The Human Performance Clinical/Research Laboratory (HPCRL), a newly (2008) designated Program of Research and Scholarly Excellence, supports the departmental mission to discover new knowledge through excellence in research in the areas of health and exercise science and to disseminate that knowledge through academic and outreach programs.

The HPCRL serves as a center for interdisciplinary research, teaching, and outreach efforts that address the etiology, prevention, intervention, and treatment of major chronic diseases, including cardiovascular disease, diabetes, obesity, and degenerative conditions associated with aging. Undergraduate and graduate students serve and train in the HPCRL in regular courses, internships, practica, and as a part of a variety of sponsored research rotations and are directly involved in community outreach efforts via the Heart Disease Prevention Program.

Laboratory research crosses disciplinary, departmental, and institutional borders, with active research and collaborations with eight departments at CSU, spanning more than a dozen disciplines within the health and biomedical sciences. The laboratories provide facilities and state of the art, scientific equipment to support research mentoring for the doctoral students in the new (2007) Human Bioenergetics PhD program.

The HPCRL houses the Heart Disease Prevention Program (HDPP) as its central outreach program. The HDPP provides valuable clinical training for students, a unique, preventative medical service for the citizens of Colorado, and serves as a database for clinical and basic research. In addition, several foundations provide funds that allow access to HDPP services free of charge to the medically underserved in northern Colorado.

Highlights
- The HPCRL was named a CSU Program of Research and Scholarly Excellence in April 2008.
- Ph. D. program in Human Bioenergetics established: The first class began in the Fall 2007.
- Occupied a new $500,000 wet lab and cell culture addition to the HPCRL in August 2008.
- A $2 million expansion of the HPCRL will be competed in December 2009.
- Exceeded $1 million in research expenditures FY08.

Goals
- Develop a research physician position.
- Secure funding to continue to provide heart disease prevention testing and programs for the medically underserved.
- Continue to provide training to undergraduate students through internship opportunities.
- Continue to integrate student academic training with expanding research/outreach programs.