Name: Dr Zakia Hossain  
Email: zakia.hossain@sydney.edu.au  
Contact number: 0433 545 532  
Discipline: Behavioural and Social Sciences in Health  

Project Title or Broad Research Area  
CALD women’s Health: a study of Breast and cervical cancer screening practices  

Brief Description of Project  
Breast and cervical cancers are common cancer among women of reproductive age. The current national database shows that migrant women including those from non-English speaking background (NESB), are significantly less likely to participate in breast cancer screening including mammography (45% and 59%, respectively), CBE (55% and 73%, respectively) and cervical cancer screening Pap testing (61% and 86%, respectively) compared to their main stream Australian women counterparts (Australian Bureau of Statistics [ABS], 2000). This research aims to investigate the factors that are leading to or inhibiting in participation in the screening practices. Contribution of structural, personal and environmental factors will be assessed. Health belief model will be used to explore how perceived susceptibility and seriousness of the disease influence women’s participation and take necessary action. Assessment of health literacy among the study population will be measured in order to identify the gaps health literacy and possible outcomes. The findings of the study will make a significant contribution in the policy planning and implementations concerning the cancer screening of CALD women of reproductive age.

Proposed Method  
quantitative method, N=200, participants: women age 35 and above living in Sydney, data will be collected using a convenient sampling method and recruitment of the participants will be done through Migrant resource centres in Sydney.

Is ethics approval required?  
Yes (please go to # 10)  

If yes to the above, has ethics approval been applied for?  
No

Is the project conducted in conjunction with one of the Local Health Districts?  
No (please go to # 13)  

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?  
No

This project is appropriate for students in the following degree(s)  
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy)
Do you have any specific requirements, or is any other information relevant to your project?

The project will provide student an opportunity to research on women's health. If any other specific issues that student wants to explore can be added as well.
**Brief Description of Project**

Instagram has recently released a new health feature which allows users to report posts that they find concerning, such as self-injury, harassment or bullying, sale or promotion of drugs, violence or harm, among the few. Instagram can use this anonymous report to contact the user and offer support by providing the following options (i) talk to a friend, (ii) contact a helpline, (iii) get tips and support. The feature also identifies keywords and hashtags used by a user and creates a pop-up notification that offers these support options. The aim of this study is to identify what factors would prompt a follower to send Instagram a notification to other users at risk of mental health issues. Also, to identify what factors would prompt help-seeking following a notification from Instagram.

**Proposed Method**

An online survey will be used to explore the research topic as set out in the research questions devised by the student with the supervisors. Participants will be at least 300 adult users of Instagram (aged 18+) recruited through flyers around campus and online notices. Support is available for recruitment, survey design and quantitative data analyses.

**Is ethics approval required?**

Yes (please go to # 10)

**If yes to the above, has ethics approval been applied for?**

No

**Is the project conducted in conjunction with one of the Local Health Districts?**

No (please go to # 13)

**If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?**

No

**This project is appropriate for students in the following degree(s)**

- Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy)

**Do you have any specific requirements, or is any other information relevant to your project?**

This project extends on existing work by Dr. Krestina Amon and Dr. Melanie Keep. Dr. Keep will take a secondary supervisor role. Students will be mentored and supported by Krestina and Mel, but also the Faculty's eHealth and Cyberpsychology research teams.
Name: Dr Melanie Keep

Email: melanie.keep@sydney.edu.au [preferred mode of contact]

Contact number: 9351 9390

Discipline: Behavioural and Social Sciences in Health

Project Title or Broad Research Area

Leveraging e-Applications for Patients and their families (LeAP)

Brief Description of Project

LeAP is an exciting eHealth research collaboration between The University of Sydney and the Children’s Hospital at Westmead (CHW), Westmead. The SCHNW is implementing a patient communication portal that is integrated with the electronic health record (EHR). The portal includes functions such as, text-based communication with clinicians, appointment scheduling and reminders, self-serve functions and, in future, education, results, summaries, care plans and family initiated content. It is anticipated that, through this portal and its integration with the EHR, patients and their carers will have timely access to team/clinician communication thereby reducing stress and enhancing their experience of care. The LeAP research project is investigating the pilot of the patient portal to understand how it will impact on patients/carers and hospital staff.

Proposed Method

The research project has a mixed methodology, using both qualitative and quantitative data sources. The honours student will have flexibility to define their research question, based on data collected throughout the study. The current data set includes qualitative interviews with patients and families, app usage metrics on how patients and families are using the app, and details of communication between patients and health professionals via the app.

Is ethics approval required?

No (please go to # 11)

If yes to the above, has ethics approval been applied for?

Yes

Is the project conducted in conjunction with one of the Local Health Districts?

Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

Yes

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy)

Do you have any specific requirements, or is any other information relevant to your project?

No.
Name: Mr Tuguy Esgin

Email: tuguy.esgin@sydney.edu.au

Contact number: 415789565

Discipline: Exercise and Sports Science

Project Title or Broad Research Area

Effect of low-intensity interval training combined with blood flow restriction on cardiovascular disease risk factors in patients with metabolic syndrome: A randomised control trial

Brief Description of Project

Examine the effects of a 12-week intervention of low-intensity interval training combined with blood flow restriction on risk factors for cardiovascular disease in patients with metabolic syndrome.

Proposed Method

The methodology of this study is a clinical randomised control trial. The participants will be aged between 35 to 50 years old and the study will be conducted at Cumberland Campus of the University of Sydney.

Participants will be randomised into one of two groups (approximately 15 participants in each group).

The groups include:

1. High-intensity interval training - cycling (120% VO2max) consisting of 8 sets of 20 second efforts (60 seconds recovery between efforts)

2. Low-intensity interval training - cycling (40% VO2max) + blood flow restriction consisting of 8 sets of 20 second efforts (60 seconds recovery between efforts)

The intervention will be of 12 weeks duration with the groups performing 3 sessions per week. Study inclusion criteria:

Participants aged between 18 to 50 who have a waist circumference >94cm (Europid men); >80cm (Europid women), plus any 2 of:

- Triglycerides (mmol/L) >1.7
- High density lipoprotein cholesterol (mmol/L) < 1.3 (female) and < 1.03 (male)
- Blood Pressure (mmHg) 130/85
- Fasting plasma glucose (mmol/L) 5.6

Outcome measures

Body composition, VO2max, blood pressure, bloods (fasting glucose and cholesterol), arterial stiffness, lower limb muscle strength, quality of life.

Is ethics approval required?

Yes (please go to # 10)
If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

No

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

There are two supervisors involved with this honours, Dr Tuguy Esgin and Dr Dan Hackett
Name: Mr Tuguy Esgin

Email: tuguy.esgin@sydney.edu.au

Contact number: 415789565

Discipline: Exercise and Sports Science

Project Title or Broad Research Area

Effect of low-intensity interval training combined with blood flow restriction on cardiovascular disease risk factors in patients with metabolic syndrome: A randomised control trial

Brief Description of Project

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Participants aged between 18 to 50 who have a waist circumference >94cm (Europid men); >80cm (Europid women), plus any 2 of:

- Triglycerides (mmol/L) >1.7
- High density lipoprotein cholesterol (mmol/L) < 1.3 (female) and < 1.03 (male)
- Blood Pressure (mmHg) 130/85
- Fasting plasma glucose (mmol/L) 5.6

Outcome measures

Body composition, VO2max, blood pressure, bloods (fasting glucose and cholesterol), arterial stiffness, lower limb muscle strength, quality of life.

