



Job Title:	Professor in Lifestyle as Medicine
Grade:	10
Salary:	Competitive
Department:	Diabetes Research Centre, University of Leicester
Hours/Contract:	Full-time (preferred), or part time (considered), open-ended
Job Family:	Teaching and Research
Reference:	10391

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 senior 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.





Main Duties and Responsibilities

Research

- Maintain a portfolio of internationally recognised publications that are world-leading in terms of originality, significance and rigour as appropriate to the field of physical activity and lifestyle research
- Develop the strategic direction in own area of research and contribute to the development and achievement of DRC and the wider College or University research strategy
- Identify opportunities and lead applications to generate research income of significant value on an individual or collaborative basis, as appropriate to the field or discipline
- Provide high quality postgraduate supervision, making significant contributions to recruiting and winning funding for research students and early career researchers
- Build and lead strategic research networks, partnerships and collaborations
- Attract and manage research projects and the staff engaged on these projects, monitoring progress to ensure the achievement of financial and resource objectives
- Take an active participation in the development of LHRGs and DRCs research strategy. To include leading strategic research grants in the area of physical activity, lifestyle and health
- Supervise and collaborate with other researchers and PhD students to produce leading edge research and to develop the research ability of others
- Make a leading contribution 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

Impact and Knowledge Exchange

- Pursue, develop and lead innovation and impact resulting in national and international recognition
- Make a major contribution to external knowledge transfer, enterprise and engagement activities which increase the external profile of the discipline and University
- Be recognised as an authority in the field, developing and maintaining an external profile as appropriate to the discipline
- Maintain scholarly activity and keep up to date with developments in the field

Leadership and Citizenship

- Represent the University through membership of significant external committees, groups and bodies
- Actively participate in the management, administration and committee structures of DRC, College or University





- Involvement in peer review, the recruitment, line-management and development of staff and act as a mentor and coach to colleagues
- Provide major input to the development, communication and achievement of DRC, College or University strategies

Teaching

- Undertake research-led teaching and/or supervision on undergraduate and/or postgraduate taught courses that relate to lifestyle and health research
- Provide timely formative student feedback and assessment for coursework and examinations
- Contribute leadership to the development, revision and updating of programmes at undergraduate and/or postgraduate level, developing teaching techniques and materials
- 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

Internal and External Relationships

- Proactively build networks across DRC, College, University and the international research field, for critical discussion and exchange of new ideas and approaches and to foster interdisciplinary collaborations.
- Represent the University at national/international committees, conferences and meetings.
- Build and sustain relationships with external bodies to develop DRCs impact agenda.
- Coordination with central University offices.
- Research Colleagues: Discussion of research and related issues. Integrating lifestyle as medicine 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).

Planning and Organising

- Shape the strategic direction in the research area, developing clear long-term plans for sustaining and enhancing the research programme.
- Long term planning and organisation of the delivery of teaching and assessment.
- Participate in the wider College operational planning process, supporting the strategic direction of the Department/School, College and University.





Qualifications, Knowledge and Experience

Essential

- Complete PhD in a relevant subject area*
- Expertise that complements or enhances existing strengths within LLHRG and DRC*
- Evidence of a sustained 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 of substantial external funding through grant capture, consultancy arrangements and/or knowledge exchange projects, meeting the discipline benchmark over a sustained period of time*
- Involvement in and leadership of relevant research and professional networks on a national and international level*
- Evidence of successful leadership of a Research Institute, Centre, Group or equivalent unit*
- Evidence of esteem in professional practice in pursuit of research, for example, through a track record of invited conference contributions
- A track record of successful recruitment and supervision of PhD/MD students*
- Experience of the management, development and delivery of undergraduate and postgraduate programmes
- Fellowship of the HEA or equivalent, or commitment to gain the appropriate category of HEA fellowship within 12 months of appointment
- Experience and achievement within physical activity and lifestyle research, reflected in high reputation in the UK and internationally
- Extensive experience and demonstrated success in planning and building a team and delivering research results
- Extensive experience in the design of programmes, techniques and methods related to any area of lifestyle as medicine research

Desirable

- Senior Fellowship of the HEA or equivalent
- Experience of working with international partners*
- Evidence of sustained external recognition of teaching practice through peer review, student, external examiners or external assessors feedback.

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 and lead 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 innovative resource material to enhance teaching quality
- Ability to deliver classes using a comprehensive range of delivery methods, including lectures, seminars and tutoring
- Proven skills in coaching, mentoring and developing others, including students, early career researchers and colleagues
- Proven skills in pastoral care and motivation of students
- A commitment to the delivery of a high-quality service to students and to the alignment of research and teaching
- Ability to prioritise tasks within agreed work schedules
- Ability to lead the planning, organisation, implementation and delivery of programmes of work

Desirable

- Ability to teach classes using distance learning

****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.

NHS Research Governance

Where it is determined that the duties of this post for the purposes of research involve work with the NHS, it is necessary to ensure that the performance of the duties attached to the post are covered by NHS research governance arrangements and the appointee must comply with all such arrangements, which may include occupational health clearance and DBS clearance.

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.

