**UQ Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Chrono-nutrition for metabolic health and performance** |
| **Hours of engagement & delivery mode** | For the Winter program, students will be engaged **for 4 weeks only**.  20-36 h per week during 30 June to 25 July 2025.  Project to be completed with a mix of in-person (St Lucia Campus) and remote activities. |
| **Description:** | Within this research project, the student will explore innovative approaches in chrono-nutrition, focusing on how the timing of nutrient intake influences metabolic health and exercise performance. The student will be able to engage in a range of research activities which could include data collection, participant recruitment, data management, literature reviews, ethics applications, scientific writing and scientific discussions. The student can expect to work with and analyse dietary intake data as well as continuous glucose monitor data. There will also be opportunity to develop and review patient resources in chrono-nutrition. |
| **Expected learning outcomes and deliverables:** | It is expected that the student will gain and practice essential research skills through this project including conducting literature reviews, data collection, data management, quantitative and qualitative research. The student will have opportunity to work in a research team and develop time management and communication skills. |
| **Suitable for:** | This project will be suitable for students from Faculty of Health, Medicine and Behavioural Sciences and those in health professional or sport science/human movement/nutrition programs. |
| **Primary Supervisor:** | Dr Brooke Devlin |
| **Further info:** | Dr Brooke Devlin |