

## Call for proposals AMS: Ageing & Vitality

This program is made available through the Amsterdam Movement Sciences research institute and aimed to stimulate innovative research within the program Ageing & Vitality.

The Ageing and Vitality program of AMS aims to understand the interaction between age-related physiological decline and movement behavior and to develop tailored interventions that optimize mobility and vitality, to maintain participation and finally improve coping with and recovery from illness.

Ageing is accompanied by a *physiological decline*, such as decline in muscle mass, strength and quality (sarcopenia), bone density, joint flexibility, sensory acuity, cardiovascular and respiratory function affecting physical capacity, performance and activities. Although physiological decline appears to be an unavoidable result of ageing, it may be modulated by factors like *activity, exercise and nutrition*. People at high age generally show a decrease in physical activity, which is an important determinant of disability and mortality risk. Inactivity leads to rapid muscle loss, particularly during acute illness or hospitalization, due to concomitant systemic inflammation. In addition, aging is associated with reduced appetite and low food intake, which can aggravate the decline.

Understanding the interaction between physiological decline and movement behavior is a prerequisite to design tailored interventions on either or both the physiological level (e.g., muscle strength or fitness training) and the behavioral level (e.g., physical activity and/or nutrition) to counteract its consequences. Although these may specifically manifest at higher age or during critical periods in life such as hospitalization, they may be determined by a lifelong process; research within Ageing and Vitality is therefore not restricted to higher ages.

The board of the Ageing and Vitality program invites proposals for support of projects within the Aging & Vitality program of AMS.

### Goal

We aim to stimulate early career researchers with highly innovative ideas that are not ready to submit for funding elsewhere. We aim to stimulate both pre-clinical and clinical innovation through translational research, consolidation of existing or newly developing research lines and strengthening the Ageing and Vitality program.

### What can be applied for?

Research projects for 1 or 2 years. Budget can be requested for personnel costs (no PhD students) and materials. The maximum budget is €40,000 for a 1-year project and €80,000 for a 2-year project (the budget includes personnel and materials).

## Budget & timeline

For the year 2023, the Program has a budget of 120 k€ to facilitate two innovative projects: one project of €40,000 for a 1-year project and €80,000 for a 2-year project.

Deadline proposals is Sunday March 19<sup>th</sup>.

Projects should start between June and October 1<sup>st</sup> 2023.

## Requirements for research proposals

Project to be funded have to contribute to the program aim and address the broad theme of maintenance or loss of physical functioning with ageing. Specifically, we are expecting projects to address the effects of physical activity and/or nutrition via cardiovascular and/or muscular health on physical functioning.

- Each researcher can submit only one project as first applicant.
- The first applicant must hold a PhD.
- The first applicant must have or must aim at taking a lead role within AMS affiliated research.
- Researchers and group leaders can support multiple proposals as co-applicant
- Research must obviously be within the Amsterdam Movement Sciences program and be aligned with the research lines or patient groups of Ageing and Vitality.
- If METC approval is necessary for your study, it is advisable to obtain the approval as soon as possible. Funding will only start after this approval has been given.
- Output of funded projects should at least contain a presentation at an Amsterdam Movement Sciences Annual Meeting within one year after finishing the project.

Priority will be given to proposals:

- that are translational in nature (or add a translational aspect to an existing project),
- entail a collaboration between at least two separate PI led groups within AMS,
- that clearly strengthen collaboration within the theme.

## Proposal format

Project proposals should be submitted in PDF format, no longer than 4 pages A4, Arial 11 pt., and should consist of the following sections:

- a) Project title
- b) Contact details of applicants from at least two different AMS research groups.
- c) Collaboration.
- d) Planned starting- and end date
- e) Relevance to the AMS program.
- f) Aims of the application (scientific, infrastructural, and/or personal).
- g) Work plan (including methods, statistical analysis plan, medical ethics, timeline).
- h) Budget.

- i) Expected deliverables.
- j) References (excluding in the page limit)
- k) Annex with 1 page CV per applicant (excluding in the page limit)

## Procedure

- Proposals should be submitted as one PDF via this [link](#) before **March 19<sup>th</sup>, 2023**.
- Only applications that are submitted in the correct format will be reviewed (max. 4 A4 pages, font arial 11, excluding references and CV).
- Proposals will be reviewed by external reviewers of the Ageing & Vitality board (**by April 21<sup>st</sup>**).
- Candidates of the best ranked proposals are invited for an interview by the Ageing & Vitality board (**Between May 8-19**).
- Notification of decision before **May 31<sup>st</sup>**.
- For questions about the call please get in touch with one of the program board members (see the [AMS website](#) for contact details).