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LRTIs

A different topic may be selected other than those listed below provided it meets an important priority area for Lakeshore.

1. Program Evaluation – Use systematic methods and/or appropriate technologies to capture and monitor the effects of one or more ongoing Lakeshore programs in aquatics, fitness, recreation and/or sports (including Paralympic sports) with existing and/or new Lakeshore members, with the intention of building an ‘evidence-based’ framework for capturing successful outcomes of existing and new programs in the future.
2. Comparative Effectiveness – Compare two or more programs offered at Lakeshore or compare an existing or proposed Lakeshore program to one offered at a different facility with a specific disability group. Establish appropriate data collection techniques to track qualitative/quantitative changes in health, behavior and/or function.
3. Novel Exercise Training Techniques (Dose-Response) – Examine the “trainability” or adaptability in one of the target populations listed above focusing on certain health issues or risk factors associated with the condition.
4. Pediatrics – Monitor and/or improve the health of children with physical disabilities in outpatient and/or home-based settings. Participants should have an affiliation with Lakeshore Foundation’s summer camps and/or yearly programs or be associated with Children’s Hospital of Alabama.
5. Secondary Conditions – Examine the effects of exercise, nutrition or a combined exercise/nutrition intervention on one or more of the following secondary conditions: pain, fatigue, obesity, inflammation, depression, deconditioning.
6. Military Program – Examine changes in health and function associated with Lakeshore Foundation’s military program for injured/disabled veterans before and after short-term residential programs and one year post-intervention.
7. Exercise Behavior/Adherence – Identify key factors influencing exercise adherence in highly compliant and non-compliant Lakeshore members.
8. Engineering and Exercise Technology – Develop an innovative exercise, sport or recreational technology to address gaps in physical activity or sport participation in children or adults with disabilities.

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