























Comparison of high-speed and lowspeed resistance training in older women

Resistance training in older women: High-speed or low-speed, that is the question!

Significance

- Sufficiently important to be worthy of attention
- Having particular meaning



NIH Significance



- Does the project address an important problem or critical barrier to progress in the field?
- If the aims of the project are achieved, how will scientific knowledge, technical capability, and/or clinical practice be improved?



How will successful completion of the aims change the concepts, methods, technologies, treatments, services, or preventative interventions that drive this field?

Impact



- Have a strong effect on someone or something
- Have a sustained powerful influence

- mproved healthcare delivery model

Innovation



- New idea, device, or process
- Application of better solutions that meet new demands or needs, recognized or unrecognized
- Original and more effective than current thinking, product, or process









