

Human Performance Clinical/Research Laboratory

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- Integrative Biology
Christopher Bell, PhD
- Neuromuscular Function
Brian Tracy, PhD
- Skeletal Muscle
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The HPCRL supports the research, academic and public service mission of the Department of Health and Exercise Science and CSU by providing state-of-the-art infrastructure for research and hands-on learning experiences for students, and promoting the benefits of healthy lifestyles to citizens in the community and the state of Colorado.

The Human Performance Clinical/Research Laboratory (HPCRL) serves as a center for interdisciplinary research, teaching, and outreach efforts that address the etiology, prevention, intervention, and treatment of major chronic diseases, including cardiovascular disease, diabetes, obesity, and degenerative conditions associated with aging. Undergraduate and graduate students serve and train in the HPCRL in regular courses, internships, practica, and as a part of a variety of sponsored research rotations and are directly involved in community outreach efforts via the Heart Disease Prevention Program (HDPP).

Laboratory research crosses disciplinary, departmental, and institutional borders, with active research and collaborations with eight departments at CSU, spanning more than a dozen disciplines within the health and biomedical sciences.

Promoting the Benefits of Healthy Lifestyles

The HPCRL supports the departmental mission to discover new knowledge through excellence in research in the areas of health and exercise science and to disseminate that knowledge through academic and outreach programs.

The laboratories provide facilities and state of the art, scientific equipment to support the research mentoring for the doctoral students in the new Human Bioenergetics PhD program.

The HPCRL houses the Heart Disease Prevention Program (HDPP) as its central outreach program. The HDPP provides valuable clinical training for students, a unique, preventative medical service for the citizens of Colorado, and serves as a database for clinical and basic research. In addition, several foundations provide funds that allow access to HDPP services free of charge to the medically underserved in northern Colorado.



Highlights

- Ph. D. program in Human Bioenergetics: The first class began in the Fall 2007.
- HPCRL expansion: Construction for a \$500,000 addition will begin in January 2008 to provide more biochemistry wet lab space, an animal surgery area and a cell culture lab.

Goals

- Design and build a \$3 million HPCRL addition.
- Develop a post-doctoral mentoring program within the HPCRL.
- Secure funding to continue to provide heart disease prevention testing and programs for the medically underserved.
- Continue to provide training to undergraduate students through internship opportunities. Continue to integrate student academic training with expanding research and outreach programs in the HPCRL.