

 TIPS FOR SUCCESSFUL PROPOSALS 
TO THE
AAHPERD RESEARCH CONSORTIUM GRANT PROGRAM

GRANT REVIEWERS LOOK FOR ...

- a principal investigator who is **qualified** to complete the work proposed and who has successfully conducted similar work in the past.
- a proposal that is **feasible** to complete within the timeframe and budget proposed. For example, can recruitment of the number and type of research subjects needed for the study be accomplished? (i.e. are there enough subjects to achieve the primary aim of the study?)
- a study that is **realistic** in terms of its ability to show results on the goals that it is intended to achieve.
- a proposal that has the potential to yield an **outcome valuable** to AAHPERD's mission and **relevant** to practice.
- a proposal that will lead to a published study that can **add to the existing body of literature** on this issue.
- a proposed study that is based on the **correct assumptions**. In other words, a study and an outcome that logically follows from the theoretical framework on which it is based.
- a study that describes **methods suitable** for the objectives outlined. In other words, the proposed methods will enable the researcher to answer the research question.
- a proposal that includes the **appropriate analysis** to measure the results.
- a study that employs the **correct tools**. (i.e. survey instruments)

TIPS FOR SUCCESSFUL PROPOSALS

- Ensure that you have considered each of the points above in preparing your proposal.
- Clearly define the **primary and secondary goals** for the project:
 - The **primary aim** is generally listed as the primary measurable outcome goal of the study (e.g., predict a 10% increase in the number of days students walk to school as compared to each student's individual baseline number of days walked to school). The magnitude of the changes proposed in the study or the anticipated effect size (or correlation) attached to the primary aim should be used to calculate the sample size needed for the grant.

 - The **secondary aims** are those anticipated outcomes of the study but are not used to calculate the sample size for the study. (e.g., students will increase self-efficacy for walking to school; parents will decrease their perceived barriers to their children walking to school).
- Ensure that there is **consistency between the study aims, methods** used to collect data to carry out each study aim, **and analysis** is designed to measure each study aim and that the analyses are appropriate for the methods used. All methods and instruments listed in the methods should relate to the aims. All aims should have instruments to measure them and have a way to analyze their impact to the study.
- Include any information on any **pilot study and/or data** that may be available.
- Have your proposal **reviewed by colleagues** for clarity. Having colleagues not in your special area of expertise is very useful since some grant reviewers may not be experts in your

area of submission. For this reason, it is very important to avoid technical phrases, specialty jargon, and the use of excessive number of abbreviations.

- **Limit your literature review** to a length that supports the need for your study.
- Ensure that you have secured and can document **IRB approval and informed consent**.
- Reference any **supplementary financial support** you may have for the study, including any matching funds.