



The University of Alabama at Birmingham

2026 Pilot Grant REQUEST FOR APPLICATIONS

The UAB Center for Exercise Medicine ([UCEM](#)) is pleased to announce plans to fund pilot research focused on conducting exercise-based clinical trials. Projects should focus on addressing a clinical problem and include an exercise-training intervention capitalizing on the unique infrastructure of the UCEM Exercise Clinical Trials Facility (ECTF) and research team. Funds should be used to generate key preliminary data to support subsequent applications for extramural funding.

Applications from any clinical condition of interest are welcome. **Additional funds may be available for projects related to the mission areas of the Comprehensive Arthritis, Musculoskeletal, Bone and Autoimmunity Center ([CAMBAC](#)) and are highly encouraged.**

The expected start date of awards is September 2026; we anticipate funding 2-3 applications. Budgets should be for one year, should not exceed \$30,000, and need to incorporate ECTF support. Potential applicants should contact Ms. Alexis Dunning (adunning@uab.edu) ahead of the deadline to discuss incorporation of ECTF support into the project and project budget.

ELIGIBILITY and EXPECTATIONS

1. Open to all full-time UAB faculty members at the Instructor rank or above. Junior faculty are encouraged to apply.
2. Projects should focus on conducting exercise-based clinical trials
3. Applications that are extensions of currently funded research will not be considered.
4. IRB protocol submission prior to the funding start date is required.
5. Selected pilot projects are expected to lead to the submission of an extramural NIH or equivalent grant application within 12 months of pilot project expiration.

APPLICATION INFORMATION

The full application must include, in the following order:

1. Project title and summary describing the potential scientific implications of the project and list of all investigators, their expertise, and contributions to the project (**≤ 1 pg.**)
2. NIH Biosketches for each proposed faculty participant (**≤ 5 pg. per investigator**)
3. Budget and justification, including a description of the management of the project and incorporating of ECTF infrastructure (**≤ 2 pg.**)
4. Scientific overview of the project: hypothesis, aims, significance, innovation, & approach with prelim. data (**≤ 4 pg.**)
5. Timeline for milestones & deliverables, with a description of how the project will support future funding applications (**≤ 1/2 pg.**)

APPLICATION INSTRUCTIONS

Proposals must be submitted electronically in a single PDF to Ms. Kären Fulton (fulton31@uab.edu) by 5:00pm CT on August 1, 2026. All applications should use NIH PHS 398 forms for the cover page, key personnel, budget, budget justification, and the 5page NIH biosketch with other support for all key personnel. Applications must use Arial 11-point font with 0.5-inch margins. Faculty salary, travel, or publications costs are not to be included. There are no indirect costs. Applications that are not formatted as described will not be reviewed.

KEY DATES

May 1, 2026: RFA Announcement
August 1, 2026: Submissions Due

August, 2026: Application Review
September, 2026: Funding Start Date