

## Call for proposals AMS Program Ageing & Vitality

### 1. Introduction

The Ageing and Vitality research program aims to understand the interaction between age-related physiological decline and movement behavior for tailored interventions to optimize mobility and vitality outcomes.

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. In particular, protein intake has a major influence on skeletal muscle metabolism. Inadequate protein intake is one of the major mechanisms underlying sarcopenia. 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). Our research contributes to optimizing **mobility and vitality**; to maintain participation, self-independence, cope with and recover from illness, and reduce the risk of falls.

### 2. Budget & timeline

For the year 2022, the Program has a budget of 40 k€ to facilitate two innovative projects of 20 k€ each.

The scheduled project starting date for the research grant proposals accepted in this 2022 round is September 2022. The deadline for this call for proposals is Sunday 8<sup>th</sup> May 2022, 12 pm (CET).

### 3. Requirements

Project to be funded have to comply with the program aim, and preferably with the subtheme sarcopenia/muscle (quality) and physical activity. Priority is given to innovative proposals:

- that are translational in nature (or add translational aspect to an existing project),
- encompassing at least two different research- or clinical disciplines,
- which clearly strengthen collaboration within the theme.

Output of the projects to be funded should at least contain a presentation at an Amsterdam Movement Sciences Annual Meeting within one year after finishing the project.

#### 4. Format

Project proposals should be submitted in PDF format, no longer than 3 pages (sections 1-7), A4, Arial 11 pt., and should consist of the following sections:

**1. General information:**

- a. Project title & contact details.
- b. Collaboration.
- c. Planned starting- and end date

**2. Relevance in relation to AMS and program theme.**

**3. Aims of the application (scientific, infrastructural, and/or personal).**

**4. Work plan (including methods, statistical analysis plan, medical ethics, time line).**

**5. Budget.**

**6. Expected deliverables.**

**7. References.**

**8. Annex with CV of members research group relevant for this research.**

#### 5. Procedure

Proposals should be submitted as one PDF via [this link](#) before the deadline of Sunday 8<sup>th</sup> May 2022, 12 pm (CET).

Proposals are reviewed by the program board. Notification of granting is provided within four weeks after the deadline.

For questions about the call please get in touch with one of the program board members (see the [AMS website](#) for contact details).