

<b>Job Title:</b>	Teaching and Research Fellow
<b>Grade:</b>	8
<b>Salary:</b>	£49,559 to £55,755 per annum
<b>Department:</b>	Diabetes Research Centre
<b>Hours/Contract:</b>	Full-time and fixed term contract for 24 months
<b>Job Family:</b>	Teaching and Research
<b>Reference:</b>	11770

## Role Purpose

We are looking for a talented, motivated individual with an established track record of delivering high quality research to join the [Leicester Lifestyle and Health Research group](#) (LLHRG). The LLHRG are part of the Diabetes Research Centre (DRC), [Leicester Diabetes Centre \(LDC\)](#), 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 from early career researchers on a strong upward trajectory to senior academics with a proven track record and international profile. We are particularly interested in complementing and expanding our current portfolio of world leading teaching and research with new appointments in the following areas:

- **Exercise physiology:** using mechanistic research, genetics or basic science 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:** 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:** using 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:** furthering understanding of how lifestyle behaviours (including physical activity/inactivity, sedentary behaviour, sleep and diet) 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:** 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.

The post holder will work closely with senior researchers to contribute and advance the portfolio of research and teaching conducted within the LLHRG. This will involve overseeing multiple areas of the research process (e.g. hypothesis generation, funding acquisition, study set-up, study delivery, analysis, and/or dissemination), and contributing to the group's involvement in diverse teaching programmes (most prominently supporting the development of content and teaching on Lifestyle Medicine and Diabetes postgraduate and health care professional modules/courses). The time allocation between research and teaching will be required to flex and adapt to meet the needs and priorities of any given period.



## Main Duties and Responsibilities

### Research

- Taking a leadership position to delivering research that is internationally recognised and world-leading in terms of originality, significance and rigour
- Develop research proposals and funding applications in related areas to attract additional research funding as an independent researcher, and contribute in a supporting capacity to other funding applications involving or led by the group.
- Supervise research students and provide advice and guidance to other members of the wider research team (both research staff and students).
- Develop and engage in novel research methodologies for lifestyle and/or cardiometabolic health research.
- Lead on the planning and organisation of new and ongoing projects, including required research governance approvals.
- Oversee data governance, quality and analytical outputs from the research programme as appropriate.
- Participate in research management and administration processes.
- Actively seek opportunities to carry out multi-disciplinary research with other research groups at the University, or stakeholders external to the University.
- Ensure compliance with health and safety requirements in all aspects of work.

### Teaching

- Support and lead on module and content delivery across Lifestyle Medicine and Diabetes postgraduate and health care professional courses
- Help develop new Lifestyle Medicine teaching content
- Act as dissertation supervisor for UG and/or MSc projects
- Undertake marking of assignments

### Professional Development

- Maintain a broad knowledge of up-to-date research and scholarship in relevant fields
- Identify and undertake appropriate training and personal development activities to develop research skills relevant to the studies being undertaken by the research group.
- Engage in work and opportunities that support your own professional development, including for example through participation in relevant staff development programmes.
- Develop an external profile and reputation in own field of research.
- Work towards formal teaching qualifications as required

### Impact and Knowledge Exchange

- Disseminate and share expertise through communication and public engagement activities.
- Represent the research team at external meetings and workshops so as to improve the reputation of the group and that of the role holder.



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- Contribute to innovation and impact within the LLHRG and Diabetes Research Centre, to increase external profile as a leader in translational lifestyle research.
- Engage in external knowledge transfer, enterprise and engagement activities which increase the external profile of the research within the LLHRG, Leicester BRC, Diabetes Research Centre and University of Leicester.

### Leadership and Citizenship

- Design and develop the work-plan required to meet deadlines related to the principal responsibilities above, including planning and prioritising personal work load several months ahead and coordinating with other teams and individuals, whilst also adapting to accommodate new developments or research directions.
- Contribute to the overall department by attending meetings and seminars as appropriate.
- Undertake other departmental roles as may be reasonably required by the lead researchers
- Represent the LLHRG, Diabetes Research Centre and University of Leicester through membership of internal and external committees and groups.
- Be involved in the recruitment, management and development of staff and act as a mentor to colleagues.
- Support outreach activities beyond the University.

### Internal and External Relationships

The post holder will be situated at the Diabetes Research Centre (located at Leicester General Hospital).

Within the role, the appointee will be expected to liaise and work closely with all of the teams within the Diabetes Research Centre, external research groups that are part of the BRC Lifestyle Theme, and the other research themes across the BRC as well as significant collaborations with research staff across the University of Leicester College of Life Sciences. This may include working with groups across sites at the University Hospitals of Leicester NHS Trust, and with other collaborative organisations as appropriate.

The post holder will be expected to proactively build networks and collaborations across the NIHR Leicester BRC, the Diabetes Research Centre, the College of Life Sciences and the wider University of Leicester, including participation in seminar programmes/networking events to stimulate dissemination of information and collaboration. They will also be expected to seek to establish and maintain related collaborations nationally and internationally, including through regular attendance and presentation at major national and international conferences in the research area.

