



Job Title: Research Assistant (Exercise Physiologist)
Grade: 6
Salary: £28,756 to £33,309 per annum
Department: Diabetes Research Centre
Hours/Contract: Full-time fixed term for one year
Job Family: Teaching and Research
Job Reference: 3748

Role Purpose

The post holder will contribute to the development, delivery and dissemination of experimental research investigating the role of exercise, alone or in combination with other clinical management strategies (e.g., diet, pharmacotherapy, self-management/monitoring etc.) in promoting metabolic homeostasis and whole-body health in diverse populations with or at risk of chronic cardiometabolic conditions (e.g., obesity, type 2 diabetes etc.); including that investigating the mechanisms linking exercise to improved metabolic health (e.g., insulin resistance, muscle physiology, and body weight regulation).

Main Duties and Responsibilities

Research

- Support the set-up, delivery and management of experimental research projects conducted by the group. This may include (but is not limited to) assisting with the development of study protocols, obtaining regulatory approvals, supporting data collection and contributing to overall project management.
- Assist with data analysis and the preparation of research outputs, including journal articles, conference abstracts and presentations. There may be opportunities to do this as lead author/presenter, and this may include attendance and presentation at national/international conferences if the opportunity arises.
- Support the preparation and submission of study proposals and grant funding applications
- Carry out administrative duties related to specific projects and the overall research programme of the group, as required by the study teams.
- Assist and provide advice/support to other staff and students within own area of expertise.

Other Responsibilities

- Undertake appropriate training and personal development activities to develop research skills relevant to the studies being undertaken by the research group; this may include attendance of internal and external training courses related to new research techniques if the opportunity arises.
- Identify and understand work requirements in order to prioritise tasks within agreed work schedules. This will include planning and organising own workload as agreed with the other members of the research group.
- 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
- Engage in continuous professional development, for example through participation in relevant staff development programmes.
- Ensure compliance with health and safety requirements in all aspects of work.
- Whilst primarily a research role, the post holder may on occasion be asked to assist with the development and/or delivery of lectures, seminars, tutorials and other classes or public presentations within their areas of expertise, in support of teaching or other education activities delivered by the Diabetes Research Centre (e.g., UoFL Diabetes MSc, healthcare professional training, public education sessions etc.), as reasonably required by lead researchers or education leads.

Professional Development:

- Undertake appropriate training and personal development activities to develop research skills relevant to the studies being undertaken by the research group; this may include attendance of internal and external training courses related to new research techniques if the opportunity arises.

Impact and Knowledge Exchange:

- 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
- Engage in continuous professional development, for example through participation in relevant staff development programmes.
- Ensure compliance with health and safety requirements in all aspects of work.

Leadership and Citizenship:

- Contribute to the overall success of the research programme.

Internal and External Relationships

The post holder will be situated at the Diabetes Research Centre (located at Leicester General Hospital), working primarily within the Leicester Lifestyle and Health Research Group and the Lifestyle theme of the NIHR Leicester Biomedical Research Centre.

Within the role, the appointee will be expected to liaise and work closely with all of the teams within the Diabetes Research Centre, and other themes with the Biomedical Research Centre. This may include working with groups across sites at the University Hospitals of Leicester NHS Trust, and with other collaborative organisations as appropriate. This includes significant collaborations with research staff in the University of Leicester Department of Health Sciences and the Department of Cardiovascular Sciences. The NIHR Leicester Biomedical Research Centre is a collaboration with Loughborough University and the post holder will work within this collaboration, supporting studies which will involve coordinating expertise between universities.

The Diabetes Research Centre and NIHR Leicester Biomedical Research Centre 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, and analytical biochemistry laboratories. The post holder will work closely with the research scientists, laboratory technicians and other key support staff to support studies utilising these facilities.

NHS patients & research participants and their families involved in the research studies conducted by the group.

Planning and Organising

With guidance from the Principle Investigator, or equivalent, plan own work and prioritise research and project/laboratory activities on a regular basis, including co-ordinating resources and maintenance of samples and equipment.

The post-holder will be required to effectively manage their time to deliver on the priorities of the research programme with the support of their line manager.

Attend suitable training courses or equivalent and be proactive in terms of continued professional development.

Qualifications, Knowledge and Experience

Essential

- MSc or equivalent expertise in a relevant discipline related to exercise physiology or sport and exercise sciences*
- An understanding of, and experience in, conducting research. (This may have been acquired either in paid employment or as a student). *
- Experience in exercise/fitness testing. (This may have been acquired either in paid employment or as a student). *
- Knowledge or experience in exercise prescription and supervision*
- Proficient in Microsoft Office or equivalent software, including word processing, spreadsheets, and presentations*
- Experience of collaboration or team working

Desirable

- PhD or equivalent expertise in a relevant discipline related to exercise physiology or sport and exercise sciences
- Qualifications related to exercise supervision and prescription
- Knowledge or experience of experimental techniques used to assess muscle physiology and/or insulin resistance. This may have been acquired either in paid employment or as a student).
- Knowledge or experience of working with clinical populations, particularly those with or at risk of chronic metabolic disease
- Experience of supporting experimental research programmes and/or project management
- Evidence of involvement in high-quality research publications
- Evidence of involvement in preparing/submitted grant funding applications



- Evidence of involvement in preparing/submitting regulatory approvals required to conduct clinical research within the NHS

Skills, Abilities and Competencies

Essential

- Good interpersonal skills and ability to work as part of a team*
- Good written* and oral communication skills
- Excellent IT skills
- Excellent organisational skills
- Ability to prioritise workload in order to meet deadlines*
- Ability to support the management and coordination of research projects
- Highly motivated*
- Interest in developing a career in research
- Willingness to undertake necessary training and personal development*
- Willingness to undertake necessary travel*

Desirable

- Well-developed understanding of Health and Safety regulations and procedures, particularly around exercise testing/training and/or clinical research
- Ability to analyse and interpret data
- Demonstrable success in producing research outputs for publication
- Willingness to foster new collaborations

****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.

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 indemnity arrangements and the appointee must comply with all such arrangements, including DBS & occupational health clearance.

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 disclosure.

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.

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.

Equality and Diversity

We believe that equality, 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 equality 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 equality, diversity and inclusion.

