

**Office of Health Equity Research & Center for
Human Athleticism and Musculoskeletal Performance and Prevention
REQUEST FOR PROPOSALS: PILOT STUDIES & PROGRAMS**

To synergize efforts on their mission to enhance health and wellness in Rochester, the Office of Health Equity Research (OHER) & the Center for Human Athleticism and Musculoskeletal Performance and Prevention (CHAMPP) are supporting a new grant opportunity that will fund (\$40,000 maximum for one year) University of Rochester faculty to run a novel Fitness Science clinical pilot or program at the new Saunders Center for Orthopaedics & Physical Performance Institute at the [Ambulatory Orthopaedics Campus \(AOC\) at Marketplace Mall](#).

The goal of this pilot grant is to establish a research or non-for-profit wellness program in which underrepresented people of color that live in Rochester utilize state-of-the-art musculoskeletal performance and injury prevention resources at the AOC. These resources include:

- 1) [Personalized Nutritional Counseling](#)
- 2) [Sports Psychology](#)
- 3) [The Motion Lab](#)

Eligibility is strictly limited to full-time faculty at the University of Rochester. Priority will be given to proposals that evaluate an intervention in a cohort of ~20 human subjects or participates with prospective outcomes of health, wellness and physical performance.

Deadlines:

Letters of intent are **due February 7, 2025**. Invitations for full submissions will be sent by **March 7**. Full submissions (Instructions will be provided) will be due on **April 4, 2025**.

Anticipated start date for successful proposals: July 1, 2025

Note: For clinical research studies, human subject protocols must be approved prior to the start date. No funds will be released until these approvals have been documented.

Background: Health equity science is a field that examines the patterns and factors that contribute to health inequities, their mechanisms of impact, and the development, implementation, and effectiveness of models, methods, measures, and strategies to eliminate disparities and improve equity. It develops insight into the extent and outcomes of inequities and how they are experienced by individuals and populations and builds evidence to guide interventions and policies to eliminate them. Fitness science is a field that helps people optimize their performance through an integrative approach that includes four crucial pillars: Strength Training, Nutrition, Sport Psychology and Data Analysis. As national leaders in these fields, Dr. Edith Williams (Director of OHER) and Dr. Michael Maloney (Director of CHAMPP) have joined forces to fund this pilot program that will utilize resources in both Centers.

General inquiries & Submission: Investigators are encouraged to consult with Conner Lorenzo (conner_lorenzo@urmc.rochester.edu) ahead of submission to confirm fit and responsiveness.

Proposals must be submitted electronically at: [<https://redcap.link/2025OHERcfp>]

Required Components

The application is a two-step process. Step 1 consists of a one-page letter of intent (LOI) summarizing the proposed project and NIH format biosketches of the PI and Co-Is involved. The LOI should be submitted in a single PDF document using at least a font size of 11 point, ½ inch margin, single-spaced type. Proposals will be scored by a panel of OHER, Orthopaedics and OHER experts and meritorious applications will be invited for a full submission, directions for which will follow.

The program will support costs normally allowable for NIH-funded research projects for a maximum funding amount of \$40,000, which does not include resources to be utilized in the OHER or CHAMPP that will be provided free of charge.

Condition of Award: All awardees are required to present at the Annual Center for Musculoskeletal Research Symposium <https://www.urmc.rochester.edu/musculoskeletal-research/seminars/annual-symposium.aspx>. All peer reviewed publications that result from this pilot funding must cite the OHER and CHAMPP.

Contacts: If you have questions regarding this RFP, please contact one of the following.

Scientific and Peer Review contacts:

Edward Schwarz, PhD

Edward_Schwarz@urmc.rochester.edu

-or-

Diane Morse, MD

Diane_Morse@urmc.rochester.edu

OHER & CHAMPP Pilot Program Application Face Page

Submission deadline: February 7, 2025

Proposal Title _____

Principle Investigator _____

Department _____

Area of Research _____

E-mail Address _____

Phone _____

Co-Investigator (if applicable) _____

Department _____

Area of Research _____

E-mail Address _____

Phone _____

Institution (if not URM) _____

Amount Requested \$ _____

_____ Human Subjects involved – IRB status: _____

PI _____

Date _____

Please include page number and name of PI in a footer on the application.

DETAILED BUDGET FOR INITIAL BUDGET PERIOD DIRECT COSTS ONLY	FROM 1/1/25	THROUGH 12/31/25
--	------------------------	-----------------------------

List PERSONNEL (*Applicant organization only*)

Use Cal, Acad, or Summer to Enter Months Devoted to Project

Enter Dollar Amounts Requested (*omit cents*) for Salary Requested and Fringe Benefits

NAME	ROLE ON PROJECT	Cal. Mnths	Acad. Mnths	Summ er	INST.BAS E	SALARY REQUESTED	FRINGE BENEFITS	TOTAL
	PD/PI							
SUBTOTALS →								

CONSULTANT COSTS

EQUIPMENT (*Itemize*)

SUPPLIES (*Itemize by category*)

TRAVEL

INPATIENT CARE COSTS

OUTPATIENT CARE COSTS

ALTERATIONS AND RENOVATIONS (*Itemize by category*)

OTHER EXPENSES (*Itemize by category*)

CONSORTIUM/CONTRACTUAL COSTS

DIRECT COSTS

SUBTOTAL DIRECT COSTS FOR INITIAL BUDGET PERIOD <i>(Item 7a, Face Page)</i>		\$
CONSORTIUM/CONTRACTUAL COSTS	FACILITIES AND ADMINISTRATIVE	
TOTAL DIRECT COSTS FOR INITIAL BUDGET PERIOD		\$

BUDGET JUSTIFICATION