Is ethics approval required?

Yes (please go to # 10)
If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
Dr Tuguy Esgin and Dr Dan Hackett will be the supervisors for this honours project.
Name: Professor Vicki Flood

Email: vicki.flood@sydney.edu.au

Contact number: 412118977

Discipline: Physical Activity, Lifestyle, Ageing and Wellbeing

Project Title or Broad Research Area

Application of the Mediterranean Diet principles among culturally diverse population groups of western Sydney

Brief Description of Project

Research has shown a protective effect of Mediterranean Diet for a number of chronic diseases. In western Sydney, there is a high prevalence of cardiovascular disease and diabetes, and there is scope to apply the principles of MedDi to other cultures food patterns. This project will interview people from culturally diverse population groups of western Sydney, to consider potential education methods and acceptable foods of culturally diverse people, at risk of chronic disease.

Proposed Method

The research will use qualitative research methods, and be informed by a comprehensive narrative review, to develop potential nutrition education material. Interviews with people from diverse population groups will be conducted to explore opinions and views about the nutrition education material, with a view to fine tune and improve applicability for diverse population groups. A thematic analysis of the qualitative information will be conducted.

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

Yes

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?

The research team already conducted a range of research into MedDi. This project will build on that previous research.
Name: Dr Helen Parker
Email: h.parker@sydney.edu.au
Contact number: 9351 9309
Discipline: Exercise and Sport Science

Project Title or Broad Research Area
Association between body composition and cardiorespiratory fitness

Brief Description of Project
This project aims to explore body composition (e.g. visceral adipose tissue, skinfolds, etc.) and its relation to cardiorespiratory fitness. The population is flexible, and may include sedentary or non-sedentary adults, elite orienteers, young women, or a population of the student's choosing (provided it is reasonable and achievable to recruit from the selected population within the Honours period)

Proposed Method
Cross-sectional study; for an Honours project, a proposed sample of at least 10 (for elite individuals), or 20 (for general population) would be the target, with larger sample size where possible. Methods include graded sub-max or maximal exercise test (or an appropriate field test); body composition methods may include skinfolds and/or other methods as available (e.g. DXA, BIA, body dimensions).

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?
Would prefer someone with a willingness to learn, and the ability to refine the project in a direction they (the Honours candidate) can get excited about and will therefore work hard on.
Name: Dr Helen Parker
Email: h.parker@sydney.edu.au
Contact number: 9351 9309
Discipline: Exercise and Sport Science

Project Title or Broad Research Area
Mesuring training load in orienteers

Brief Description of Project
Orienteering is a challenging sport, where competitors must be able to think clearly, read maps, and make good judgements, all while running as fast as possible. Australia has various groups of elite junior and adult orienteers, some of whom design their own training regimen, and some of whom will be trained by coaches. This project aims to assess or measure training load in elite orienteers to gain insight into how Australian orienteers may differ from programs in other countries.

Proposed Method
Methods are not set in stone, but may include online survey, focus groups, in-depth interviews, and anthropometric and other measurements of study participants. Project details to be fully developed over the coming months, in consultation with Orienteering NSW and/or Orienteering Australia.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?
This project is flexible, in its very early days, and can be applied to other sports (however I have a particular interest in orienteering hence why the project is detailed in this way). Can be turned into an appended or embedded honours project.
Name: Associate Professor Chin Moi Chow
Email: chin-moi.chow@sydney.edu.au
Contact number: 9351 9332
Discipline: Exercise and Sport Science

Project Title or Broad Research Area
Switching from nose to mouth breathing during exercise - detriments or benefits?

Brief Description of Project
The project will explore when (at which point) people switch from nose to mouth breathing during exercise, and why, and would manipulating this switch give an advantage to prolonging the exercise duration?

It is noticeable that this switch occurs even when people are doing constant rate exercises. The increased demand for ventilation may prompt this switch. However, switching from nose to mouth breathing would mean that a partial amount of inhaled air would not pass through the nasal passage and thus would not be warmed or humidified.

Receptors in the nasal passage can detect airflow. Apparently research suggested that these receptors were sensitive to airflow and were involved in modulating ventilation while awake and asleep (Liss and Grant, 1988). It is speculated that these nasal receptors may have a role in "mediating" the sensation of dyspnea (shortness of breath). At high flow rates during exercise, if the nasal receptors sense a flow rate that is above threshold, the ensuing message sent to the brain may trigger dyspnea, thus promoting a switch from nose to mouth breathing to alleviate the potential dyspneic sensation.

Proposed Method
A crossover study with a sample size of 15. The intervention will involve a change in breathing technique during exercise. The dependent variable will be exercise duration.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
No
Name: Associate Professor Corinne Caillaud  
Email: corinne.caillaud@sydney.edu.au  
Contact number: 0417 669 952  
Discipline: Exercise and Sport Science  
Project Title or Broad Research Area:  
"iEngage: a learning digital solution using human-centred technology for better health outcomes in children"  
Brief Description of Project:  
In Australia, about 80% of children aged 5-17 years do not engage in recommended levels of PA (Schranz et al. 2014). This is particularly true for moderate to vigorous PA (MVPA), which is the most effective to prevent metabolic and cardiovascular diseases. This is a concern because insufficient levels of MVPA in children are associated with increased risk to develop cardiovascular disease, obesity and type 2 diabetes (T2D). However, increased participation of children in MVPA is associated with favourable cardio-metabolic health and reduces risk of developing NCD (Hardy et al. 2008). Evidence shows that initiatives undertaken so far to increase childrens engagement in MVPA have been unsuccessful. For children, important drivers into PA include health knowledge, how to organise their own PA, and competence in diverse forms of PA (Martins 2015).  

Another serious concern for childrens health is inadequate food choices, particularly with regard to the consumption of sugar-sweetened beverages (SSBs), which has been consistently linked to increased risk for obesity, T2D and cardiovascular disease (Malik 2015). SSBs consumption is driven by social and environmental cues as well as personal health belief and there is a considerable scope to increase awareness in order to shift behaviours in this population (Hattersley 2009).  

The use of technology for intervention in children has shown promising results particularly when it involves self-monitoring and feedback (Brannon 2015). Previous interventions conducted in the field of weight management in obese children pointed out the importance of adequate technology, developing techniques to increase participants engagement, and promoting interaction with peers (Nguyen 2015).  

We want to create a school-based digital solution that addresses a major health issue in Australia. Placing the children at the centre of our approach we will assist the health and welfare of Australian children using a unique educational program for which we will produce scientific evidence. We are keen to help create a national "health awareness program" that can be deployed in schools of NSW (especially remote areas) and then nationally.  

