

PCHCS Research Grant

Approval Flow

- 1) The PCHCS Research Committee suggests that prospective applicant(s) identify a mentor. This improves the prospects for approval.
- 2) Prospective applicant must submit a **Letter of Intent** (see sample) to Chair of PCHCS Research Committee by deadline (October 1st, February 1st, and June 1st)

Letter of intent guidelines – A faculty member seeking internal grant funding will write a letter of intent which will describe the proposed study. The letter should include a descriptive title of proposed research; name, department, and contact information; introduction; research purpose statement; identification of independent and dependent variables, goals and objectives; project description; and statement of funding needs. The letter should be as specific as possible regarding the aforementioned components while not exceeding 2 single spaced pages of 11-point font.

- 3) Letter of intent sent to chair of subcommittee for review
- 4) Subcommittee completes review
- 5) Chair of Research Committee sends letter of response to applicant regarding review of letter of intent (LOI). If approved, applicants can complete a full proposal while addressing any issues noted in the LOI.
- 6) Full proposal (if invited) materials can be found at https://www.nova.edu/hpdresearch/hpdresearch_committee/index.html
- 7) Applicant(s) complete full proposal utilizing **HPD Research Grant Application** within 30 days of letter of intent response and submit to Chair of PCHCS Research Committee
- 8) Full proposal given to subcommittee chair for review
 - a) If changes are required, proposal returned to applicant(s). Once changes are complete the Chair of PCHCS Research Committee reviews for inclusion
 - b) If changes are not required then application prepared for submission to HPD
- 9) Proposal reviewed by PCHCS Dean's Office to ensure availability of budget support. Proposal signed by parties identified below:
 - a. Associate Dean
 - b. Chair of Research Committee
 - c. Dean
- 10) Proposal submitted to Patrick Hardigan or designee for review by HPD Committee

NOTE: letters of intent and full proposals should be submitted to:

Dr. Moya L. Alfonso
Chair PCHCS Research Committee
malfons1@nova.edu or 954-736-8316

Letter of Intent Sample

August 11, 2023

Dr. Moya L. Alfonso
Chair, PPCHCS Research Committee
Dr. Pallavi Patel College of Health Care Sciences
3200 S. University Drive
Ft. Lauderdale, FL 33328

Dear Dr. Alfonso,

I wish to submit this letter of intent for a PPCHCS research grant. The tentative title of the research project is “The effect of using a smartphone app to promote physical activity.” My mentor on this project is Dr. Jan Vagus from the Department of Health and Human Performance. (← Only include this statement if relevant.)

Regular physical activity has been determined by the American College of Sports Medicine (ACSM) and American Heart Association (AHA) as being vital to heart health and minimizing, if not avoiding, the effects of lifestyle related diseases. Compliance with an exercise regime is a challenge for many people and smartphone apps have been proposed as a way for clients to stay on track using a technology they regularly engage with. The goals of this project are to ascertain 1) how activity levels change pre to post in response to using a smartphone app, 2) which of three smartphone apps is most effective at promoting activity and 3) how fitness levels change over the duration of the study.

Thirty college students will be recruited for this study and randomly assigned to one of three groups (app A, app B, or app C). They will embark on a physical activity program for six weeks and log their activity using an Excel spreadsheet. Then, they will be randomly assigned to use one of three free exercise apps. They will track their exercise for the next 6 weeks using the app. At the conclusion of the study the data in the Excel spreadsheet will be compared to that collected using the smartphone app.

Grant funding is being requested to cover the cost of thirty heart rate monitors and expenses associated with presenting the findings at a conference.

Thank you in advance for your consideration of this request to receive support for a mentored research project. I can be reached at gsmith@nova.edu or 954-262-0000 should you have any questions.

Sincerely,

Dr. Guillermo Smith, Assistant Professor
Department of Health and Human Performance