

# SPARTA Study: Student Volunteer Opportunities

## Soldier Performance And Readiness As Tactical Athletes (SPARTA) Study

The UK Ministry of Defence recently lifted the ban on women in ground close combat. Changing roles and requirements for military personnel have led to new types of physical fitness training programs in the armed forces. The purpose of this study is to determine the effectiveness of different physical fitness programs on military occupational physical performance in both men and women.

This is a three-year training study that will involve testing and exercise training at the Neuromuscular Research Lab in Southside and Baierl Rec Center in Oakland. Subjects will go through multiple testing iterations and train with our CSCS trainers for 12 or 24 weeks as part of their participation. There will be numerous opportunities for involvement with data collection during these testing timepoints. We will be conducting performance testing, military-style testing, as well as collecting biological samples (blood and muscle samples). This study will provide a unique opportunity to be exposed to a wide array of data collection with plenty of hands-on opportunities in a human performance research setting.



We are seeking motivated, hard-working, and dedicated student volunteers to assist our research team in a variety of ways:

- Assist in the daily operation of the weight training facility (Baierl Rec Center)
  - Collection of questionnaires and assisting with testing, data collection and extraction
  - Maintain accurate inventory of all supplies and equipment in the weight room
  - Ensure all equipment is clean and functioning properly and safely
  - Assist CSCS trainers as needed with implementation of different training programs
- Assist with data collection during testing weeks (NMRL, Baierl, and Sports Dome)
  - Learn and assist with equipment in the NMRL and Sports Dome
    - Body composition, bone density scans, power assessments, physical employment standards (PES) testing, and collection of biological samples (blood and muscle) are some of the unique data collection opportunities in this study
  - Administer questionnaires to participants
  - Data entry, extraction, and cleaning
  - Assist researchers as needed with coordination of testing days

Please send us a copy of your resume or CV if you are interested in getting involved!

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