

Requirement	Number of Points	Number of Pages
Title Page		
Applicant information: name, ASB membership number, email, degree expected, program, institution		1 page, single-spaced (no page number)
Academic advisor information: name, ASB membership number and email		
Project title		
150-word abstract: brief summary of the proposed research		
Fiscal agent: <ul style="list-style-type: none"> Name, title and mailing address of the person responsible for handling grant funds at the applicant's institution Name to which the check should be made payable		
Research Proposal	85	
Specific aims and hypotheses: <i>One page limit. Should include clear, testable hypotheses and describe the relevance to biomechanics.</i>	25	1 page, double-spaced (start numbering at 1)
Background and significance: <i>Provide a detailed explanation of the importance of the research question, its impact on the field, and the gaps in the existing literature that the project aims to address. Citations should be relevant and varied.</i>	25	3 pages, double-spaced (continue numbering)
Innovation: <i>Describe how the proposed work offers a novel approach or perspective in biomechanics.</i>	5	
Approach: <i>Include methods, limitations, alternatives, and future directions. Ensure that sample size, participant demographics, and expected outcomes are described.</i>	25	
Itemized budget and justification: <i>Should include all expenses and provide justification for grant-proposed purchases to demonstrate a clear need for funding.</i>	5	1 page, single-spaced (continue numbering)
Reference list for in-text citations		No limit
Applicant	15	
Biosketch of the applicant(s): <i>Should include relevant academic background, research experience, and qualifications to complete the project. For students with less experience, leadership experience, applicable research skills, motivation, and relevance of project to long term career goals could be included. Emphasis on personal statement, not on number of achievements.</i>	10	2-5 pages (follow template)
Letter of Recommendation: <i>Written and signed by the applicant's academic advisor on institutional letterhead. Should establish the student's capability to complete the proposed project and, when appropriate, should establish student need based on personal, institutional, or structural disadvantage.</i>	5	1-2 pages