

Sun Life Centre for Physically Active Research Assistantship: Application

Summary: The Centre will provide research assistantships for up to 3 students (undergraduate or graduate) annually for the spring/summer term. The research assistantships will be worth \$7,000 and will be allocated to those who are conducting work related to physical activity and health, broadly speaking, across the lifespan. The work could be thesis work or other. A supervisor must support the research plan. Those who receive a research assistantship must present their work at the next Annual Conference of the Centre. Eligible students may hold the assistantship more than once, though the research plan for subsequent applications should constitute new research.

Research assistantships will align with any of the Centre's **Research Objectives:**

- **Objective 1:** Develop a coherent understanding of the effects of PA on the development of motor abilities, cognitive abilities, and social behaviours in children, youth, and adults.
- **Objective 2:** Explore the socio-ecological (individual, interpersonal, organizational, community, and public policy) antecedents and consequences of physical activity.
- **Objective 3:** Determine the cardiovascular, metabolic, neurophysiological, and muscular adaptations to PA.
- **Objective 4:** Quantify the health and wellbeing of individuals from a variety of perspectives, such as sleep, nutrition, cognitive, motor, social, and parental influences.

Due dates (for 2021 only): Due by September 1, 2021: for use during either Fall 2021 or Winter 2021 terms. In subsequent years, applications will be due by March 15th for use during Spring term.

Adjudication: The Executive Committee (four elected members of the CPAC membership) will rank applications. Rankings will be based on the following components Academic Excellence (20% as evaluated from the CV and transcripts), Research Potential (40%) and Alignment with CPAC Objectives (40%) both evaluated through the research proposal and letter from the supervisor.

Application: The application consists of a) a cover letter that includes the required information; b) a copy of your current CV and transcripts; c) a maximum three-page (750 word; double spaced APA formatting, references additional) research summary of your work which must include: background literature, methodology, and proposed importance and alignment with the Centre; and d) a letter from the supervisor supporting the application and speaking directly to how the project is aligned.

Submission: Submit all documents in a single PDF file in the order outlined below and email to Nicole Vandermade (SunLifeCPAC@wlu.ca).

A: Cover Letter

Write a cover letter that includes:

- Applicant name and project title
- A brief description of the project
- Applicant's department, program, and year in the program
- Method of contacting the applicant (email)
- Statement of whether the project has received ethics approval (provide REB file number)

- Which CPAC objective the research aligns with:
 - Objective 1:** Develop a coherent understanding of the effects of physical activity on the development of motor abilities, cognitive abilities, and social behaviours in children, youth, and adults.
 - Objective 2:** Explore the socio-ecological (individual, interpersonal, organizational, community, and public policy) antecedents and consequences of physical activity.
 - Objective 3:** Determine the cardiovascular, metabolic, neurophysiological, and muscular adaptations to physical activity.
 - Objective 4:** Quantify the health and wellbeing of individuals from a variety of perspectives, such as sleep, nutrition, cognitive, motor, social, and parental influences.

B: Curriculum vitae and unofficial grades

Provide the Centre's Executive Committee with a current CV, which should include information about publications, conferences, previous scholarships, workshops attended, and teaching assistantships.

Provide a set of unofficial grades for the last two years of study.

C: Research Proposal

Applicants must adhere to the word limits where specified. Any additional content will be removed prior to adjudication. Write in clear language

Description of Proposed Research: In no more than 750 words (excluding references) describe:

Literature Review/Background

- Explain the importance, originality and anticipated contribution to knowledge of the proposed research. Situate the proposed research in context of the relevant scholarly literature. Explain the relationship and relevance of the proposed research to your ongoing research. If the proposal represents a significant change of direction from your previous research, describe how it relates to experiences and insights gained from earlier research achievements.

Objectives

- Briefly state the main objectives of the proposed research. Objectives should be clearly defined and achievable. Indicate how the proposed research is related (or not) to thesis work.

Methodology

- Describe the proposed research strategies and key activities, including methodological approaches and procedures for data collection and analysis, which will be used to achieve the stated objectives. Justify the choice of methodology and explain the specific instruments or procedures to be used. Demonstrate your experience with the methodology and associated infrastructure. If applicable, describe the theoretical approach or framework.

Alignment with CPAC Objectives

- Describe how the proposed research strategies and key activities, including methodological approaches align with one of the four CPAC objectives listed above.

C: Letter from Supervisor

The supervisor should provide a letter of support for the application, including how the work will benefit the applicant's experiences as a graduate student and how the proposed research aligns with CPAC's objectives. The letter should be primarily focused on these elements, but can also speak to the applicant's academic background.