3. CAREER GOALS AND OBJECTIVES:
My long-term career goal is to become an independent investigator and leader in the study of the effects of physical activity on mental health. This line of research will examine the role of physical activity in the treatment and prevention of mental illness and the physiological mechanisms potentially underlying the effects of exercise on mental health. However, progress toward my career goal requires additional training. To continue toward this goal, I am proposing a career development plan that includes focused coursework, mentorship from a multi-disciplinary group of established researchers and practical research experience that addresses my training needs. The proposed training plan focuses on three training objectives: (1) training in the design and conduct of RCTs in clinical population, (2) training in psychopathology diagnosis and assessment, and (3) advanced training in biostatistical methods. The knowledge, skills and experience I will acquire through the proposed training plan will be necessary to compete successfully for an R01 and achieve my goal of becoming an independent investigator.