## Faculty Member Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Dr. Brianne Guilford</th>
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<tbody>
<tr>
<td>Contact Info</td>
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</tr>
<tr>
<td>SIUE Email</td>
<td><a href="mailto:bguilfo@siue.edu">bguilfo@siue.edu</a></td>
</tr>
<tr>
<td>Campus Box</td>
<td>1126</td>
</tr>
<tr>
<td>Department</td>
<td>Applied Health</td>
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### 1 Funded URCA Assistant

<table>
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<tr>
<th>This position is <strong>ONLY</strong> open to students who have declared a major in this discipline.</th>
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<tbody>
<tr>
<td>This project deals with social justice issues.</td>
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<td>This project deals with sustainability (green) issues.</td>
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<td>This project deals with human health and wellness issues.</td>
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<td>This project deals with community outreach.</td>
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<tr>
<td>This mentor’s project is interdisciplinary in nature.</td>
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**Are you willing to work with students from outside of your discipline? If yes, which other disciplines?**

- Yes, but similar fields

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

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

- 8 hours

**Will it be possible for your student(s) to earn course credit?**

- Yes, KIN 480 Independent Study (3 credit hours)
Location of research/creative activities:

- VC 2305, Exercise Physiology Lab

Brief description of the nature of the research/creative activity?

The URCA will assist with data collection for a project entitled "The effects of an exercise snack on glucose response in prediabetic and diabetic individuals."

This is a randomized cross over design that requires one baseline testing session and three experimental testing sessions per each participant (goal n = 30). During the baseline session, we assess body composition using a DXA scan and the participant completes several forms including a food record and physical activity assessment.

Each experimental session requires the participant to complete either 5 minutes of exercise at a self selected pace (walking or combined arm and leg cycling) or a control session in which the participant sits for 5 minutes. During the exercise sessions, oxygen consumption will be measured using a portable metabolic cart. Following each exercise or control session, the participant's blood glucose will be assessed via finger prick, then the participant will consume a glucose beverage, then sit and work quietly will glucose is assessed every 15 minutes for 1 hour total.

Brief description of student responsibilities?

The URCA will attend baseline and experimental sessions and will assist with all aspects of data collection including administering DXA scans, explaining forms, calibrating the portable metabolic cart, fitting the participant with face mask and metabolic cart harness for the exercise trials, monitoring the participant during exercise, performing finger pricks and glucose measurements, transferring data from equipment screens to paper forms, and data entry.

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?

1) students will learn how to interact with human participants in an organized and orderly manner

2) students will learn how to operate the DXA scanner, portable metabolic cart (Cosmed K5), and how to take glucose measurements

3) students will learn organizational and scheduling procedures involved with human research
4) students will learn about data analysis, figure creation, abstract writing, poster design, and will have an opportunity to submit an abstract for presentation at an international meeting

**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:

- Must be available early mornings from 530 am - 10 am on weekdays

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

- No

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

- No

Other requirements or notes to applicants:

- N/A