



SHP Student Interns for Research and Scholarly Activities Application of Project Proposal Form

Instructions:

Please fill out the form and return via email to Nipa Sahasrabuddhe (ns1115@shp.rutgers.edu) by **March 31, 2023**. Please fill each box to the right of each required field. If you are sending attachments, please ensure your contact information is added to all your forms.

Faculty Contact Information:

Date submitted:	3/28/23
Faculty Name:	Richard Ferraro
Department/Program:	RBHS/DPT- Blackwood
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Project Detail:

Project Title: (56 characters max)	Validation of the isometric mid-thigh pull as a global measure of strength.
Hypothesis:	We hypothesize that the isometric mid-thigh pull (IMTP) is a valid method of assessing an older adult's muscle performance when compared to other objective, measures of strength and will have similar results when compared to the younger cohort previously studied.
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)	This is an extension of a study that tested healthy young adults who performed five different standardized strength assessments including the proposed IMTP. The target population for this portion of data collection is older healthy adults who would also participate one-time data collection session. The primary purpose is to continue to validate the IMTP method as a viable option to measure a person's overall strength regardless of age. Only one aspect would change in this protocol with older adults. One of the five measures of strength, the broad jump, will be optional. (see attached testing protocol for specifics).
Specific Student Responsibilities:	Student responsibilities will be to help collect data, post data collection analysis and to assist in writing an abstract and developing a poster/presentation for any

	possible future dissemination of our findings.
Start / end date of project:	June 2023-August 2023

Educational:

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)	n/a
WHERE DO YOU PLAN TO PRESENT OR PUBLISH THE FINDINGS WITH THE STUDENT? (e.g., national or state meetings, newsletter or journal, SHP poster day)	National/state physical therapy conferences, SHP research day and/or any applicable peer reviewed journals.

CHECK ALL APPROPRIATE BOXES BELOW AND PROVIDE REQUESTED INFORMATION.

This project is: x☐ clinical ☐ laboratory ☐ behavioral ☐ survey ☐ educational

☐ Other: please specify _____

☐ This project involves the use of human subjects (including chart review, retrospective studies and questionnaires).

Pending ☐ Approved x☒ IRB Protocol Number Pro2020000488

IRB approval must be obtained by June 2023

 PT, DPT, PhD.

Signature of Department Chair

March 28, 2023
Date

OR-For internal use

Form: (1)

Reviewed date: 4/4/23

Date processed on website: _____