expected.

| | | | |
|-------------------------|---------------------|--------|-----------------|
| Name of Institution #1: | | | |
| City/State | Dates of Attendance | Degree | Graduation Date |
| | | | |

| | | | |
|-------------------------|---------------------|--------|-----------------|
| Name of Institution #2: | | | |
| City/State | Dates of Attendance | Degree | Graduation Date |
| | | | |

| | | | |
|-------------------------|---------------------|--------|-----------------|
| Name of Institution #3: | | | |
| City/State | Dates of Attendance | Degree | Graduation Date |
| | | | |

| | | | |
|-------------------------|---------------------|--------|-----------------|
| Name of Institution #4: | | | |
| City/State | Dates of Attendance | Degree | Graduation Date |
| | | | |

| | | | |
|-------------------------|---------------------|--------|-----------------|
| Name of Institution #5: | | | |
| City/State | Dates of Attendance | Degree | Graduation Date |
| | | | |

All transcripts should be mailed to:

National Strength and Conditioning Association • Attn: Grants and Scholarship Program
1885 Bob Johnson Dr. • Colorado Springs, CO 80906

Part II

4. Use the space to provide an abstract of your proposed project.

There is a space limitation of 2,500 characters, including spaces, for your abstract.

Part II

5. Proposal

5A. Rationale—**Page 1 of 2.**

This section is limited to two pages, which are provided in this section of the application. Both pages are not required.

Part II

5. Proposal

5A. Rationale—Page 2 of 2.

This section is limited to two pages, which are provided in this section of the application. Both pages are not required.

Part II

5. Proposal

5B. Study Purpose or Specific Aims—**Page 1 of 1**. (This section is limited to one page).

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 1 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 2 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 3 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 4 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 5 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 6 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

5. Proposal

5C. Experimental Design and Methodology—**Page 7 of 7.**

(This section is limited to seven single-spaced pages. A detailed overview of your research design, procedures and statistics are necessary components). All subsequent pages for this section are provided in this application. All seven pages are not required. Be careful to not exceed the allotted space on each page as additional characters will not be seen by reviewers.

Part II

6. References—List in alphabetical order and limit to no more than 20 references. Only use the space provided as any characters that exceed the allotted space will not be seen by reviewers.

Grants Application

Last Name, First Initial: _____

Part II

7. Itemized Budget

| Personnel (salary requests of any kind will not be funded) | | |
|--|----------------|----------|
| Name | Position/Title | % Effort |
| | | |
| | | |
| | | |
| | | |

| Small Equipment (provide detailed description and itemize) | Total |
|--|-------|
| | |
| | |
| | |
| | |
| Sub Total: | |

| Supplies (provide description and itemize) | Total |
|--|-------|
| | |
| | |
| | |
| | |
| Sub Total: | |

| Animal Costs and/or Human Fees (provide detailed description) | Total |
|---|-------|
| | |
| | |
| | |
| | |
| Sub Total: | |

| Other Expenses | Total |
|-------------------|-------|
| | |
| | |
| | |
| | |
| Sub Total: | |

GRAND TOTAL: _____

Part II

7A. Budget Justification (Only use the space provided. Any characters that exceed the allotted space will not be seen by reviewers. Type or copy and paste into this section. Please be sure to proofread your work prior to submission.)

7B. Available Equipment and Resources (What equipment and resources are currently available to facilitate the completion of your project? Only use the space provided. Any characters that exceed the allotted space will not be seen by reviewers. Type or copy and paste into this section. Please be sure to proofread your work prior to submission.)