The Diabetes Research Centre and NIHR Leicester BRC host bespoke clinical research facilities with capacity for detailed anthropometric, physiological and cardiometabolic testing, as well as a state-of-the-art exercise testing and training laboratory, in-person and remote clinical consultation areas, and analytical biochemistry laboratories. The post holder will work closely with the clinical staff, research scientists, laboratory technicians, PhD students, and other key support staff to support studies utilising these facilities.

The post holder will also have contact with participants and their families involved in the research studies conducted by the group.



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## Planning and Organising

The post holder will be required to manage their time effectively to deliver on the priorities of the various projects with which they are involved, designing and implementing collective workplans to meet project timelines and other deadlines. This will include project management of relevant research activity, supervision of junior members of the research team (staff and students), and co-ordination with other individuals and teams within and external to the Diabetes Research Centre.

They will also contribute to shaping the strategic direction of lifestyle research conducted within the LLHRG, NIHR Leicester BRC Lifestyle Theme and the Diabetes Research Centre, developing clear long-term plans for sustaining and enhancing the research programme. They may also participate in the departmental operational planning process, supporting the strategic direction of the Department and College.

When using facilities across the University, the sites of the Hospital Trust or the NIHR Leicester BRC, the post holder will have to plan well in advance to ensure all their requirements will be available for the work to be done.

## Qualifications, Knowledge and Experience

### Essential

- PhD in a relevant discipline\*
- Expertise that complements or enhances existing strengths within the LLHRG, NIHR Leicester BRC Lifestyle Theme and the Diabetes Research Centre\*
- Ability to produce research outputs that are internationally recognised and of a quality that is aspiring to be world-leading in terms of originality, significance and rigour in time for the next REF cycle (2029)\*
- Proven track record of running experimental research programmes to time and target\*
- Significant research experience and skills in the research area\*
- Some demonstrable experience of teaching at postgraduate level, or extensive undergraduate teaching experience\*
- Experience of research supervision at undergraduate and postgraduate level
- Emerging national/international profile for area of expertise
- Proficient in Microsoft Office or equivalent software, including word processing, spreadsheets, and presentations\*
- Experience of successful collaboration and liaison with external partners

### Desirable

- A track record of meeting the discipline benchmarks for external funding through grant capture\*
- Clear forward plans for sustaining and enhancing a research programme in an area that is strategically important to the NIHR Leicester BRC Lifestyle Theme and the Diabetes Research Centre.
- Experience of developing module/course content at undergraduate and postgraduate level\*
- Experience of developing, delivering and managing international research partnerships
- Involvement in relevant internal and external committees and groups
- Experience in experimental techniques used to assess whole-body cardiometabolic health (including, but not limited to, muscle physiology, insulin resistance, ectopic adiposity, measurements of lifestyle behaviours).
- Experience of working with clinical populations, particularly those with or at risk of chronic metabolic disease
- Experience of managing a budget.



## Skills, Abilities and Competencies

### Essential

- Ability to manage and coordinate research projects\*
- Ability to undertake research and administrative activities, including management and coordination of research projects and programmes\*
- Ability to communicate effectively with staff and students\*
- Ability to work at a high level of accuracy and at high analytical sensitivity\*
- Proven analytical/technical problem-solving capability and ability to interpret analytical data\*
- Excellent interpersonal skills, to develop and maintain networks and collaborations, and work effectively as part of a team\*
- Excellent written\* and oral communication skills
- Excellent presentation/teaching skills\*
- Commitment to Personal Professional Development in subject expertise
- A commitment to the delivery of high-quality supervisory service to students
- Ability to assess resource requirements, secure and organise resources effectively
- Ability to prioritise workload in order to meet deadlines\*
- Highly motivated\*
- Willingness to undertake necessary training and personal development\*
- Willingness to undertake necessary travel\*

### Desirable

- Ability to work with senior staff, and to negotiate and influence where required
- Skills in coaching, mentoring and developing others, including students, early career researchers and colleagues
- Skills in pastoral care and motivation of students
- Well-developed understanding of Health and Safety regulations and procedures

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

## Reason for Fixed Term Contract

The reason for the fixed term contract is stated in section 1.9 in the summary of contractual terms in your contract of employment.

## Criminal Declaration and Disclosure and Barring Service (DBS)

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.

This post is exempt from the Rehabilitation of Offenders Act 1974 because the appointee will have substantial access to young people and/or vulnerable adults. Therefore, an appointment to this post will be subject to checking through the Disclosure and Barring Service (DBS). The successful applicant for this post will, therefore, be required to give consent for the University to check and obtain appropriate clearance with the DBS for the existence and content of any criminal record in the form of an Enhanced with Child and Adult Barred List.

Information received from the DBS and the police will be kept in strict confidence and will be destroyed once the University is satisfied in this regard.



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## 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.