Proposed Method:  
The project is piloted in 2017 and will benefit from this experience in 2018. In 2018 the project will be deployed in a number of schools in NSW.  

It will involve schools in both urban and rural areas and children aged 11-13 yrs (year 5 or 6). This age is a critical period during which teens are at high risk to disengage from PA and other healthy behaviours. Two experimental conditions will be tested: control (CON) and health education (HEd) program. The CON classes will not be exposed to the health education modules while the HEd classes will receive health education and activity trackers. The education program will provide tailored health-related knowledge and will engage children in self-monitoring toward individual goals and will help improve their physical competence. The total duration of the project will be 7 weeks with 5 weeks dedicated to the intervention and 2 weeks for familiarisation and testing. Information sessions will be organised and informed consent collected. Before the intervention, immediately after and three months
later participants anthropometric data, physical activity, physical fitness, food habits and sleep will be recorded. During the 5-week intervention, participants from HEd classes will have access to 10 (2xweek) on-line health education modules presenting content related to health, PA, sleep and food choices. Participants will also wear for 6 weeks an activity sensor (MisFit) which will provide continuous information to users on their PA levels and will be used in the HEdChallenge classes.

Data will be analysed via quantitative statistiques and data mining strategies.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
Yes

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy)

Do you have any specific requirements, or is any other information relevant to your project?
The project is lead by a mutli-disciplinary team which is highly experienced and will provide an outstanding research environment for the students. We have experts in Physical Activity, exercise and metabolic research, in data mining analysis and educational technology and physical education sciences. The digital platform is powered by industry partner BePATIENT, which brings expertise in user-centred digital health technologies and will provide students with an experience in working with industry. The project team is well supported by the unique research environment and facilities existing at the Charles Perkins Centre.

This project is also part of an international collaboration with the University of Caledonia. It will provide opportunities to work in a multicultural context and envisage how such a program could be in the future developed in the Pacific region including remote areas.
Name: Dr Alycia Fong Yan

Email: alycia.fongyan@sydney.edu.au

Contact number: 9036 7404

Discipline: Exercise and Sport Science

Project Title or Broad Research Area

Comparison of postural stability between young athletes and dancers at sports high schools

Brief Description of Project

Difference in training and characteristics of different sports could potentially result in different abilities to perform a static balance. Static balance ability has been linked to injury risk and in the young athletes a greater injury risk could jeopardise their progression in their chosen sport. The purpose of this project is to investigate the possible differences between dance, and other sports in postural stability.

Proposed Method

Cross sectional study design; Westfield and Endeavour sports high schools; n = 281. Data has already been collected in 2017 and is ready for analysis. Potential for ongoing data collection in the coming years.

Is ethics approval required?

No (please go to # 11)

If yes to the above, has ethics approval been applied for?

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

This is part of a much larger ongoing project with a variety of other physical health and sporting performance outcome measures which can be utilised for other analyses. Three data collection sessions took place across 2017.
Name: Dr Alycia Fong Yan
Email: alycia.fongyan@sydney.edu.au
Contact number: 9036 7404
Discipline: Exercise and Sport Science

Project Title or Broad Research Area
Exploring the health benefits of dance

Brief Description of Project
Adherence is a major issue when assessing the effectiveness of an exercise program. It has been suggested that dancing could be a solution to improve adherence leading to improved health outcomes. The Pacific community has been identified as a population with a high incidence of obesity-related disease, and a contributing factor to the ongoing problem is the lack of adherence to health programs. The purpose of this project is to assess a culturally-specific dance program for its effect on physical and mental health on the Pacific Islander community.

Proposed Method
Qualitative. South Western Sydney Pacific Islander community. Focus group, interview, questionnaire.

Is ethics approval required?
Yes (please go to #10)
If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
Yes (please go to #12)
If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
Yes

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
The Honours project will be part of a larger project in conjunction with a PhD candidate. The various components of the larger study will include qualitative analysis of focus group interviews, development of a questionnaire, and implementation of the questionnaire to the broader community, prior to development of the intervention. The Honours candidate can bring their passion and interest to the project and assist with the study, analysing only a small portion of the various data collected.
Name: Dr Daniel Hackett
Email: daniel.hackett@sydney.edu.au
Contact number: 9351 9294
Discipline: Exercise and Sport Science

Project Title or Broad Research Area
Fasted Resistance Training and its Effect on Muscular Hypertrophy

Brief Description of Project
Whether there is greater muscle hypertrophy with ingestion of a whey protein supplement following fasted resistance training.

Proposed Method
A sample of approximately 30 participants will be randomised into Fasted or Fed resistance training groups. The resistance training will involve 3 sessions per week for 8 weeks in a small group setting at the University of Sydney Clinic in Lidcombe. The Fasted group will begin resistance training after an overnight fast at 8am and then consume a standardised breakfast plus a protein shake. The Fed group will consume a standardised breakfast at 7am than perform resistance training at 8am followed by a protein shake. The resistance training sessions will involve 6-7 exercises targeting major muscle groups. Participants will perform 3-5 sets per exercise for 8-10 repetition maximum. Primary outcome is body composition (lean and fat mass), with secondary outcomes including muscle strength, power and endurance.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?
Our muscle performance and adaptations team are a close group of highly motivated researchers with a passion for maximising resistance training adaptations.
Name: Dr Kate Edwards

Email: kate.edwards@sydney.edu.au

Contact number: 9036 7396

Discipline: Exercise and Sport Science

Project Title or Broad Research Area

Can yoga reduce exam stress and improve performance?

Brief Description of Project

Yoga is a mind-body therapy that is growing in popularity. Long-term yoga practise has been shown to have many physical and mental health benefits, in particular reducing cardiovascular risk and reducing depression and anxiety. In fact, a single session of yoga has acute psychological benefit. We recently showed that performing 30 mins of yoga prior to a maths test improved self-confidence for the task, as well as reducing the physiological stress response. This project will examine if yoga can improve confidence and reduce stress in an applied setting of University exams.

Proposed Method

RCT

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?

none
Name: Professor Ross Sanders  
Email: ross.sanders@sydney.edu.au  
Contact number: 481008164  
Discipline: Exercise and Sport Science  

Project Title or Broad Research Area

Talent Development and skill acquisition - motor learning

Brief Description of Project

Students can use data from the talent development project anthropometric, fitness attribute data (VO2 max, strength, balance, flexibility etc, joint mobility data etc. This could enable analysis across school years 7 to 10, across or within sports. I would also take students interested in researching in swimming and have 3D data already.

Proposed Method

data already collected through the talent development project with NSW sports high schools

Is ethics approval required?

No (please go to # 11)

If yes to the above, has ethics approval been applied for?

Yes

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

No

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

No.
Name: Professor Ross Sanders
Email: ross.sanders@sydney.edu.au
Contact number: 481008164
Discipline: Exercise and Sport Science

Project Title or Broad Research Area
Talent Development and skill acquisition - motor learning

Brief Description of Project
Students can use data from the talent development project anthropometric, fitness attribute data (VO2 max, strength, balance, flexibility etc, joint mobility data etc. This could enable analysis across school years 7 to 10, across or within sports. I would also take students interested in researching in swimming and have 3D data already.

