

### Faculty Member Contact Information

**Name:** Erik Kirk

**Department:** Kinesiology and Health Education

**E-mail Address:** ekirk@siue.edu

**Phone Number:** 618-650-2718

**Campus Box:** 1126




### Description of the URCA Assistant Position

This posting includes one funded position. In addition, the faculty member may be willing to mentor additional, unfunded students.

**How many unfunded students is this professor taking in addition to his/her one funded student?**   1  

(Students, if the faculty member will have both funded and unfunded students, he or she is free to select which student receives the funding. Funding cannot be split up between multiple students; only one student will receive it.)

### **Which of the following apply to this position?**

- This position is **only** open to students who have declared a major in this discipline. **M**
- This project deals with social justice issues. 
- This project deals with sustainability (green) issues. 
- This project deals with human health and wellness issues. 

**How many hours per week will your student(s) be required to work in this position?**   9  

(Minimum is 6 hours per week; typical is 9.)

**Will it be possible for your student(s) to earn course credit?**  Yes  No

**If yes, in which course?** N/A

**If yes, for how many credit hours?** N/A

**Location of research/creative activities:** VC 2305

### **Brief description of the nature of the research/creative activity:**

This project is a Weight Management Program conducted by the faculty of the Department of Kinesiology and Health Education. This 9-month clinical research program is currently underway and will continue through May 2012:

-Provide research-based diet, exercise, and behavioral strategies to lose 10% of body weight during the first 6 months of the program. They will test the effects of physical activity to prevent weight regain from months 4-9 and provide regular follow-up with weekly group meetings. This is an ongoing project for our department.

### **Brief description of student responsibilities:**

The Weight Management clients participate in physiological testing at baseline, three months, and six months and 12 months. These assessments include:

- Body Composition Testing using iDXA and BODPOD technology (body fat percentage, muscle mass, bone density)
- Blood Pressure Analysis
- Dietary Analysis
- Lipid Profile Analysis (total cholesterol, LDL, HDL, triglycerides)
- Physical Activity Assessment
- Overall Cardiovascular Risk

**URCA Assistant positions are designed to provide students with *research or creative activities* experience. As such, there should be measurable, appropriate outcome goals. What exactly should your student(s) have learned by the end of this experience?**

The Research Assistant will learn how to organize and conduct a research project and will have gained experience working with and interacting with clients (real world experience). Also, the Research Assistant will gain valuable experience in performing a number of physiological assessments in the lab. Finally, the Research Assistant will be responsible for maintaining the database for the clinic.

### Requirements of Students

**If the position(s) require students to be available at certain times each week (as opposed to them being able to set their own hours), please indicate all required days and times:**

Many of the hours are earlier in the day (before 9:00 am) and later in the day (after 3:00 pm). The days for these hours are flexible.

**If the location of the research/creative activities involves off campus work, must students provide their own transportation?**

N/A

**Must students have taken any prerequisite classes? Please list classes and preferred grades:**

N/A

**Other requirements or notes to applicants:**

N/A