

UQ Summer Research Project Description

Project title:	Long-term outcomes of The FITR Heart Study and Research in Exercise Physiology
Hours of engagement & delivery mode	30 hours/week. Hybrid. On-site attendance will be required for at least part of the project. Some administrative work could be done remotely.
Description:	<p>This project involves a follow-up study of participants who completed a randomised controlled trial (7+ years ago) that investigated high-intensity interval training in cardiac rehabilitation.</p> <p>Work on this project will involve analysing and working with data on outcomes related to cardiorespiratory fitness, body composition, vascular function, blood markers, exercise/physical activity habits, and dietary intake.</p> <p>Part of this project will also involve assisting with other exercise physiology projects to gain experience in data collection related to vascular assessments, exercise testing, exercise training, and physical activity.</p>
Expected learning outcomes and deliverables:	<ul style="list-style-type: none"> - Learn and assist with data analysis - Learn and assist with communicating research data to participants - Learn and assist with research techniques such as cardiopulmonary exercise testing, measurements of vascular stiffness and function, collecting accelerometry data, administering exercise and physical activity related questionnaires, and processing blood samples (optional). - Gain experience in data collection processes - Develop an understanding of ultrasound assessments to measure peripheral vascular function and brain blood flow regulation.
Suitable for:	<p>Students who are</p> <ul style="list-style-type: none"> - Self-motivated, organised, and have a professional nature - Good interpersonal skills - Strong attention to detail - Interest in postgraduate research
Primary Supervisor:	Jenna Taylor
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