Part II

8. Proposed Time Schedule

| Date or Date Range | Activity |
|--------------------|----------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Example Timeline

| Date or Date Range | Activity |
|------------------------------|---|
| May – August 2009 | Obtain IRB approval, set up accounts |
| September – November 2009 | Collect data |
| December 2009 – January 2010 | Analyze data |
| January 2010 – March 2010 | Prepare and submit abstracts to present at NSCA meeting |
| March 2010 – July 2010 | Prepare manuscript for publication |
| July 2010 | Present data at NSCA meeting |
| August – September 2010 | Submit manuscript for publication |

Part II

9. Human Subject Consent Form and proof of Institutional Review Board (IRB) approval

NOTE: Approval is not necessary at the time of application, but must be provided before any awarded funds are disbursed. No money will be provided by the NSCA unless proof of IRB approval is provided.

Consent Form/IRB Status: _____

If approved, enter date of approval below and mail a copy of the stamped consent form to the address below.

Date of Approval: _____

If application is currently pending approval, a hard copy must be mailed to the address below or emailed using the instructions below:

NOTE: Only a copy of the IRB-stamped consent form will be accepted.

National Strength and Conditioning Association

Attn: Grants and Scholarship Program

1885 Bob Johnson Dr.

Colorado Springs, CO 80906

Electronic (scanned and signed) copies in .pdf format ONLY can be emailed to nsca@nsca-lift.org with the appropriate file attached and the following information in the subject line of the message:

First Name_Last Name-Award Program_Consent Form-Month_Day_Year

Example Subject Line on Email Message to nsca@nsca-lift.org:

Jane_Smith-NSCA Doctoral Research Grant_Consent Form-01_01_2010

Grants Application

Last Name, First Initial: _____

Part II

10. Biographical Sketch of Student Advisor (If applicable)

Name: _____

Position/Title: _____

NSCA Member ID # _____ Date of NSCA Membership: _____

Education (Baccalaureate through postdoctoral training)

| Institution | Degree | Years | Area of Concentration |
|-------------|--------|-------|-----------------------|
| | | | |
| | | | |
| | | | |
| | | | |

Professional Experience

| Institution or Business | Position | Years |
|-------------------------|----------|-------|
| | | |
| | | |
| | | |
| | | |

Membership and Honors

Other Support (only list the current or past support which is relevant to the proposed project)

Part II

11.) Selected Publications by Student Advisor *(If applicable) (Only use the space provided below. Type or copy and paste your answer into this section. Please be sure and proofread all of your submitted information prior to submitting application.)*

Appendix: Instructions for Completing Application

Formatting

- This file is set up to allow you to download, and save to it using Adobe® Reader® software version 8 or higher. If needed, the software is available for free download at <http://www.adobe.com/>.
- This PDF form has one quarter-inch margins on all sides and will only accept Arial font, size 11.
- It is recommended that you prepare your application using these formatting guidelines.
- Only use the allotted space and page restrictions. Any characters that exceed the allotted space will not be seen by reviewers and subsequently not evaluated. Attaching additional pages to any section will not be accepted and only the content provided in the allotted space will be evaluated.

Deadline

Only electronic submissions will be accepted. **The deadline is March 15, 2010, 5:00pm MST.**

Part I, Item 1 – Cover Letter of Application (Page 1)

Use the allotted space to draft a brief letter outlining the status of your application. Information regarding transcript status, IRB status, etc. should be mentioned. Additionally, a brief mention of the scope of your project and how it will impact the scientific field are important considerations for the cover letter. Lastly, explain how the funds, if awarded, will assist you in your educational or professional pursuits.

Part I, Item 2 – Applicant Background Information (Page 2)

- 1. Research Grant** – Select which grant you are applying to from the drop-down box.
- 2. Title of Project** – A maximum of 75 characters, including spaces, is allowed.
- 3. Background Information** – Enter in the most current and updated background information to facilitate effective communication of your application during the review process.
- 4. Faculty Only** – Faculty are required to enter how many years it has been since you received your Doctoral degree, where you are currently employed and how many years you have spent at this position. Faculty are only eligible for the GNC Nutritional Research Grant and the Young Investigator Grant. Only faculty who have received their Doctoral degree within seven years are eligible for the Young Investigator Grant.
- 5. Students Only** – Students are required to: a) select what degree they are pursuing, b) the day/date they entered the program, c) their anticipated date of graduation and d) their current estimated GPA.

