



Job Title: Research Associate (Exercise Physiologist)
Salary: £35,326 to £40,927 per annum
Grade: 7
Department: Diabetes Research Centre
Hours/Contract: Full-time fixed term for 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:

- Lead and/or independently support the set-up, delivery and management of experimental research projects conducted by the group. This may include (but is not limited to) the development of study protocols, obtaining regulatory approvals, supporting data collection and contributing to overall project management.
- Provide substantial contribution to diverse research outputs, by leading and/or independently supporting both data analysis and the preparation of journal article manuscripts, conference abstracts and presentations; including those as lead author/presenter.
- Lead and/or independently support the preparation and submission of study proposals and grant funding applications
- Assist and provide advice/support to other staff and students within own area of expertise.

Other Responsibilities

- Maintain a broad knowledge of up-to-date research and scholarship in relevant fields
- 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.
- 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.
- Represent the research group at external meetings, including national and international conferences (if the opportunity arises). This may include delivering poster, oral or other





presentations.

- Carry out administrative duties related to specific projects and the overall research programme of the group, as required by the lead researchers and/or study teams.
- 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.
- Undertake, subject to agreement of the agreement of the lead researchers, external commitments which reflect well upon and enhance the reputation of the Diabetes Research Centre and the University of Leicester.
- 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 lead or 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., UoL Diabetes MSc, healthcare professional training, public education sessions etc.), as reasonably required by lead researchers or education leads.

Professional Development:

- Duties and opportunities to engage in work that support your own professional development.

Impact and Knowledge Exchange:

- Network and contribute to the maintaining and furthering of the wider research programme and research area
- To contribute to industry collaborations
- To consult effectively on own specialism directly with people external to the University
- To engage positively and pro-actively in research impact

Leadership and Citizenship:

- Guidance to other team members both research staff and students
- Pro-actively build networks and collaborations.
- Providing mentoring and coaching to Early Career Researchers and research students.

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.

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

Planning and Organising

You will be required to effectively manage your time to plan your research activity and to deliver on the priorities of the project:

- Prioritise tasks within agreed work schedules;
- Plan for specific aspects of research incorporating issues such as deadlines, project milestones and overall research aims;
- Adapt daily and weekly plans to accommodate new developments and be flexible to the changing priorities of the research project;

Qualifications, Knowledge and Experience

Essential

- PhD or equivalent expertise in a relevant discipline related to exercise physiology or sport and exercise sciences*
- Experience in conducting experimental research in the area of exercise physiology or sport sciences*
- Experience in exercise/fitness testing.*
- Knowledge or experience in exercise prescription and supervision*
- Evidence of involvement in high-quality research publications*
- Proficient in Microsoft Office or equivalent software, including word processing, spreadsheets, and presentations*
- Experience of collaboration or team working

Desirable

- Experience in experimental techniques used to assess muscle physiology and/or insulin resistance.

- Experience of working with clinical populations, particularly those with or at risk of chronic metabolic disease
- Experience in preparing/submitting regulatory approvals required to conduct clinical research within the NHS
- Experience in preparing/submitting successful grant funding applications
- MSc or equivalent expertise in a relevant discipline related to exercise physiology or sport and exercise sciences
- Qualifications related to exercise supervision and prescription

Skills, Abilities and Competencies

Essential

- Ability to manage and coordinate research projects*
- Ability to work at a high level of accuracy and at high analytical sensitivity*
- Ability to interpret analytical data*
- Excellent interpersonal skills and ability to work as part of a team*
- Excellent written* and oral communication skills
- Excellent IT skills
- Excellent organisational skills
- 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

- Well-developed understanding of Health and Safety regulations and procedures, particularly around exercise testing/training and/or clinical research
- Demonstrable success in producing research outputs of the very highest standard
- Proven capability in analytical, technical and/or scientific problem-solving
- 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.

