UQ Summer Research Project Description - 2026

Project title:	**Exercise interventions for cardiovascular health**
Hours of engagement & delivery mode	30-36 hours/week. Hybrid. On-site attendance will be required for the majority of the project. Some tasks can be done remotely.
Description:	Opportunity to gain research experience on 2 exercise physiology projects. 1) Assist with cardiovascular testing measures and exercise training in perimenopausal women. Testing will include cardiopulmonary exercise testing with 12-lead ECG, brain blood flow assessments, vascular function and structure assessments, and dual-energy x-ray absorptiometry. Exercise training sessions will involve interval training at high and moderate intensities. 2) Conduct qualitative data analysis on a study investigating patient-inspired strategies to improve exercise delivery and adherence in cardiovascular disease. Tasks will involve editing transcripts from focus groups and conducting thematic analysis to identify key themes on strategies to improve exercise delivery and adherence.
Expected learning outcomes and deliverables:	- Learn and assist with research techniques such as cardiopulmonary exercise testing, 12-lead ECG, measurements of vascular stiffness and function, collecting accelerometry data, administering questionnaires, and processing blood samples (optional). - Develop an understanding of ultrasound assessments to measure peripheral vascular function and brain blood flow regulation. - Gain experience in data collection processes - Gain experience in data analysis processes (e.g. thematic analysis, a qualitative research method)
Suitable for:	Students who are - Self-motivated, organised, and have a professional nature - Good interpersonal skills - Strong attention to detail - Interest in postgraduate research
Primary Supervisor:	Dr Jenna Taylor
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