**ACSM Northwest Student Research Award Program**

**Deadline:** October 31, 2025 at 5:00 pm Pacific Time

**Purpose:** To provide ACSM Northwest students with the financial support to conduct scientific research in line with the interests of ACSM. The research should be relevant to the area of physical activity and inactivity, exercise, sports, and sedentary lifestyles and in the context of addressing U.S. and global health objectives.

**Award:** A minimum of two awards of up to a combined amount of $2,000 for a one-year period will be offered. The award is to be used for experimental subjects/participants, supplies, and small equipment needs.

**Eligibility Requirements:**

1. Eligible students should be enrolled in an undergraduate or graduate program in the field of exercise science and/or sports medicine within the ACSM Northwest region.
2. Students must be ACSM Northwest members at the time of application submission. ACSM Northwest will confirm candidate’s ACSM membership prior to review and determination of awards. If you are not currently an ACSM Northwest student member, you can become a member of our chapter [here](https://northwest.acsm.org/join-our-chapter/).
3. Students must be in good academic standing with a 3.0 GPA or higher.
4. The student’s application must have a faculty sponsor who will provide a letter of support that meets the requirements set forth in the application.
5. The ACSM Northwest Student Research Award can be awarded only once to an individual.

**Submission Requirements:**

1. Applicants will submit a completed application form (see below) detailing the description of the study, significant literature in the field, and proposed budget costs. Title the application attachment ‘ACSMNW Student Research Award\_LastName’ and submit as a word or PDF document. The application should be submitted in this format ONLY.
2. An up-to-date copy of the student’s curriculum vitae should be submitted in the application package. Title this file attachment ‘ACSMNW Student Research Award CV\_LastName’ and submit as a word or PDF document.
3. A one-page letter of support/recommendation from a faculty sponsor must be included in the application. The letter must be on official departmental letterhead, signed by the faculty advisor, scanned, and emailed with the application. The recommendation letter should include the contribution of the proposed study to the field, relevance of the proposed study to the student’s academic career, the feasibility of the student to carry out the proposed work in the time frame and with the proposed budget, and indication that the student is in good academic standing (i.e., GPA of 3.0 or higher). Title this file attachment ‘ACSMNW Student Research Award Letter\_LastName’ and submit as a word or PDF document.

Applications must be submitted on the [ACSM Northwest website](https://northwest.acsm.org/chapter-awards/) no later than 5:00 pm Pacific Time on October 31st, 2025. Please read all requirements and instructions carefully. Incomplete or incorrect applications will not be reviewed. Applicants will be notified of funding decision via email approximately 2-3 weeks after the application deadline. These applications are extremely competitive, please follow the directions thoroughly and address each prompt. Please submit any questions regarding this award to the current ACSM Northwest national student representative, Sarah Schlittler at nationalstudent25@acsmnorthwest.org.

**ACSM Northwest Student Research Award Program Application**

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| Name: | Degree level (i.e., BS, MS, Ph,D, etc.): | |
| Degree Program: | University: | |
| Address: | Faculty Sponsor’s University Address: | |
| Email: | Faculty Sponsor Email: | |
| Phone: | Faculty Sponsor Phone: | |
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| 1. **STUDY DESCRIPTION** | | |
| **Title of the Study** | | |
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| **Rationale (not to exceed 400 words):** Explain the problem that the proposed research will address, why the problem is important to address, and the new information the proposed research will provide. | | |
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| **Specific Aims and Hypothesis (not to exceed 100 words):** Clearly state the goals of the proposed research and summarize the expected outcomes of the research. | | |
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| **Research Design and Target Completion Date (not to exceed 200 words):** Briefly describe the overall research design and anticipated completion date. | | |
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| **Methodology (not to exceed 400 words):** Concisely describe the procedures and analyses used to accomplish the specific aims of the research. Include how the data will be collected, analyzed, and interpreted. | | |
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| 1. **LITERATURE OF MAJOR SIGNIFICANCE** | | |
| Include a concise list of no more the 15 key references related to the proposed research. | | |
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| 1. **DETAILED BUDGET** | | |
| Direct costs only. ACSM Northwest does not pay indirect costs as part of the ACSM Northwest Student Award Program. Funds cannot be used to cover faculty or technician salaries, or graduate student stipend. If your budget exceeds the amount awarded by ACSM Northwest, explain how the remainder of funds will be acquired in order to complete the research. | | |
| **Equipment:** itemize and include justification. | | |
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| **Supplies:** itemize and include justification. | | |
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| **Travel:** travel related to data collection of proposed project. Note: Student Travel Awards are available separately for travel to the ACSM NW conference. | | |
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| **Participant Costs:** break downnumber of participants, fee per subject and include justification. | | |
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| **Other Expenses:** itemize and include justification. | | |
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| **Additional Budget Information:** If necessary, indicate how the project will be completed/who will provide additional funding if your budget exceeds the amount awarded by ACSM Northwest. *Keep in mind ACSM Northwest will be awarding* ***two awards******up to a******combined amount******of $2,000.*** | | |
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| **Total Direct Costs for the Project Period** | |  |