



Job Title: Associate Professor in Lifestyle as Medicine

Grade: 9

Salary: £57,696 to £64,914 per annum, pro-rata if part-time

Department: Diabetes Research Centre

Hours/Contract: Full-time or job share considered, Permanent

Job Family: Teaching and Research

Reference: 10392

Role Purpose

The [Leicester Lifestyle and Health Research group](#) (LLHRG) are part of the Diabetes Research Centre (DRC) and [NIHR Leicester Biomedical Research Centre](#) with a diverse research portfolio that investigates how 24-hour lifestyle behaviours, including physical activity, sedentary behaviour, sleep and nutrition can be optimised to prevent and manage obesity and long-term conditions, such type 2 diabetes, in multi-ethnic populations.

LLHRG are one of the most prestigious Lifestyle as Medicine research groups in the UK, making a major contribution to the University of Leicester's success at being ranked second overall in the Sport and Exercise Sciences unit of assessment (UoA24) within the Research Excellence Framework (REF) 2021, and first for output quality. LLHRG's track record of research excellence has contributed to £14 million in new funding from Research England to expand, including recruiting new academic posts. We are particularly interested in complementing and expanding our current portfolio of world leading research with new appointments in the following areas:

Exercise physiology: Focussed on using genetics, basic science, or mechanistic research to enable exercise regimes and daily physical activity to be better tailored or personalised in the prevention and management of obesity and long-term conditions within multi-ethnic populations.

mHealth: Focussed on developing and evaluating digital tools in the promotion of behaviour change, including combining the measurement of health behaviour with biometric data, such as continuous blood glucose monitoring.

Implementation science: Focussed on leading methods and strategies that facilitate the uptake of LLHRG's evidence-based interventions and research into practice locally, with learning applied nationally and internationally (working closely with our team of community engagement staff).

Multiple long-term conditions: Focussed on furthering understanding of how lifestyle behaviours can be used in the prevention and management of obesity and multiple long-term conditions using intervention research at an early (phase 2) or later (phase 3-4) translational stage.

Physiotherapy: Focussed on building collaborative links with the School of Healthcare through expanding knowledge of musculoskeletal conditions in the prevention and management of frailty and multiple long-term conditions.

Main Duties and Responsibilities





World Changing Research

- Maintain an emergent portfolio of internationally recognised publications that are world-leading in terms of originality, significance and rigour as appropriate to the field of lifestyle and health research, and which have an impact on society, economy, culture, industry, government, policy or practice
- Develop the strategic direction in a research area with demonstratable impact
- Engage in research and enterprise leadership, making significant contributions to promoting and embedding an inclusive and respectful research culture
- Secure sustained external research income on an individual and collaborative basis, as appropriate to the field or discipline
- Take an active participation in the development of LLHRGs and DRCs research strategy. To include leading, and contributing to, strategic research grants in the area of physical activity, lifestyle and health
- Participate in and lead strategic national and/or international research networks, partnerships and collaborations
- Maintain scholarly activity and keep up to date with developments in the field
- Provide high quality PGR supervision and training, contributing to securing funding for postgraduate and early career researchers and increasing PGR recruitment within the subject discipline
- Support the research development of PGRs and colleagues, through mentoring, coaching and training
- Supervise and collaborate with other researchers and PhD students to produce cutting edge research and to develop the research ability of others

Research Inspired Education

- Undertake research-led teaching and/or supervision on postgraduate taught courses that relate to lifestyle and health research
- Contribute to the development, revision and updating of programmes at postgraduate level, developing teaching techniques and materials, ensuring that they are inclusive, embed key skills, and incorporate sustainable development goals
- Provide timely formative student feedback and assessment for coursework and examinations
- Provide a comprehensive support network for students choosing to undertake research projects within the area of lifestyle, dietetics/nutrition, physical activity or sleep sciences, including personal tutor support, employability and open days
- Work with students to provide world class teaching and learning opportunities and an excellent student experience, regularly collecting and responding to student feedback

Our Citizens





- Contribute to research and clinical practice nationally through supporting the activity of national organisations in developing clinical and behavioural guidelines, or through working with leading researchers nationally and internationally
- Participate in public engagement activities, including authoring articles in non-research publications and online, which raise the external profile of the University and share the benefits of Higher Education and research
- Actively engage with the academic discipline both nationally and internationally, undertaking roles on external committees, reviews and panels and/or contributing to conferences and volunteering initiatives which demonstrate impact beyond the University
- Contribute to management and administration processes and committee structures of DRC, College or University
- Lead and support the recruitment, management and development of staff and students, through coaching, mentoring and supporting recruitment activities
- Contribute to the development and achievement of LLHRG and DRC
- Identify and pursue relevant professional development opportunities
- Pursue, develop and lead innovation and impact as determined by discipline benchmark to increase the external profile and foster changes in approach
- Engage in external knowledge transfer, enterprise and engagement activities which increase the external profile of the discipline, LLHRG, DRC and the College
- Be recognised as an authority in the field, developing and maintaining an external profile as appropriate to the discipline

