

Lifestyle & Health Research Center

Training Program



March 2020



Princess Nourah bint Abdulrahman University
General Administration
of Health Affairs
Health sciences Research Center

The Lifestyle and Health Research Center (LHRC) at the Health Sciences Research Center in Princess Nourah bint Abdulrahman University strives to contribute to the Kingdom's diverse, skilled, and innovative research workforce by offering a unique experience for students, interns and junior researchers. The state of the art facility and multidisciplinary research team provide a rich environment for learning and applying various research skills related to lifestyle and health. The LHRC helps prepare individuals for a career in lab- or community-based health research relative to lifestyle behaviors.

Core areas of training

- A. Knowledge and practice of measurements for key lifestyle & health indicators
 - a. Cardiopulmonary function
 - b. Musculoskeletal function
 - c. Body composition
 - d. Flexibility, anthropometric and blood assessment
 - e. Balance and reaction time
 - f. Physical activity & sedentary behaviors
 - g. Nutrition and resting metabolic rate assessment
 - h. Measurement of work load during exercise
- B. Research skills development
 - a. Training and participation in the research process (literature search/review, research design, proposal writing, data collection, etc)
 - b. Development of evidence based health promotion programs and research
 - c. Participation in Journal Clubs and tutorials
 - d. Statistical analysis and use of JMP/SAS and other software
 - e. Database and survey development using Redcap software
 - f. Reference management software (EndNote)
 - g. Research Ethics
- C. Professional development
 - a. Presentation skills
 - b. Team building
 - c. Communication skills
 - d. Problem solving

Who oversees and conducts the training?

- All trainees will be assigned one preceptor that will oversee the program and final evaluation.
- A program will be designed by the preceptor based on the qualifications and needs of the applicant.
- The program will include the objectives of the program, a schedule of training sessions and periodic evaluations.
- Training will be conducted by the research team in LHRC as per specializations.
- For more information on our team, please refer to <https://lh-hsrc.pnu.edu.sa/category/center-staff/>

Who qualifies for training in LHRC?

- Health related specialists
- Other specialists interested in a career in lifestyle and health research
- Applicants in their final year of an undergraduate program, internship or postgraduate trainees

How do I apply for training?

- Applicants should send an email to hsrc-LL@pnu.edu.sa outlining their goals for training, their qualifications (CV) and the desired date and time period for training.
- Applicants will then be called for an interview.
- If accepted, a program will be developed and the applicant and sector from which they are affiliated (if applicable) will be asked to approve the program.
- Processing will be conducted through King Abdulla bin Abdulaziz University Hospital

For more information on the Lifestyle and Health Research Center please visit:

<https://lh-hsrc.pnu.edu.sa/>