Proposed Method
data already collected through the talent development project with NSW sports high schools

Is ethics approval required?
No (please go to # 11)

If yes to the above, has ethics approval been applied for?
Yes

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
No.
**FACULTY OF HEALTH SCIENCES HONOURS PROJECTS LISTING 2018**

**Name:** Dr Stephen Cobley  
**Email:** stephen.cobley@sydney.edu.au  
**Contact number:** 935-19033  
**Discipline:** Exercise and Sport Science

**Project Title or Broad Research Area**

*Performance development in swimming*

**Brief Description of Project**

The project involves working alongside others to analyse performance data in national level swimming. Alongside others, you can examine performance in particular swimming strokes.

**Proposed Method**

Data extraction from a data-base; analysis of existing dataset with view to external presentation.

**Is ethics approval required?**

No (please go to # 11)

**If yes to the above, has ethics approval been applied for?**

Yes

**Is the project conducted in conjunction with one of the Local Health Districts?**

No (please go to # 13)

**If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?**

No

**This project is appropriate for students in the following degree(s)**

*Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours*

**Do you have any specific requirements, or is any other information relevant to your project?**

The project is ideal for someone interested in sport science and performance.
Name: Dr Stephen Cobley
Email: stephen.cobley@sydney.edu.au
Contact number: 9351 9033
Discipline: Exercise and Sport Science

**Project Title or Broad Research Area**
Relative age effects in athlete development

**Brief Description of Project**
You will be invited to examine some existing date provided by an external sporting organisation. You will be permitted to examine and summarise the available data as part of study write-up.

**Proposed Method**
Data set examination; data-analysis

**Is ethics approval required?**
No (please go to # 11)

**If yes to the above, has ethics approval been applied for?**
Yes

**Is the project conducted in conjunction with one of the Local Health Districts?**
No (please go to # 13)

**If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?**
No

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

**Do you have any specific requirements, or is any other information relevant to your project?**
A keen and enthusiastic student interested in the processes of athlete development.
Name: Dr Stephen Cobley
Email: stephen.cobley@sydney.edu.au
Contact number: 9351 9033
Discipline: Exercise and Sport Science

Movement skill development in school children

Brief Description of Project
The study will involve utilising a new measurement tool to assess movement skill capabilities in children/adolescents. You will be able to work alongside a research team to collect and analyse data, and then write-up as part of a study.

Proposed Method
Data collection of anthropometric and physical movement variables with child/youth participants. Data collection and basic forms of analysis.

Is ethics approval required?
No (please go to # 11)

If yes to the above, has ethics approval been applied for?
Yes

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?
A keen and enthusiastic student interested in the movement skill development in children/adolescents.
Name: Associate Professor Chin Moi Chow, Dr Kate Edwards, Dr Mirim Shin

Email: chin-moi.chow@sydney.edu.au

Contact number: 9351 9332

Discipline: Exercise and Sport Science

Project Title or Broad Research Area

Comparison of the pain threshold and stress level between deep slow breathing and breath-holding

Brief Description of Project

Deep and slow breathing (DSB), a relaxation technique, is integral to yoga (Sovik, 2000), Tai Chi (Li et al., 2001), Qi-Gong (Li & Yeh, 2005), and heart rate variability feedback in patient groups such as asthma and hypertension (Hassett & Givirtz, 2009). DSB training increased pain threshold in response to thermal stimuli in healthy adults (Chalaye et al., 2009; Busch et al., 2012) and decreased the musculoskeletal pain in fibromyalgia patients (Hassett et al., 2007). However, inconsistent findings were found where single session of DSB had no effect on pain reduction (Zunhammer et al., 2013). Interestingly, breath-holding (BH), often a reflexive response to pain, is known to modulate analgesic effects. BH decreased self-reported pain level to supra-threshold electrotactile stimulation (Jafari et al., 2016). It is not clear if DSB or BH is more effective in reducing pain and stress-related activities, and which of the two techniques is an easier adoptable behaviour in acute painful/stressful situations. This study aims to explore these two issues. The findings of this study will have important clinical applications in daily life situations involving pain.

Proposed Method

This will be a cross-over within-subject design of DSB, BH and control (usual response with no intervention) on pain threshold in response to a thermal stimulus, and on stress level in response to a controlled stressor. We estimated that a sample size of 28 will yield sufficient power for this study.

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

No

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy); Bachelor of Applied Science (Physiotherapy); Bachelor of Applied Science (Speech Pathology)
Do you have any specific requirements, or is any other information relevant to your project?

This project would suit two students.
Name: Dr Kate Edwards
Email: kate.edwards@sydney.edu.au
Contact number: 9036 7396
Discipline: Exercise and Sport Sciences

Project Title or Broad Research Area
Aerobic exercise during chemotherapy infusion

Brief Description of Project
Recent animal and human data suggest that aerobic exercise during infusion may increase blood flow to a tumour, and therefore increase drug delivery to a tumour in the setting of chemotherapy. Exercise may attenuate the hypoxic tumour microenvironments that are associated with conventional anticancer treatment failures. Chemotherapy also offers a sequestered time during which patients can take part in a supervised exercise program, an important feature for a population who typically do not meet physical activity recommendations.

Proposed Method
RCT Exercise vs Control during 12 week chemotherapy cycle. Outcome measures will include objective and subjective PA, symptoms and side effects, tumour blood flow.

Is ethics approval required?
Yes (please go to #10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
Yes

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours

Do you have any specific requirements, or is any other information relevant to your project?
Project has been running with Embedded hons students in 2016/17 and 2017/18, rolling cycle of ethics, recruitment / testing.
FACULTY OF HEALTH SCIENCES HONOURS PROJECTS LISTING 2018

Name: Dr Tuguy Esgin
Email: tuguy.esgin@sydney.edu.au
Contact number: 0415 789 565
Discipline: Exercise and Sports Science

Project Title or Broad Research Area
An International systematic literature review of Indigenous methodologies employed in sport science and/or exercise physiology research

Brief Description of Project

Background

Indigenous peoples of colonized nations have a significantly shorter life expectancy than non-Indigenous people, mainly due to the increased prevalence of non-communicable chronic diseases (Schofield and Gilroy, 2015). Physical activity helps in the prevention and management of chronic diseases and rehabilitate people with acquired lifelong disabilities. Consequently, participation in physical activities and sports are lower in the Indigenous populations of the world are lower than in non-Indigenous people.

Despite these data collected on Indigenous peoples physical activity, there is limited exploration into the use of Indigenous research methodologies in sports science and research. Esgin (2017) found limited adoption, or consideration, of Indigenous research methodologies in Indigenous sports research.

Significance

The research aims to explore the level of adoption of Indigenous research methodologies in Indigenous research in physical activities and sports. The findings of this research will inform the development and scholarly advocacy to decolonize research in physical activity and sports in colonized nations. In addition, this research will help communicate to wider audience evidence-based information about the importance of Indigenous designed research methodologies and its application in exercise interventions involving Indigenous communities.

