

Healthy Eating and Activity Laboratory (HEAL)

Under the direction of Dr. Hollie Raynor, the Healthy Eating and Activity Laboratory (HEAL) at the University of Tennessee at Knoxville conducts research on factors, predominantly dietary, that impact on eating regulation and energy balance that can be used to improve behavioral obesity prevention and treatment programs for children and adults.

The primary objectives of HEAL, through our program of scientific research, are the following:

- Expand our knowledge of the factors, predominantly food related, that impact on satiation.
- Explore the relationship between eating and leisure-time behaviors to better understand factors that impact on energy balance.
- Develop innovative and effective treatments for children and adults that lead to eating and activity habits that meet current recommendations.
- Improve the effect of state-of-the-art behavioral interventions on weight gain prevention, weight loss, and weight loss maintenance in children and adults.
- Provide training to students interested in applied obesity research.

Undergraduate Research Assistant Position

Time Requirements

This position requires a commitment of 10 hours per week for 3 credit hours. The position requires at least 1 evening shifts per week.

Position Duties

This position will have various duties to assist in the flow of the research conducted in the HEAL laboratory, these include, but are not limited to:

- Data management and data entry
- Correspondence with study participants
- Attending HEAL laboratory staff meetings
- Preparing for participant orientation meetings, assessment visits, and intervention groups