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Health Sciences Grad Students Win Competitive Research Grants

August 11, 2017

Three Lindenwood University graduate students have won competitive research grants from the National Strength and Conditioning Association Foundation.

“This is a real credit to Lindenwood University and speaks to the quality of work our students are doing,” Dr. Chad Kerksick, assistant professor of exercise science, said. “These grants will allow some very talented students to further their excellent research.”

Winning awards were School of Health Sciences master’s degree students

- **Mary Altepeter**, who received a \$7,500 grant to study the effect the timing of whey protein ingestion has on strength training over an eight-week period. She’ll measure changes in strength, endurance, power, fat-free mass and muscle hypertrophy.
- **Patrick Harty** won a \$7,500 grant to study the effect of caffeine timing on lower body resistance training performance in healthy resistance-trained subjects.
- **Otavio Takeda** received a \$2,841 grant to study the effects of acute calcium lactate supplementation on endurance performance in trained cyclists.

Altepeter and Harty earned Graduate Research Grant awards earmarked for master’s degree students. The duo took two of five total scholarships available in that category. Takeda was awarded a GNC Nutritional Research Grant.

The National Strength and Conditioning Foundation was created in 2007. Since then, it has awarded 120 grants and 440 scholarships amounting to more than \$2 million, according to leaders of the organization. Recipients are chosen by the NSCA’s Foundation Grant Committee to fulfill the organization’s mission of discovering new ways to enhance the practical applications of strength and conditioning.