Proposed Method

An Indigenous research advisory committee is established to support and guide this research. The report adhered to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) is adopted to search the global research archive. The publication search strategy will be formulated at the first meeting of the Committee

Is ethics approval required?
No (please go to # 11)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
This project is appropriate for students in the following degree(s):

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

There will be two supervisors for this systematic literature review, both of them are Aboriginal men.
Name: Mr Tuguy Esgin

Email: tuguy.esgin@sydney.edu.au

Contact number: 0415 789 565

Discipline: Exercise and Sports Science

Project Title or Broad Research Area

Effect of low-intensity interval training combined with blood flow restriction on anaerobic power and anaerobic capacity in healthy adults: A randomised control trial

Brief Description of Project

Examine the effects of a 12-week intervention of low-intensity interval training combined with blood flow restriction on anaerobic power and anaerobic capacity in healthy adults.

Proposed Method

Method

The methodology for this study is a randomised control trial. The participants will be aged between 18 to 35 years old and the study will be conducted at Cumberland Campus of the University of Sydney.

The groups include:

1. High-intensity interval training - cycling (120% VO2max) consisting of 8 sets of 20 second efforts (60 seconds recovery between efforts)

2. Low-intensity interval training - cycling (40% VO2max) + blood flow restriction consisting of 8 sets of 20 second efforts (60 seconds recovery between efforts)

Outcome measures

Wingate test, body composition, lower limb muscle strength

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours
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Do you have any specific requirements, or is any other information relevant to your project?

Dr Tuguy Esgin and Dr Dan Hackett will be the supervisory team for this honours project.
Name: Dr Cliffton Chan, Dr Alicia Yan Fong
Email: cliffton.chan@sydney.edu.au
Contact number: 9351 9244
Discipline: Faculty of Medicine, Biomedical Science

Project Title or Broad Research Area
Elucidating the links between joint hypermobility and sporting performance in high school competitive athletes

Brief Description of Project
Sports high schools offer a special curriculum to enable students with potential in specific sports to undertake additional coaching and participate in talent development opportunities. Entry to the sport stream of these schools is selective and competitive. The students are selected based on their sporting background and an interview. The schools aim to enable students to fulfil their academic and sporting potential. It is important for schools to be able to identify i) whether students are engaging in sports that make the best use of their attributes, ii) risk factors for sports related injury, iii) whether students sporting opportunities/careers are affected by preventable injuries, and iv) whether addressing modifiable predisposing factors improves sporting opportunities.

The purpose of this project is to investigate the possible links between joint hypermobility and sport performance (such as agility, strength, flexibility, balance) with the potential to inform both performance and/or injury prevention.

Proposed Method
Longitudinal study of two selective sport high schools. Over 150+ participants. Baseline and 1st round of follow-up data collection has already occurred and there is opportunity to be part of ongoing data collection taking place over the coming years. Descriptive and correlation (Spearman's or Pearson's) analysis will be involved in this study.

Is ethics approval required?
No (please go to # 11)

If yes to the above, has ethics approval been applied for?
Yes

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy) Honours
Do you have any specific requirements, or is any other information relevant to your project?

The student will be supervised by Dr Cliffton Chan, Dr Alycia Fong Yan and A/Prof Leslie Nicholson. We are all highly experienced supervisors with a track record of producing Class I honours students. The student will benefit from learning and being part of two Disciplines (Exercise Sports Science and Biomedical Science) that will provide many collaborative opportunities and invaluable connections useful during the project and after graduation.
Name: Professor Vicki Flood
Email: vicki.flood@sydney.edu.au
Contact number: 0412 118 977
Discipline: Physical activity, lifestyle, ageing and wellbeing

Project Title or Broad Research Area
A systematic review of nutrition and exercise interventions among people with Motor Neurone Disease

Brief Description of Project
This research will involve a comprehensive review of the literature, conducted as a systematic review with quality checks, to comprehensively describe the breadth of nutrition and exercise interventions among people with Motor Neurone Disease (MND).

Proposed Method
The systematic review will search the literature from multiple databases to collate all exercise and nutrition interventions conducted among people with MND. Quality checks of the literature will be conducted using a protocol, and where possible a meta-analysis of the literature will occur. It is expected the results of this research will be prepared for submission in a peer reviewed journal, and will inform future exercise and nutrition interventions among people with MND.

Is ethics approval required?
No (please go to #11)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours; Bachelor of Applied Science (Speech Pathology) Honours

Do you have any specific requirements, or is any other information relevant to your project?
This research will contribute to other research which is currently being conducted by the research team, where we are trialing an exercise and diet intervention among people with MND. We plan to build on this trial to further explore a wider range of exercise and diet parameters among this population group. We are a multidisciplinary team, and include neurologists, speech pathologists and dietitians.
Name: Associate Professor Mark McEntee

Email: mark.mcentee@sydney.edu.au

Contact number: 0405 257 007

Discipline: Dean’s Unit

Project Title or Broad Research Area

The learning place of the future

Brief Description of Project

As we prepare to move the Faculty of Health Sciences for Cumberland to Camperdown, lots of things will change. The workplace, the teaching facilities. This work aims to investigate the hopes and fears of staff and students about that learning place.

Proposed Method

Focus groups and surveys.

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy)

Do you have any specific requirements, or is any other information relevant to your project?

No
Name: Dr Alan Freeman
Email: Alan.Freeman@sydney.edu.au
Contact number: 9351 9321
Discipline: Medicine, Biomedical Science

Project Title or Broad Research Area
Signal processing in the visual system

Brief Description of Project
Research in my laboratory focuses on signal processing in the visual system. Three methodologies used are psychophysics, computational modelling, and the analysis of existing neuronal data. There are two projects available.

1. Mechanisms of motion direction selectivity
It has been known for fifty years that neurons in primary visual cortex are selective for motion direction. The neural circuitry underlying this selectivity is, however, unknown. The project aims to better understand the mechanism by measuring behavioural responses to motion stimuli.

2. Modelling signal processing in the early stages of the visual system
This project builds on a previously published model (Hesam Shariati and Freeman, 2012) of the subcortical pathways and primary visual cortex. The aims are to understand more about the origins of orientation selectivity, motion direction selectivity, and binocular disparity, with a physiologically plausible computational model.

Proposed Method
Project 1 will study about ten healthy human adults. They will be presented with visual stimuli on a computer monitor, and required to make a binary response for each stimulus. Responses will be analysed in terms of accuracy and speed.

Project 2 is computational and will require familiarity with the Matlab software package.

Is ethics approval required?
No (please go to # 11)

If yes to the above, has ethics approval been applied for?

