

Thematic Research Grant

Notes & Background: The NATA Foundation Board of Directors approved the Thematic Research Grant in 2026. Each year, the Athletic Training Research Agenda Committee (AT-RAC) identifies a theme that guides Foundation initiatives and funding priorities. Whenever possible, the committee will establish themes several years in advance.

Upcoming Themes: Upcoming themes will be announced as soon as possible.

2026-2027: Female Athletes/Women's Health

2027-2028: TBD

2028-2029: TBD

2029-2030: TBD

The theme for **2026-2027** is **Female Athletes/Women's Health**. This theme serves as a Foundation-wide priority and is not limited to the Thematic Research Grant mechanism. It guides activities across all Foundation committees and programs.

Introduction: The NATA Research and Education Foundation invites proposals from qualified researchers and organizations for innovative research that advances women's health.

Proposals should address Female Athletes/Women's Health, including but not limited to the following areas:

- Enhancing understanding of female-specific factors related to performance, nutrition, mental health, and overall well-being.
- Advancing knowledge and clinical care related to reproductive and hormonal health, including menstrual health, endometriosis, polycystic ovary syndrome (PCOS), hormonal contraceptive use, perimenopause, and menopause.
- Examining the influence of female sex hormones and reproductive health on injury risk, recovery, physical activity, and performance across the lifespan.
- Supporting safe physical activity, sport participation, and return to sport during pregnancy and the postpartum period.
- Addressing pelvic health conditions, including pelvic floor dysfunction, and their impact on activity, participation, and quality of life.
- Developing and evaluating female-specific injury prevention, rehabilitation, and health care strategies.

- Understanding and advancing patient-centered care for women and girls.
- Evaluating the role and impact of athletic trainers in supporting female athlete health, performance, injury prevention, health care delivery, and long-term outcomes within interdisciplinary care teams.

Eligibility: Any health care professional, researcher, or educator may apply for this grant. However, either the Principal Investigator or a Co-Principal Investigator must be a BOC-certified athletic trainer, hold current NATA membership, and have an NPI number.

RFP: This Request for Proposals (RFP) applies to the 2026-2027 grant cycle.

Total Cost Limit: \$20,000. Awards are limited to \$20,000 in total costs (direct plus indirect costs). Indirect costs are capped at 10% of direct costs and must be included within the total award amount. No additional funds will be provided for indirect costs beyond the \$20,000 limit.

Study Period: Up to 2 years

Deadlines and Timelines:

- **Pre-proposal Submission:** August 1 – September 1, 2026. Applicants interested in the Thematic Research Grant must first submit a pre-proposal. Applicants whose pre-proposals are accepted will be invited to submit a full proposal by the February 15, 2027 deadline. A maximum of four applicants will be invited to submit a full proposal. All proposals must be submitted to the NATA Foundation web portal.
- **Notification of Pre-proposal Status:** October 2026
- **Full-Proposal Submission (invited applicants only):** Submission window is from January 1 – February 15, 2027
- **Review Period:** April & May of 2027
- **Board Approval:** May/June 2027
- **Anticipated Start Date:** Summer 2027