Part I, Item 2A – Biographical Sketch of Principal or Student Investigator (Page 3)

Enter in all required fields to provide a brief biographical sketch of your education, professional experience, current memberships and honors. Abbreviating in these sections is acceptable, but take caution to ensure all information is easily comprehended by reviewers.

Appendix: Instructions for Completing Application (*continued*)

Part I, Item 2B – Related Publications by Principal or Student Investigator (Page 4)

Provide a brief listing of publications you have authored that are relevant only to the research question in your application. It is understood that student investigators may not have any publications to provide for this section. Students are **NOT** allowed to put publications by their faculty mentor as there is a section for that purpose (Part II, Item 11, Page 23). Only use the allotted space.

Part II, Item 3 – Transcripts (Page 5)

A transcript is required from every school attended or currently being attended by student investigators. Only official transcripts bearing the university seal or other official designation will be accepted from the university, **NOT** the applicant. Transcripts should be requested before submission.

Part II, Item 3 – Transcripts (Continued)

All transcripts should be mailed to:

National Strength and Conditioning Association
Attn: Grants and Scholarship Program
1885 Bob Johnson Drive
Colorado Springs, CO 80906

Part II, Item 4 – Abstract (Page 6)

Provide an abstract of your proposed project. No more than 2,500 characters (including spaces) are allowed for this section.

Part II, Item 5A – Proposal Rationale (Pages 7 and 8)

Using the scientific literature, provide the background and rationale for your project. This section is limited to two, single-spaced pages, although you are not expected to use both pages. Take care to not exceed the provided space as excess characters will not be seen by reviewers.

Part II, Item 5B – Study Purpose or Specific Aims (Page 9)

In conjunction with the study rationale, use this section to provide the purpose and specific aims of your project. This section is limited to one, single-spaced page, do not exceed the allotted space.

Part II, Item 5C – Experimental Design and Methodology (Pages 10 – 16)

Provide a detailed overview of your research design, procedures, methodology and statistics. From this section, reviewers are expected to develop an understanding of your project and how it will be conducted. Failure to provide these sections and components will result in unfavorable scoring of your proposal. This section is limited to seven, single-spaced pages. Applicants are not required to use all of the pages. Be careful to not exceed the allotted space on each page as reviewers will not be able to evaluate the missing characters.

Appendix: Instructions for Completing Application (*continued*)

Part II, Item 6 – References (Page 17)

In alphabetical order, list the references used as part of your application. No more than 20 references is allowed for this section and proposals. Only use the allotted space.

Part II, Item 7 – Itemized Budget (Page 18)

For each section, provide your proposed expenses. Leave blank any sections that do not apply to your proposed budget. Take care and caution to make sure that all budgetary amounts are reconciled and add up correctly. Indirect or overhead costs are **NOT** supported by any of the grant programs.

Part II, Items 7A and 7B – Budget Justification and Available Resources (Page 19)

In the space provided, briefly justify the expenses associated with your proposal. This section can be used to provide further information regarding personnel, biochemical analyses, supplies, etc. Item 7B should be used to tell reviewers what equipment and supplies are already available for their use in the proposed project.

Part II, Item 8 – Proposed Time Scheduled (Page 20)

Using the example, provide an estimated timeline for completion of the project.

Part II, Item 9 – IRB Approval (Page 21)

Follow the instructions provided in this section of the application for proper documentation of IRB approval. Awarded funds will not be disbursed until approval of IRB is provided.

Part II, Item 10 – Biographical Sketch of Student Advisor (Page 22)

If applicant is a student, the faculty mentor or adviser must complete this section. A brief outline of completed education, experience, memberships, honors and related grant support for this project is required.

Part II, Item 11 – Selected Publications by Student Advisor (Page 23)

If applicant is a student, the faculty mentor or advisor must complete this section. Only use the space provided and only list those references that relate to the proposed project.