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When I applied to Marquette, research was never something in which I thought I would get involved, for I didn't know much about the research process or the importance of being involved in research. However, I realized that my inability to accept things without further depth of understanding was an excellent reason to pursue research. The only way that I can help advance the professions of exercise physiology and physical therapy is if I actively engage in the discovery of how the human body works. I began research as a sophomore with Dr. Alexander Ng in his multiple sclerosis and breast cancer survivor labs. Discovering how an individual's past medical history and current diagnoses impact their physiological functioning was fascinating, but it wasn't the patient population I am passionate about.

Thus, as a junior, I switched gears to pursue research in a field that has always captivated me, athletic human performance, and I began working with Dr. Sandra Hunter in the Athletic and Human Performance Research Center (AHPRC). During my time at the AHPRC I have learned about the grit required to pursue research. The process of writing an IRB, or a documented plan of what a research project will entail, as an undergraduate student is not an opportunity many undergraduate students will ever get to pursue, for it is often reserved for post graduate students. However, it taught me how to persevere and become creative in designing a super fun study that I crafted with the help of Dr. Hunter's team. It taught me about the research process and how much background work goes into designing and executing a study before any participants are even brought in. It also guided me to my next research project of determining the real world changes in running performance of elite