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No
This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

Knowledge of the visual system would be an advantage.
Name: Dr Margaret McGrath

Email: margaret.mcgrath@sydney.edu.au

Contact number: 0466 104 440

Discipline: Occupational Therapy

Project Title or Broad Research Area

Sexuality and Disability with a current focus on neurological disability

Brief Description of Project

The overall aim of this program of research is to design, implement and evaluate comprehensive multidisciplinary interventions to support sexual health and well-being among people who have acquired neurological disability. Our research team The Sydney Sexuality Group, is a multidisciplinary one including occupational therapy, speech pathology, nursing, psychology and sociology. We take a broad view of sexuality including gender roles and routines; self identity and self concept; intimacy and sexual activity; communication etc. Our projects focus on a number of areas including (i) intervention development in collaboration with key stakeholders (ii) evaluating the feasibility and acceptability of the intervention for older people and for stroke survivors (iii) instrumentation development - including establishing psychometric usefulness of measures of sexual function and knowledge and attitudes towards sexuality among health professionals and (iv) implementation studies - were we are concerned with how to bring about changes in rehabilitation practice. For students this means that there are many opportunities to be join an active research group and plenty of choices regarding specific topics and research approaches.

Proposed Method

We are a mixed methods group and have expertise in both quantitative and qualitative research. Current project available for students included instrumentation development (cross-sectional survey designs); exploration of changes in sexuality over time among people with neurological illness and disability (qualitative longitudinal design); discourse analysis of how sexuality is spoken about by stroke survivors etc.

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

Yes

Is the project conducted in conjunction with one of the Local Health Districts?

Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

Yes
This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

The Sydney Sexuality Group is led by Margaret McGrath and was established in August 2016. The group have been funded by Stroke Foundation and by the Ageing and Wellbeing Research Group, University of Sydney. Margaret has supervised both honours and HDR students at the University of Sydney and at her previous appointments in Singapore and Ireland. Her current honours student (2017) Jin En Toh has recently been awarded the prize for Best Oral Presentation at the 5th Singapore Rehabilitation Conference and will shortly present a second paper from her work on sexuality at the Asia Pacific Occupational Therapy Symposium. All of our team are passionate about the rights of people with disability to have access to appropriate information and support relating to sexuality. We are strongly committed to improving practice in this area and welcome students who are interested in this topic to get in touch.
Name: Dr Joanna Diong  
Email: joanna.diong@sydney.edu.au  
Contact number: 9351 9094  
Discipline: Biomedical Science, Sydney Medical School  

Project Title or Broad Research Area  
How does unwanted muscle activity change passive joint range of motion?  

Brief Description of Project  
Loss of passive joint range of motion (contracture) is a common impairment after stroke and spinal cord injury, and results in loss of function, disability and pain. Current best-practice protocols to measure joint range of motion are performed by asking people to relax before measuring joint angle when force applied to the joint is known. These protocols are applied in many clinical and laboratory studies. The protocols assume, but do not measure, whether muscles are relaxed when joint angle is measured. However, pilot data from people with stroke show that not everyone is able to relax when passive joint range of motion is measured. This means that measures of passive joint range of motion may not be valid, at least in some people, and findings from previous studies that measured passive joint range of motion without measuring muscle activity may be questionable. An important question is just how much unwanted muscle activity is needed to significantly change measures of passive joint range of motion.

We propose two studies to determine how unwanted muscle activity (measured by electromyography; EMG) changes measures of passive joint range of motion. (1) In healthy people, we will examine this aim by applying different amounts of muscle stimulation to an antagonist muscle while the joint is extended. (2) In people with stroke, we will measure how much unwanted muscle activity is present in a paralysed antagonist muscle as the joint is extended. Findings from this study will guide how passive range of motion needs to be measured in future. (Ethics approval has been obtained for this study.)

Proposed Method  
Experimental within- or between-groups study, aiming for N=30 in each group. Parts of these studies are running or preparing to commence, so the Honours project may involve completion of recruitment of these studies. Outcomes collected: joint torque and angle, EMG. Outcomes will be compared using paired or independent t-tests.

Is ethics approval required?  
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?  
Yes

Is the project conducted in conjunction with one of the Local Health Districts?  
Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?  
Yes

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy)

Do you have any specific requirements, or is any other information relevant to your project?

In our research team, we have supervised a number of Honours students and overseas visiting medical students in research on muscle physiology, neurological rehab, neuroscience and motor control. In this project, you will learn to understand and interpret biological signals, and you will have opportunities to learn how to process and analyse data using modern scientific computing techniques, and learn mechanical skills and some basic electronics. We are passionate about good science, and will endeavour to teach you good research skills in a stimulating environment, to give you a good experience in research.
Name: Dr Joanna Diong  
Email: joanna.diong@sydney.edu.au  
Contact number: 9351 9094  
Discipline: Biomedical Science, Sydney Medical School

Project Title or Broad Research Area  
Can unwanted muscle activity be accurately detected?

Brief Description of Project
In people with neurological conditions, unwanted muscle activity has the potential to affect measures of passive joint range of motion and performance of functional tasks. Clinicians regularly make decisions on how to treat unwanted muscle activity based on how much muscle activity they can detect by feel. For example, in many spasticity clinics, clinicians often decide whether to temporarily paralyse an overactive muscle based on how much unwanted muscle activity they can detect by feel. It is possible that clinicians can detect low levels of unwanted muscle activity, but the accuracy of detection has never been quantified. This study aims to determine whether low levels of unwanted muscle activity can be accurately detected in healthy people using a stimulation protocol.

Proposed Method
Experimental, repeated-measures study, aiming for a single group of N=30. Outcomes collected: perceived accuracy at detecting EMG as a proportion of EMG at maximal voluntary contraction. Outcomes will be compared using paired t-tests.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy)

Do you have any specific requirements, or is any other information relevant to your project?
In our research team, we have supervised a number of Honours students and overseas visiting medical students in research on muscle physiology, neurological rehab, neuroscience and motor control. In this project, you will learn to understand and interpret biological signals, and you will have opportunities to learn how to process and analyse data using modern scientific computing techniques, and learn mechanical skills and some basic electronics. We are passionate about good science, and will
endeavour to teach you good research skills in a stimulating environment, to give you a good experience in research.
Name: Dr Joanna Diong  
Email: joanna.diong@sydney.edu.au  
Contact number: 9351 9094  
Discipline: Biomedical Science, Sydney Medical School  

Project Title or Broad Research Area  
What are criteria for reproducible research practice in key neuroscience journals?  

Brief Description of Project  
There is growing evidence that published scientific research is difficult to reproduce and potentially biased. Many fields of science, including neuroscience and physiology, do not have core standards of practice or scientific reporting.  

This study aims to examine reproducibility in neuroscience by examining the agreement on criteria for reproducible research practices and their implementation by key neuroscience journals. We will conduct a survey audit of reproducibility criteria in these journals and contact the journals to determine how these criteria are implemented. This study is part of a wider body of research to identify which aspects of good scientific reporting have agreement, and propose methods to guide scientists in conducting robust research. (Ethics approval is not required for this study.)  

Proposed Method  

Literature review  

Is ethics approval required?  
No (please go to # 11)  

If yes to the above, has ethics approval been applied for?  

Is the project conducted in conjunction with one of the Local Health Districts?  
No (please go to # 13)  

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?  

