



Dear Administration of Endowment Fund,

Hello and hope you are fine.

I am, Javad Sarvestan, Ph.D. student of Sports Biomechanics (Kinanthropology - Faculty of Physical Culture), applying for the endowment fund of Palacký University Olomouc due to following reasons:

During the first year of my Ph.D. study, I had a couple of successful cooperation with Vrije Universiteit Brussel, Belgium, and the Appalachian State University of the USA, in terms of scientific knowledge sharing and publications, which had a significant contribution to my fields and public health (see attached CV). Due to which, in line with my former collaborations, I established a new connection with one of the supreme scholars in my field of study, from the University of Lincoln, UK, to co-supervise my thesis and publish joint papers out of this collaboration. This cooperation is already approved by my supervisor (Dr. Zdenek Svoboda) at Palacký University and the co-supervisor (Francis Mulloy) from Lincoln University. Based on agreements, I am going to have a 3-month internship stay at Lincoln University to cooperate on a project, my thesis and also obtain knowledge related to my study.

I have already applied for an Erasmus internship program at Lincoln University and it was accepted by the Faculty of Physical Culture. Nevertheless, the amount of financial supports that the Erasmus program provides is only sufficient for my accommodation and communication. Given that the average living expenses in the UK are significantly higher than in other European countries, Erasmus support is unable to support the full internship period. To this effect, I am applying for an extra scholarship, which enables me to put my best effort into my internship and have no financial concern at the UK.



The amounts of individual expenses and supports are demonstrated in the following table:

Parameter	Expenditures and Supports	Amount	Total
Transport	15000Kč	Round Tickets and Luggage	-15000Kč
Accomodation	13000Kč per month in Dorm	3 month internship period	-39000Kč
Communications	2000Kč per month	3 month internship period	-6000Kč
Nutrition	Min 20000Kč per month	3 month internship period	-60000Kč
Erasmus Support	18000Kč per month	3 month internship period	+54000Kč
Amount needed			66000Kč

As it could be seen in the table, I need the amount of approximately 66000 Kč for supporting my stay at the Lincoln University for collaboration in international cooperation and also my Ph.D. thesis.



The novelty of this cooperation:

During my Ph.D. thesis, I am working on *kinematics and muscular coordination differences in volleyball spike (attack) between young (15-18 years old) and adult (>23 years old) elite volleyball players*. The purpose of this study is to observe „how and to what extent the central nervous system cause coordination deficits cause an impairment in the performance of young elite players in comparison with adult players“ and „accelerate the performance improvement of young players performance by recognizing the impairment root in early ages“.

There is a biomechanical method for calculation of movement coordination called „continuous relative phase“ or CRP, which right away, Dr Mulloy is working on it in a wide variety of sports, including gymnastics and football. This scholar, also, works with new-tech software including pythons for programing the analysis. To this end, cooperation with such an expert biomechanist, which benefits from a brand-new biomechanics laboratory and experience, could pave the way for increasing my knowledge and experience in this area and result in high-quality published papers.

Benefit for the field (social or environmental benefits):

In terms of pedagogy, trainers and teachers are mostly using experimental methods for teaching sports-related skills. Given that I am a volleyball player and coach, I feel the necessity of precise analysis for the origin of deficits in each sports-related tasks, which the experimental teaching methods fail to recognize. This accurate analyses, although might distinguish small deficits in performances, could make the difference between the champions in any sports fields. To this effect, the outcomes of these studies could benefit the young elite players with in-details information about individual deficits that exist in each phase of movement at each segment or muscles.

International dimension

During this collaboration, the Sports Biomechanics groups of both Palacký and Lincoln Universities will cooperate in a unified project, and the outcomes would re-strengthen further connections between these universities, which paves the way for future young scientists to make the most of this connection and collaborate internationally.



Output and its presentation

Based on the conversations held between the supervisor, co-supervisor and I, this cooperation is aimed to have two high-quality scientific papers in high impacts journals (which are placed in Q1 journal rankings in the field of Sports Sciences, Education and Biomechanics). Furthermore, one international conference is admitted to be participating in sports biomechanics-related conferences.

I hope you can help me with my internship by approving the grant.

Kind regards,

Javad Sarvestan



*The contact address and scientific background are attached to the academic CV.