

Project proposal template – Faculty studentships Summer 2014

<i>Project title</i>	Effects of exercise on health and fitness in physically disabled individuals.	<i>Director of Study</i>	Dr Hannah Moir
<i>Second Supervisor</i>	Dr Owen Spendiff	<i>School</i>	Life Sciences <input type="button" value="v"/>
<i>Other members of supervisory team</i>	Dr Simon Bagnall (NHS, KU)	<i>Any requirements from applicant (eg degree in specific subject area)</i>	Sport and Exercise Sciences or closely related discipline
Project summary (max 1,000 characters)			
<p>It is well established that a sedentary lifestyle is harmful to health and wellbeing particularly in young people. Those with disability are vulnerable to reduced physical function and deterioration in musculoskeletal morphology, progressing to a greater risk of metabolic and cardiovascular risk and early mortality. Currently there is limited understanding and awareness of the implications of physical activity in this population. The primary aims of the project are to validate and establish reliable health-related fitness measures for physically disabled and non-ambulatory individuals undergoing supervised training regimes. The project will be inter-disciplinary and collaborative with the Weir Archer Academy. It supports and contributes to the research of the SEC Faculty Interdisciplinary Hub for the Study of Health and Age-related Conditions (IhSHA) and aligns to the DCRG and SENPHRG research groups.</p>			