

NSCA Grants Application



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
- Senior Investigator — Up to \$25,000
- NSCA International Collaboration — Up to \$50,000



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 (NSCA) 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 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. 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 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 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 the applicant. NSCA employees and their families are ineligible to receive financial awards.

All grant applications must be submitted by **March 15**. No scanned and emailed applications will be accepted. All applications must be submitted using the "Click to Email Application" button on the application. 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 NSCA, its Board of Directors and NSCA Members through use of their Bank of America credit card.

GNC® Nutritional Research Grant

GNC® sponsors this nutrition-based research grant for 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 was 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 was submitted. One award in the amount of \$2,500 will be made as part of this program.

Master's Research Grant

This grant program funds graduate research in strength and conditioning with a purpose and specific aims that are 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 with a purpose and specific aims that are 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.

Current Grant Programs (*continued*)

Senior Investigator Grant

This grant program funds full-time faculty members in a senior faculty position at the rank of Associate Professor or higher. 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 five years prior to submitting the grant application. Awards in the amount of \$25,000 will be made as part of this program.

International Collaboration Grant

The NSCA International Collaboration Grant has been established to solicit creative proposals to facilitate collaboration between an American-based colleague and an international colleague. Applications will not be accepted that do not have an American-based colleague as either the applicant or the international colleague. Both individuals must be NSCA members for at least five consecutive years prior to submitting the application. Applicants can apply to visit one or multiple international colleagues or propose to host one or multiple international colleagues in support of the proposed project. A total of \$50,000 will be made available from this program each year with no predetermined limit on the number of awards to be made annually. This award is the only NSCA grant which will provide for travel expenses directly related to the activity including transportation costs (airfare, train, automobile, etc.), lodging, per diem, local travel and other expenses directly related to the proposed activity, in addition to the necessary expenses to complete the proposed research project. Travel expenses are to be limited to 50% of total budgeted costs and cannot exceed \$10,000. No salary or indirect costs will be supported by this grant. All faculty, regardless of rank, are eligible to apply. Renewable term or individuals in post-doctoral positions are not eligible.

*With the exception of the International Collaboration Grant, 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. 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. All applicants are encouraged to 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: _____

Country: _____

Telephone Number: _____ Fax Number: _____

Email Address: _____

Faculty Only

Years since Doctoral degree conferred: _____ years Title: _____

University/Business currently employed: _____

Years at this University/Position: _____ years

NSCA Member ID#: _____ Date of NSCA Membership: _____

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

3. 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

Grants Application

Last Name, First Initial: _____

Part I

International Collaboration Grant only

3. Biographical Sketch of International Colleague

If more than one international colleague is part of the application, additional pages will need to be completed for each person and submitted under separate cover with clear instructions to foundation@nsca-lift.org.

Name: _____

Position/Title: _____

Institution	Degree	Years	Area of Concentration

Professional Experience (in chronological order)	Area of Concentration	Years

Membership and Honors

Part I

4. List of publications that relate to proposed project by the Principal Investigator or Student Investigator *(One page limit.)*

Part I

International Collaboration Grant only

4. List of publications that relate to proposed project by the International Colleague *(One page limit.)*

Part II

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

There is a space limitation of 4,000 characters, including spaces, for your abstract.

Part II

2. Proposal

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

2. Proposal

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

3. Proposal

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

Part II

4. Proposal

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.

Part II

4. Proposal

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.

Part II

4. Proposal

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.

Part II

4. Proposal

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.

Part II

4. Proposal

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.

Part II

4. Proposal

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.

Part II

4. Proposal

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.

Part III

1. References—List in alphabetical order and limit to no more than 30 references.

Part III

1. References—Continued from page 18.

Part IV

2A. Budget Justification—Only use the space provided. *(Type or copy and paste into this section. Please be sure to proofread your work prior to submission.)*

2B. Available Equipment and Resources—What equipment and resources are currently available to facilitate the completion of your project? Only use the space provided. *(Type or copy and paste into this section. Please be sure to proofread your work prior to submission.)*

Part V

1. Proposed Time Schedule

Date or Date Range

Activity

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Example Timeline

Date or Date Range

Activity

May – August

Obtain IRB approval, set up accounts

September – November

Collect data

December – January

Analyze data

January – March

Prepare and submit abstracts to present at NSCA meeting

March – July

Prepare manuscript for publication

July

Present data at NSCA meeting

August – September

Submit manuscript for publication

Part VI

1. 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 your official notification to the address below. If you intend to email your approval, please send email to: foundation@nsca-lift.org. Be sure to include in the subject line an indication of your name and what grant program.

Date of Approval: _____

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

National Strength and Conditioning Association

Attn: Grants and Scholarships Program

1885 Bob Johnson Dr.

Colorado Springs, CO 80906

Complete biographical information (pages 3 – 6 and 24 – 25) is required of all collaborating parties for application to be considered valid. If any such materials are missing, the application will be considered incomplete and will not be reviewed.

Grants Application

Last Name, First Initial: _____

Part VII

1. 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 VII

2. 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 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. 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.**

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 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)

- **Research Grant** – Select which grant you are applying for from the drop-down box.
- **Title of Project** – A maximum of 75 characters, including spaces, is allowed.
- **Background Information** – Enter in the most current and updated background information to facilitate effective communication of your application during the review process.
- **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, the Young Investigator Grant, and the Senior Investigator Grant. Only faculty who have received their Doctoral degree within seven years are eligible for the Young Investigator Grant.
- **Students Only** – Students are required to provide: a) 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 3 – Biographical Sketch of Principal or Student Investigator (Page 3 – 4)

Enter in all required fields to provide a brief biographical sketch of your education, professional experience, current memberships and honors, as well as that of your international colleague. 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 4 – Related Publications by Principal or Student Investigator (Page 5 – 6)

Provide a brief listing of publications you, or your international colleague 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 VII, Item 2, Page 22). Only use the allotted space.

Part II, Item 1 – Abstract (Page 7)

Provide an abstract of your proposed project. No more than 4,000 characters (including spaces) are allowed for this section.

Part II, Item 2 – Proposal Rationale (Pages 8 and 9)

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 required to use both pages.

Part II, Item 3 – Study Purpose or Specific Aims (Page 10)

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.

Part II, Item 4 – Experimental Design and Methodology (Pages 11 – 17)

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.

Part III, Item 1 – References (Page 18 – 19)

In alphabetical order, list the references used as part of your application. No more than 30 references are allowed for this section. Only use the allotted space.

Part IV, Item 1 – Itemized Budget (Page 20 – 21)

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. The costs for any single item cannot exceed 50% of the total proposed costs. For the International Collaboration Grant please note that associated travel expenses cannot exceed 50% of the total budget, or \$10,000.

Part IV, Items 2A and 2B – Budget Justification and Available Resources (Page 22)

In the space provided, briefly justify the expenses associated with your proposal. This section can be used to provide further information regarding biochemical analyses, supplies, etc. Item 2B should be used to tell reviewers what equipment and supplies are already available for their use in the proposed project.

Appendix: Instructions for Completing Application (*continued*)

Part V, Item 1 – Proposed Time Schedule (Page 23)

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

Part VI, Item 1 – IRB Approval (Page 24)

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 VII, Item 1 – Biographical Sketch of Student Advisor (Page 25)

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 VII, Item 2 – Selected Publications by Student Advisor (Page 26)

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