Internal and External Relationships

Proactively build mutually beneficial and effective networks and collaborations across the University and the international research field, for critical discussion and exchange of new ideas and approaches

Participate in NIHR Leicester Biomedical Research Centre and University wide seminar programmes to stimulate dissemination of information and collaboration

Represent the University at national/international committees, conferences and meetings

Work collaboratively with other members of the module delivery team and participate in teaching team meetings, particular related to the Diabetes MSc

Coordination with central University offices

Research Colleagues: Discussion of research and related issues. Integrating lifestyle research across disease areas of focus. Supporting colleagues with grant applications (ad-hoc basis)

Head of Department or group: Discussion on progress with outputs and research strategy (monthly)

External: Develop and maintain external collaborations and committee membership (ad-hoc basis)

NHS patients and research participants

Planning and Organising





Shape the strategic direction in the research area, developing clear long term (many months/years) plans for sustaining and enhancing the research programme.

Long term planning and organisation of the delivery of teaching and assessment.

Participate in the departmental operational planning process, supporting the strategic direction of the Department/School and College.

Qualifications, Knowledge and Experience

Essential

- Completed PhD in a relevant subject area*
- Expertise that complements or enhances existing strengths within the LLHRG and DRC*
- A substantial national reputation in the research area and ability to demonstrate a clear record of national engagement that has led to impact within the discipline*
- A track record of outputs that are internationally recognised and world-leading in terms of originality, significance and rigour*
- Robust future plans for research applications*
- A track record for securing external funding through significant grant capture, consultancy arrangements and/or knowledge exchange projects*
- Involvement in and leadership of relevant research and professional networks on a national and international level*
- A track record of successful supervision of PhD/MD students*
- Experience of contributing to the management, development and delivery of undergraduate and postgraduate programmes*
- Evidence of leadership through membership of significant external committees and groups*
- Fellowship of the HEA or equivalent, or commitment to gain the appropriate category of HEA fellowship within 12 months of appointment
- Extensive experience and demonstrated success in planning and delivering research results
- Extensive experience in the design of programmes, techniques and methods related to any area of lifestyle and health research
- Relevant professional membership (where appropriate)

Desirable

- Evidence of Continuing Professional Development
- Evidence of external recognition of teaching practice through peer review, student, external examiners or external assessor feedback
- Senior Fellowship of the HEA or equivalent
- Successful completion of CPD

Skills, Abilities and Competencies

Essential

- Ability to provide effective leadership for groups and activities with substantial impact among peers in the UK and internationally.
- Proven ability to plan the delivery of research programmes, to develop techniques and exploit sources of funding.





- High level of proficiency in English, sufficient to undertake research, teaching and administrative activities and to communicate effectively with staff and students*
- Ability to lead, motivate, develop and manage the performance of a team
- Ability to work independently and as part of a multi-disciplinary team
- Excellent interpersonal skills, to develop networks and form collaborations
- Effective presentation skills
- Ability to develop resource material to enhance teaching quality
- Ability to deliver classes using a comprehensive range of delivery methods, including lectures, seminars and tutoring
- Skills in coaching, mentoring and developing others, including students, early career researchers and colleagues
- Skills in pastoral care and motivation of students
- A commitment to the delivery of a high quality service to students
- Ability to prioritise tasks within agreed work schedules
- Ability to plan, organise, implement and deliver programmes of work
- An awareness and understanding of diverse community issues and a strong commitment to equity, diversity and inclusivity and continuous improvement in pursuit of Operational Excellence

Desirable

- Ability to teach classes using distance learning
- Ability to provide support to students via Blackboard

****Criteria to be used in shortlisting candidates for interview***

Criminal Declaration

If you become an employee, you must inform your manager immediately, in writing, if you are the subject of any current or future police investigations/legal proceedings, which could result in a criminal offence, conviction, caution, bind-over or charges, or warnings.

Supporting University Activities

As a University of Leicester citizen, you are expected to support key university activities such as clearing, graduation ceremonies, student registration and recruitment open days. We expect all staff as citizens to work flexibly across the University if required.

University Values





Inclusive - We are diverse in our makeup and united in ambition. Our diversity is our strength and makes our community stronger.

Inspiring - We are passionate about inspiring individuals to succeed and realise their ambitions. We challenge our community to think differently, to get involved, and to constantly embrace new ideas.

Impactful - As Citizens of Change we will generate new ideas which deliver impact and empower our community

Equity and Diversity

We believe that equity, diversity and inclusion is integral to a successful modern workplace. By developing and implementing policies and systems that challenge stereotypes across all aspects of our work, we have a culture that recognises and values the diverse contributions of our staff which benefits everyone. Our strong values of inclusivity and equity support our efforts to attract a diverse range of high quality staff and students, and identify our University as a progressive and innovative workplace that mainstreams equity, diversity and inclusion.