This project is appropriate for students in the following degree(s)  
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physio)  

Do you have any specific requirements, or is any other information relevant to your project?  
In our research team, we have supervised a number of Honours students and overseas visiting medical students in research on muscle physiology, neurological rehab, neuroscience and motor control. In this project, you will learn to understand and interpret biological signals, and you will have opportunities to learn how to process and analyse data using modern scientific computing techniques, and learn mechanical skills and some basic electronics. We are passionate about good science, and will endeavour to teach you good research skills in a stimulating environment, to give you a good experience in research.
**FACULTY OF HEALTH SCIENCES HONOURS PROJECTS LISTING 2018**

**Name:** Dr Serene Paul  
**Email:** serene.paul@sydney.edu.au  
**Contact number:** 9351 9093  
**Discipline:** Physiotherapy

**Project Title or Broad Research Area**  
Evaluation of the Phyz X 2U mobile delivery service

**Brief Description of Project**

People with chronic disease require guidance from healthcare professionals to make lifestyle changes to manage their condition and improve health outcomes, however, there is a lack of healthcare professionals and services available to people living in regional and remote NSW. Phyz X 2U is a new mobile service that uses a combination of face-to-face consultation, mobile exercise tracking and a health coaching service via telehealth to provide exercise programs to people living with chronic disease in remote rural communities. This study aims to evaluate the delivery of the Phyz X 2U service in its pilot phase, by determining the feasibility of the Physz X 2U program in terms of clients adherence to the intervention, their self-reported health and Phyz X staffing costs.

**Proposed Method**

Single group pre-post design of Phyz X 2U participants at baseline entry into the Phyz X 2U program and another at program conclusion 12 weeks later. All Phyz X 2U recipients who enrol in the program between September 2017 and September 2018 will be invited to participate, with an estimated sample size of approximately 80 participants. Program recipient outcomes will be collected via questionnaires. Program adherence data, staff time and costs to deliver the program will be obtained from Phyz X. Descriptive statistics will be used to describe the sample of PhyzX 2U program recipients, their adherence to the program and costs to deliver the program. Parametric and non-parametric paired t-tests will be used to compare changes in recipients’ outcomes from baseline to post intervention.

**Is ethics approval required?**

Yes (please go to # 10)

**If yes to the above, has ethics approval been applied for?**

Yes

**Is the project conducted in conjunction with one of the Local Health Districts?**

No (please go to # 13)

**If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?**

This project is appropriate for students in the following degree(s)

**Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Physiotherapy) Honours**
FACULTY OF HEALTH SCIENCES HONOURS PROJECTS LISTING 2018

Do you have any specific requirements, or is any other information relevant to your project?

This project is anticipated to begin by the end of 2017, with most data collected by mid-late 2018. This project will be co-supervised by another member of the research team overseeing this project.
Name: Dr Milena Simic

Email: milena.simic@sydney.edu.au

Contact number: 9351 9254

Discipline: Physiotherapy, Sydney Musculoskeletal Network

Project Title or Broad Research Area

Implementing a gait modification for load reduction in people with knee osteoarthritis

Brief Description of Project

Toe-out and toe-in gait have been recognised to alter knee joint load. This is an up-and-coming intervention which has potential to slow progression of disease. With the help of smartphone technology, we can now evaluate toe-out angle during gait and deliver this intervention. The aim of this study will be to evaluate the feasibility of using mobile-health to train people to offload their knees.

Proposed Method

Pilot intervention study (approximately 12 participants). Participants will attend a session at the laboratory for assessment of gait and clinical measures. Intervention will be delivered using mobile-health technology. Primary outcomes will be changes in gait and self-reported measures (pain and physical function)

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)

Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

This will be a "first of its kind" feedback provided using mobile-phone technology for delivery of therapy in people with musculoskeletal conditions. This project will provide you experience in running intervention studies, use of latest technology for therapy, biomechanics experience, and clinical measures in people with musculoskeletal conditions.

I have successfully supervised many students, all of whom received 1st class honours.
Name: Dr Milena Simic
Email: milena.simic@sydney.edu.au
Contact number: 9351 9254
Discipline: Physiotherapy, Sydney Musculoskeletal Network

Project Title or Broad Research Area
Non-steroidal anti-inflammatory drugs and their impact on knee joint health

Brief Description of Project
There is recent evidence that use of NSAIDs, although recommended for pain management, is detrimental to joint health. There is currently inadequate information about the amount or type of these drugs used by people with osteoarthritis. This project will take a survey of the NSAIDs used via the Australian Statistics on Medicines database.

Proposed Method
This will be a cross-sectional observational study of the Australian medication data.

Is ethics approval required?
No (please go to # 11)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
- Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours;
- Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
There is a lot of media attention on medication use and their effects. This project presents an exciting opportunity to make a public impact.
I have successfully supervised many honours students, all of whom have received 1st class honours.
Name: Dr Claire Hiller
Email: claire.hiller@sydney.edu.au
Contact number: 9351 9108
Discipline: Musculoskeletal Health

Project Title or Broad Research Area
The effect of dance load on injury

Brief Description of Project
Adolescent dancers spend many hours in moderate activity in order to train. However the effect of this extra load on injury is unknown. This project follows on from a feasibility project undertaken by an honours student this year, and will apply the methods to a larger group of adolescent dancers.

Proposed Method
Quantitative methods from data collected by the student.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
I chair the Dance Research Collaborative which is a group of researchers from a broad range of disciplines, who are interested in dancer health. The student will be part of this friendly collaborative group. My work is research only in the area of musculoskeletal health and I manage the lab associated with this theme.
Name: Dr Claire Hiller
Email: claire.hiller@sydney.edu.au
Contact number: 9351 9108
Discipline: Musculoskeletal Health

Project Title or Broad Research Area
The effect of dance load on injury

Brief Description of Project
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Proposed Method
Quantitative methods from data collected by the student.

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
I chair the Dance Research Collaborative which is a group of researchers from a broad range of disciplines, who are interested in dancer health. The student will be part of this friendly collaborative group. My work is research only in the area of musculoskeletal health and I manage the lab associated with this theme.
Name: Dr Marina De Barros Pinheiro
Email: marina.pinheiro@sydney.edu.au
Contact number: 9351 9250
Discipline: Physiotherapy
Project Title or Broad Research Area
Evaluating apps for back pain

Brief Description of Project
This project aims to investigate apps for back pain. This is part of a bigger project and students might work with different aspects of this project.

