



## Take a Stand!

### Learn about Sitting & Brain Health

#### Undergraduate Research Opportunity Physical Activity and Neurocognitive Health (PNC) Lab Department of Kinesiology and Community Health

**Starting Fall 2022**  
Minimum 2 semesters  
Open to students across Campus

#### Skills You Gain

##### Research Skills

- Data collection
  - ✓ deliver a [SITLess](#) intervention
  - ✓ assist with collecting EEG data
  - ✓ measure blood pressure
  - ✓ process blood samples
  - ✓ take a DXA body scan
  - ✓ administer cognitive tasks
  - ✓ administer neuropsychological tests
  - ✓ assist with a maximal exercise test
  - ... and more!
- Research administration
- Data processing

##### Transferable Skills

- Team work
- Effective communication
- Problem solving
- Time management
- Organization
- Attention to detail
- Social media promotion

**Opportunities to get involved in ongoing science projects!**

#### To Learn More Visit:

<http://publish.illinois.edu/physical-activity-and-neurocognitive-health/join-our-lab/>

To apply: <https://forms.gle/CJD67tSxEEECGhT37>

#### Questions?

Email Dr. Pindus: [pindus@illinois.edu](mailto:pindus@illinois.edu)

**Applications are ongoing!**