Interventional exercises for resistance training in older/sarcopenic adults **(INERTIA)**

Undergraduate Research Assistant Application

The INERTIA study is a patient-oriented behavior modification study that aims to evaluate the role on non-traditional risk factors of cardiovascular disease in older adults with musculoskeletal conditions, with a specific focus on body composition and physical functioning. Dr. Deepika Laddu is the PI of the INERTIA study. This specific study is focused on testing a resistance training intervention that is aimed at improving muscle strength and function, and reducing blood pressure (BP) in older adults with a condition known as sarcopenia adults.

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| **Basic Information** | | | | | | | | |
| Name: | |  | | | | | | |
| Email: | |  | | | | | | |
| Phone: | |  | | | | | | |
| Preferred method of contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Student ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | |
| **ACADEMIC INFORMATION** | | | | | | | | |
| Major: | |  |  | | |  | | |
| Previous Major (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Minor(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | |
| GPA: |  | | Major GPA: | | | |  | |
| Have you taken Research Methods? | | | | Y / N | If yes, what was your grade? | | |  |
| Are you interested in using this for course credit? Y / N If yes, what course?\_\_\_\_\_\_\_\_  Estimated Graduation Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | |

Research assistant duties may include: data entry, database management, and participant recruitment and screening, designing retention activities. Advanced research assistants might have opportunities to be involved in the process of planning, implementing, and presenting research projects (e.g., Capstone projects) and have the opportunity to receive course credit for your work in the lab.

**Please answer the following questions (you may use additional sheets of paper if needed):**

1. Why do you want to be in this research lab? What aspects of our lab are you most interested in?
2. Do you have any previous research experience? If so, please list and provide references.
3. If you have already declared a major, tell us what your major is and why you chose it. If you have not yet declared a major, tell us which fields you are considering and what factors could play a role in your final decision.
4. What are your greatest strengths as a student?
5. What are your greatest weaknesses as a student?
6. What are your professional goals? Do you plan to pursue graduate school? Why/why not?
7. How many hours are you willing and able to devote to working in the lab per week?
8. Please specify how many consecutive semesters you plan on committing to volunteer.
9. Please indicate the tentative hours in which you are available to work as a research assistant next semester.

Mondays:

Tuesdays:

Wednesdays:

Thursdays:

Fridays:

1. Please provide any additional information that you believe is important to your application.

**Please return this application, along with a resume to Nidhi Choudhary (**[**nid@uic.edu**](mailto:nid@uic.edu)**).**

**We will contact potential research assistants for interview.**