PCHCS/ACON Research Grant

Approval Flow

1) The PCHCS/ACON 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/ACON Research Committee by deadline (October 1 for fall or February 15 for winter)

   *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 with regard to the aforementioned components while not exceeding 2 single spaced pages of 12-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

6) Full proposal [https://www.nova.edu/hpdresearch/research-grants/grant-application.html](https://www.nova.edu/hpdresearch/research-grants/grant-application.html) invited with reference to issues noted from letter of intent

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/ACON 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/ACON 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. Hal Strough
Chair PCHCS/ACON Research Committee
hstrough@nova.edu or 954-262-1443
July 1, 2019

Dr. Hal Strough
Chair, PPCHCS/ACON Research Committee
Dr. Pallavi Patel College of Health Care Sciences
1204 Terry-NSU
3200 S. University Drive
Ft. Lauderdale, FL 33328

Dear Dr. Strough,

I wish to submit this letter of intent for a PPCHCS/ACON 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. Jane Doe from the Department of Health and Human Performance. 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 wsmith@nova.edu or 954-262-0000 should you have any questions.

Sincerely,

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