



# UNIVERSITY OF DENVER

## Which groups are best represented in grant funding?

**PARTICIPATORY ACTION RESEARCH TO UNDERSTAND AND ENHANCE DIVERSITY, EQUITY, AND INCLUSION WITHIN THE NSCAF**

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### INTRODUCTION

The National Strength and Conditioning Association Foundation (NSCAF) funds scholarships and grants specific to the field of strength and conditioning. To date, the NSCAF has awarded 184 grants and had not collected demographics data on their funded participants. Obtaining demographics data of grant recipients provides a baseline understanding of the NSCAF’s efforts for diverse, equitable, and inclusive (DEI) funding.

### PURPOSE

The purpose of this study was to determine the demographic information of NSCAF grant recipients.

### METHODS

**Participants:** Initial target group was 169 awardees of NSCAF grants.

**Data collection: October 2022-** previous grant recipients were sent an email with the link to a Qualtrics survey from NSCAF.

Those who had not responded were sent a reminder after one week and 10 days after initial email.

**November-** a personalized email was sent from NSCAF to everyone who had still not responded.

**January-** personalized email was sent from the NSCAF Director to everyone who had not responded. Also, we mailed letters via USPS to everyone that had not responded.

**February-** NSCAF put solicitation information in their monthly newsletter and on the NSCA’s social media.

### RESULTS

Fifty-eight recipients responded to the survey. One recipient did not report their age. Ages ranged from 24-71, with a median age of 37. Twenty-five (43%) recipients were first-generation students and 33 (57%) were not. One recipient identified as Asian American or Asian. Nine (16%) respondents identified as Hispanic, Latina/o/x, or Chicana/o/x. Forty-five recipients (78%) identified as White. Two respondents self-described as “mixed.” Thirty-seven recipients identified as men and 20 as women. One recipient preferred not to respond. Fifty-two of the responses chose straight as their sexual orientation, with 2 responses as bisexual, and 4 preferred not to respond. All respondents reported not having a disability and one had veteran status. Forty-four respondents described their social class as either middle-class or upper-middle-class, with 47 responses reported at least \$50k in annual income. Seventeen respondents reported making more than \$100k annually. Lastly, 35 recipients (60%) reported that they currently volunteer with NSCA or NSCAF.

### CONCLUSION

Although demographic data can be sensitive, we were able to obtain a satisfactory response rate and support the NSCAF in their DEI efforts. With 58 respondents, there were very few “prefer not to respond” answers.

### PRACTICAL APPLICATIONS

Knowing the demographic information of past participants will help guide the NSCAF’s decision-making process to improve DEI in relation to funding.

### REFERENCES

NCAA Demographics Database. (2022, December 31). Retrieved from <http://www.ncaa.org/about/resources/research/ncaa-demographics-database>.