Proposed Method
Observational study

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
This project is part of a bigger project investigating usability and acceptability of apps for low back pain. We are also investigating the benefits and harms of using these apps, and the view and opinions of clinicians and researchers. Our group has recently published the following papers on this area: http://dx.doi.org/10.1016/j.berh.2017.04.002; Pinheiro MB, Machado GC. Br J Sports Med 2017;0:1–6. doi:10.1136/bjsports-2017-098131

This is a multidisciplinary project and involves researchers and clinicians from various backgrounds, including Rheumatology, Physiotherapy, Public Health, Information Engineering, and eHealth.
Name: Dr Natalie Allen
Email: natalie.allen@sydney.edu.au
Contact number: 9351 9016
Discipline: Physiotherapy
Project Title or Broad Research Area
Parkinson’s disease
Brief Description of Project
There may be some scope for the student to choose - potential areas include falls prevention, pain management and activity monitoring

Proposed Method
TBC

Is ethics approval required?
Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?
No

Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?
No

This project is appropriate for students in the following degree(s)
Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?
nil
Evaluation of a newly developed quality of life questionnaire in bronchiectasis, the QoL-B

Brief Description of Project

The Quality of Life in Bronchiectasis Questionnaire (QoL-B) is a newly developed questionnaire that assesses a patient’s subjective reports of various health domains, including physical activity, respiratory symptoms, perceived health, treatment burden, emotional well-being and role. We have used this questionnaire, together with other measures of quality of life, lung function and exercise capacity, in a large interventional randomised controlled trial (130 patients across many health districts). We now want to assess the properties of the QoL-B against the other questionnaires and objective measures, in terms of sensitivity to change (in order to determine smallest clinical worthwhile effect or minimal clinical important difference) and correlations between change of QoL-B scores and change in the other subjective and objective measures (e.g. change in physical activity score on QoL-B to change in exercise capacity).

Proposed Method

Most of the 130 participants in the large randomised controlled trial will have completed data collection by Semester 2, 2018, however there will be opportunity to collect data for this study (complete questionnaires, assess exercise capacity and lung function). You will also be able to collect these measures on patients not involved directly in this study, who are attending pulmonary rehabilitation programmes, in order to increase your clinical and research skills.

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

Yes

Is the project conducted in conjunction with one of the Local Health Districts?

Yes (please go to #12)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

Yes

This project is appropriate for students in the following degree(s)

Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours
Do you have any specific requirements, or is any other information relevant to your project?

The 10-month interventional randomised controlled trial, from where the data will be accessed, has been going for six years now (currently at 128 of 130 participants recruited). In Sydney, participants are recruited from RPA and Concord hospitals. Currently a third year Physiotherapy Honours student is analysing the baseline data for this study.
**Name:** Dr Trudy Rebbeck  
**Email:** trudy.rebbeck@sydney.edu.au  
**Contact number:** 0411 100 600  
**Discipline:** Physiotherapy

**Project Title or Broad Research Area**

*Discovering brain neurochemicals and musculoskeletal impairments and pain mechanisms in neck pain and whiplash*

**Brief Description of Project**

Neck pain, whiplash and headache constitute one of the highest burdens of disease, with 50% of people unrecovered in the short term. Australian data indicate that musculoskeletal health (in particular back pain, neck pain, whiplash and headache) are the most common areas that our graduates work in. Understanding more about those who don’t recover is therefore imperative for health outcomes to improve.

In this project we are studying groups of people with neck pain, whiplash, cervicogenic headache and controls. We measure brain neurochemicals through magnetic resonance spectroscopy, then several clinical measures of cervical musculo-skeletal impairment. These include novel measures of cervical muscle function using EMG and real time ultrasound, novel measures of how the brain perceives pain (eg through 2-point discrimination and implicit motor imagery). Associations between these measures and recovery are then made. This allows us to develop more targeted rehabilitation programmes.

**Proposed Method**

This cross sectional study will enrol 40 subjects in each group (40 whiplash, 40 neck pain, 40 cervicogenic headache, 40 controls) in 3 states (NSW, Qld, SA). To date we have 30 in each group enrolled. The student will be involved in taking these measures on 15-20 subjects in total. Participants are sourced through specialist musculo-skeletal physiotherapy and university clinics. Students therefore have the opportunity to learn how to perform the clinical tests accurately on real patients.

Data is collected and entered into RedCAP— an electronically secure system. Data analysis of a sub-set of this data will be performed by the student, using SPSS, and supported by the research team. This work will form the students thesis. Thus, the student has some flexibility in choosing a discrete question using their and previously collected data. Examples are:

1. is there a difference between the muscle performance of deep neck extensors between cervicogenic headache and controls?  
2. Is there a difference in implicit motor imagery (laterality changes) in people with whiplash compared with controls?  
3. Is there an association between cervical sensori-motor control impairment and implicit motor imagery?

**Is ethics approval required?**

Yes (please go to # 10)

**If yes to the above, has ethics approval been applied for?**

Yes
Is the project conducted in conjunction with one of the Local Health Districts?
No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

This project is appropriate for students in the following degree(s)

Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Physiotherapy) Honours

Do you have any specific requirements, or is any other information relevant to your project?

This project is unique and a collaborative project between leading cervical spine, whiplash and headache researchers in Australia (eg Dr Tasha Stanton, Dr Julia Treleaven and Prof Michele Sterling and myself). Thus the student also has the advantage of meeting these researchers and contributing to leading research in musculo-skeletal physiotherapy.

The project has been running for 2 years. The research team is collaborative, enthusiastic and has a strong track record in supervisory experience. Honours students involved in this previously have all achieved Class 1 honours.
Name: Dr Belinda Kenny & Dr Kate Thomson
Email: belinda.kenny@sydney.edu.au
Contact number: 9036 7354
Discipline: Work Integrated Learning

Project Title or Broad Research Area

From clinician to clinical educator: Improving student learning experiences

Brief Description of Project

Professional preparation programs focus upon equipping students with the knowledge, skills and attitudes to succeed during clinical/fieldwork placements. This study will take a different perspective and focus upon clinicians' readiness to manage students. We will investigate the experiences of practising clinicians who attend an interdisciplinary clinical education workshop to determine outcomes on their 'educator as manager' roles.

Proposed Method

This study will adopt a qualitative descriptive approach. Interdisciplinary health care professionals will be invited to participate in the study when they register to attend a Work Integrated Learning clinical education workshop. Workshops are conducted at least twice per semester with approx. 40-80 participants enrolled in each workshop. Survey methodology will be used to follow up participants 3-6 months post-workshop to explore the translation of workshop learning to quality student placement experiences. Thematic analysis will provide insights into clinical educators experiences and challenges.

Is ethics approval required?

Yes (please go to # 10)

If yes to the above, has ethics approval been applied for?

No

Is the project conducted in conjunction with one of the Local Health Districts?

No (please go to # 13)

If your project is conducted in conjunction with one of the Local Health Districts, is site specific ethics approval required?

No

This project is appropriate for students in the following degree(s)

Bachelor of Health Sciences (Honours); Bachelor of Applied Science (Diagnostic Radiography) Honours; Bachelor of Applied Science (Exercise Physiology) Honours; Bachelor of Applied Science (Exercise and Sport Science) Honours; Bachelor of Applied Science (Occupational Therapy) Honours; Bachelor of Applied Science (Physiotherapy) Honours; Bachelor of Applied Science (Speech Pathology) Honours

Do you have any specific requirements, or is any other information relevant to your project?

This is a new project that will contribute to the future preparation of clinicians who are learning to become effective clinical educators. The interdisciplinary project team are experienced supervisors with a passion for clinical education and student learning.