

## UQ Summer Research Project Description

|   |  |
|---|--|
| <b>Project title:</b>                               | <b>Novel exercise solutions for increasing exercise uptake and maintenance</b>   |
| <b>Hours of engagement &amp; delivery mode</b>      | 20-36h<br>Project to be completed with a mix of remote and in-person activities<br>Travel to St Lucia & Herston UQ campuses will be required   |
| <b>Description:</b>                                 | Within this project, the student will have the opportunity to engage in various research activities aimed at identifying and evaluating novel exercise approaches and methods to enhance exercise uptake and adherence. This includes a virtual reality exercise research program with the School of Human Movement and Nutrition Sciences and RECOVER Injury Research Centre and a range of digital and biofeedback approaches to increase exercise adherence in metabolic disease. The student will be involved in a range of research activities, potentially including data collection, study recruitment, data management, literature review, ethics applications, and scientific writing. The student can expect to work with virtual reality exercise applications, deliver supervised exercise sessions for apparently healthy participants, and pilot approaches for people with metabolic disease. |
| <b>Expected learning outcomes and deliverables:</b> | It is expected that the student will gain and practice essential research skills such as conducting literature review, data collection, data management (including ethical applications) and quantitative research methods. The student will have opportunities to develop communication skills with research participants. In addition to the foundational research skills, it is expected that the student will learn, experience and evaluate the utility of a range of digital exercise tools and approaches and exercise adherence building strategies, which may benefit their ongoing clinical practice.  |
| <b>Suitable for:</b>                                | This project would be suitable for 3 <sup>rd</sup> -4 <sup>th</sup> year students from the Faculty of Health and Behavioural Sciences and those in health professional programs. This does not have to be exclusively in exercise/physical activity professions. Those with a particular interest in virtual reality or other digital health exercise interventions are encouraged to apply.   |
| <b>Primary Supervisor:</b>                          | Dr. Shelley Keating  |
| <b>Further info:</b>                                | Please contact before applying: Dr Shelley Keating <a href="mailto:s.keating@uq.edu.au">s.keating@uq.edu.au</a>  |