**ENS Student Research Grant Program**

**School of Exercise and Nutritional Sciences**

**San Diego State University**

**Purpose:** This fund provides support to full- or part-time undergraduate or graduate students in the School of Exercise and Nutritional Sciences who are engaged in research with faculty in the School of Exercise and Nutritional Sciences. Funds must be used for direct costs towards completing the study (e.g., research materials and supplies, participant incentives, stipend for a student research assistant (a maximum of two students can be paid a stipend through the award), travel reimbursement for data collection).

The intent of this grant is to provide a transformational educational experience to undergraduate and graduate students. This grant program will foster the research environment in the School of Exercise and Nutritional Sciences (ENS) by pairing ENS faculty members with students. This aligns with the College of Health and Human Services (CHHS) Core Value of Center Student Success.

**Available Funds:** For the 2025-2026 academic year, ~ten awards of up to $2,000 may be made (total funds available $20,000). A lesser amount may be requested.

Funds can be used for (but are not limited to) the following: participant payment, equipment, supplies, travel related to the research being conducted, and a stipend for the student research assistant.

**Eligibility:** This program is open to undergraduate and graduate students who are working with faculty members in the School of ENS. ENS faculty members are encouraged to recruit promising students and work with them to answer a specific research problem. Students applying for an award and the ENS faculty member directing the research experience will complete an application collaboratively.

**Guidelines:**

* Research must be done under the School of ENS faculty supervision.
* A student can only receive this award once during their degree program.
* Funds cannot be used for faculty salary.
* Student stipends should be equivalent to $20 per hour of work (or less).
* Funds should not be used for research funded by other grant sources but may be used for add-on projects to funded grants. The student should play a significant role in any such projects.
* Students who receive a CHHS Graduate Student Research Award are not eligible for this ENS Student Research Grant and are required to notify Jen McFadden (ENS Staff) when they receive the CHHS Graduate Student Research Award.

**Criteria:** Proposals will be judged on: (a) the overall quality and clarity of the project description; (b) the clarity and relevance of the research question/hypothesis; (c) the level of student contribution and likelihood of student achievement in research-related activities; (d) a realistic timeline and feasibility of successfully completing the project relative to available resources; and (e) the dissemination plans, including the potential for student involvement in a presentation, publication, and/or external grant submission.

The student’s role in the project must be clearly defined and should include data collection (not just analysis of previously collected data). The proposed outlet for the completed research should be defined (e.g., presentations at the Student Research Symposium, state, regional, or national conferences; publications; future grants [if the project includes collection of pilot data]).

The proposal review panel will consist of three research active tenure/tenure-track faculty members appointed by the Director of the School of ENS. The proposal review committee will make recommendations for funding to the School Director. Faculty whose students receive awards during the current academic year may be asked to serve on the proposal review panel for the next round of funding.

**Proposal format:** Proposals should be no more than three pages in length and use 11-point font or greater. The final page (page 4) should exclusively be the budget, in tabular format, followed by a brief budget justification.

**Application deadline:** Initial applications are due April 4, 2025.

Funds will be available July 1, 2025 – June 30, 2026.

Email proposals with “ENS Student Research Awards” in the subject line to the Director of the School of Exercise and Nutritional Sciences (Dr. Mahar) mmahar@sdsu.edu. Funding decisions will be announced after the review committee has reviewed the application.

Note that the student and faculty member are responsible for submitting a 1-page report summary abstract (Title, Purpose, Methods, Results, Conclusion) at the completion of the project. This summary may be posted on the ENS website (<https://ens.sdsu.edu/student-resources/ens-student-research-presentations>) as a means to publicize and promote research experiences in the School of ENS. The student is responsible for producing a poster (electronic version required) that will be placed on the video display in the ENS hallway.

**The application and budget should use the following template.**

**ENS Student Research Grant**

**School of Exercise and Nutritional Sciences**

**Application**

**Name of student:**

**Student Email Address:**

**Degree program:** 🞏 BS Foods and Nutrition

 🞏 BS Kinesiology – Exercise Science

 🞏 BS Kinesiology – Fitness and Exercise Science

 🞏 BS Kinesiology – Pre-Physical Therapy

 🞏 MS Athletic Training

 🞏 MS Exercise Physiology

 🞏 MS Food Science

 🞏 MS Nutritional Sciences

 🞏 MS Exercise Physiology and MS Nutritional Sciences (Concurrent program)

**Student status at of start of funding request:**

🞏 Freshman 🞏 Sophomore 🞏 Junior 🞏 Senior 🞏 Graduate Student

**Name of faculty mentor:**

**Date of proposal submission:**

**Title of the proposal:**

**Description of research project** (include background/significance; specific aims and related hypotheses; and activities/measurements to be performed by student):

**Background / Significance** (maximum 150 words):

**Specific Aims and Related Hypotheses:**

**Activities/Measurements to be Performed by the Student** (maximum 500 words):

**Timeline for Research Project** (include the anticipated start date and anticipated end date; the project should be completed within one or two semesters; justification for longer duration should be included)**:**

Project timelines help proposal reviewers understand when specific tasks will be done. Below is an example of a project timeline that can be used (list tasks appropriate for the proposal in the left column and shade or check the month you propose to conduct that specific task in the other columns).

|  |  |
| --- | --- |
|  | PROJECT YEAR  |
| Project tasks | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
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**Projected outlet for completed project** (e.g., where work is to be presented and/or submitted for publication):

**Budget (maximum amount $2,000):**

Allowable expenses include participant payment, equipment, supplies, travel related to the research being conducted, and a stipend for the student working on the research study.

Student stipends are not awarded if the student is also receiving academic credit for the research project (e.g., ENS 499, NUTR 499, ENS 797, ENS 798, NUTR 798, ENS 790, ENS 799A, NUTR 799A). If awarded, student stipends may be paid all at once at the end of the work or twice. If stipends are paid twice, then faculty can request the first stipend for the student halfway through the total number of hours to be worked. The number of students who can receive a stipend from one ENS Student Research Grant is two students.

Receipts for equipment, supplies, travel to conduct the research, or participant incentives must be submitted within 20 days of purchase to be eligible for reimbursement.

Please describe how the budget will be spent in the budget table below.

|  |  |
| --- | --- |
| **Item** | **Amount** |
| **Equipment** (list equipment needed that is essential for conducting the research project. Quotes for equipment must be included in an appendix): | $ |
| **Supplies** (Supplies are consumable materials and small pieces of equipment with a useful life of less than one year): | $  |
| **Travel** (Travel required to conduct the research project. Travel to a professional meeting to present the results will not be funded through this funding mechanism. Current approved mileage reimbursement rate effective January 1, 2024 = $.67 per mile): | $  |
| **Stipend (If applicable):** | $  |
| **Participant Incentives** (Incentives to individuals or organizations to encourage participation in the research project): | $ |
| **Other (Please specify):** | $  |
| **TOTAL (cannot exceed $2,000)** | $  |

**Budget Justification:** include brief line-by-line justification for each item.