

# TAKE A STAND!

Learn about Sitting and Brain Health

Undergraduate Research Opportunity

Physical Activity and Neurocognitive Health (PNC) Lab



Starting Spring or Summer 2024 (minimum 2 semesters)

Open to students across campus

## Research Skills you Gain

- **Data Collection**
  - Deliver a HIIT2SITLess Intervention
  - Maximal Exercise Test
  - Accelerometers
  - Process Blood Samples
  - EEG and ECG
- **Data Processing**

## Our Alumni Pursue

### Graduate Degrees In:

- **Physical Therapy** (UIC, Midwestern)
- **Occupational Therapy** (UIC)
- **Medicine** (UIC)
- **Computer Science** (UIUC)
- And other healthcare and pharmaceutical industries

**SCAN TO APPLY**

QUESTIONS?  
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