

Research Associate

Physical Activity Calorie Equivalent (PACE) Labelling

REQ200042

As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.

Internationally recognised for its contribution to the study of sport, exercise and health, the School has wide-ranging expertise, encompassing such diverse areas as biomechanics, medicine, molecular and cellular biology, nutrition, pedagogy, psychology, physiology, sociology, economics and sport management.

The School has an active and ambitious plan to grow capacity and influence through developments as part of the National Centre for Sport and Exercise Medicine, Loughborough in London, and StemLab.

The School is extremely proud to hold an **Athena Swan Silver Award** since 2013, recognising the commitment and work of the School in addressing gender inequalities in Science and to improving career progress for female academics. The School is committed to ensuring that female students and staff are able to achieve their full potential; and provides a flexible and open working culture to enable staff to maintain a work-life balance.

We support our Athena SWAN initiatives by investing in:

- Bespoke leadership programmes to encourage and build confidence in women to take leadership roles.
- Working lunches where needed to enable meetings to be held between 10am and 4pm (as per our Silver Action Plan).
- Monthly coffee mornings which provide opportunities for networking and developing a sense of community within the School.
- Extra mile award which recognises the above and beyond contributions of staff from all job families and research students.

Further information about Athena SWAN and the School's commitment to uphold the Silver Award can be found at: <http://www.lboro.ac.uk/departments/ssehs/about/athena-swan/>

Research

Research within the School is characterised by excellence and breadth, and its quality was recognised by the 2014 Research Excellence Framework audit. A broad range of social and natural sciences contribute to the School's research activity which is organised within three overlapping themes:

- **Sport performance**, which aims to understand and enhance sport and exercise performance across the ability range by investigating the factors influencing, and methods for improving, human performance in sport and exercise;
- **Lifestyle for health and well-being**, which aims to improve human health and wellbeing throughout the lifespan by considering the social, behavioural and biological determinants and consequences of human lifestyles with specific emphases on physical activity, nutrition and chronic disease; and
- **Participation in sport and exercise**, which aims to analyse the sociological, economic, psychological, political, organisational and behavioural factors which inhibit and facilitate community participation in sport and exercise.

The School's research themes articulate in particular with the Sport and Exercise Beacon and the Health and Wellbeing Global Challenge which are key elements of the University's CALIBRE (Collective Ambition at Loughborough for Building Research Excellence) framework.

Further information about the School's research themes can be found at: <http://www.lboro.ac.uk/departments/ssehs/research/> and about the University's CALIBRE framework at: <http://www.lboro.ac.uk/research/calibre/>

Project Summary

The effects of physical activity calorie equivalent (PACE) labelling on hot beverage transactions from vending machines in public places: cluster randomised controlled trial

There is limited evidence that nutritional labelling on food/drinks is changing eating behaviours. Physical activity calorie equivalent (PACE) food labelling aims to provide the public with information about the amount of physical activity required to expend the number of kilocalories in food/drinks (eg. calories in this pizza requires 45-minutes of running to burn) to encourage healthier food choices and reduce disease. Many people do not understand the meaning of kilocalories (calories) or grams of fat in terms of energy balance leading to a substantial under-estimation of the energy content of food and drinks by the public. This research will examine whether PACE labelling is effective in reducing the number of transactions of speciality coffees and hot chocolate beverages from vending machines compared to no labelling and whether PACE labelling is effective in reducing the number of transactions of high calorie hot beverages by increasing consumption of lower calorie hot beverages.

Job Description

Job Family & Grade: Specialist and Supporting Academic Grade 6

Job Purpose: To conduct and oversee a trial to assess the effects of physical activity calorie equivalent labelling on transactions from hot beverage vending machines

Job Duties:

- Conduct and oversee a trial to assess the effects of physical activity calorie equivalent (PACE) labelling on the number of hot beverage transactions from vending machines
- Complete any administrative tasks related to the research (eg. data collection of electronically recorded hot beverage transactions from vending machines, data input and organisation, checking the PACE labelling is in place and liaising with study partners)
- Produce a written report of the study findings
- Demonstrate specialist knowledge and understanding of the discipline to feed into the conduct of the research
- Contribute to the writing of scientific research papers and to publish the outcomes of research in high quality journals
- Ensure good working relationships with the research partners
- Collaborate on research initiatives with colleagues to move forward the area of research
- Provide guidance to the co-investigators regarding the direction of the next steps of the research based on the findings of the research
- Manage own academic and administrative activities
- Contribute ideas for new research projects
- Maintain confidentiality at all times and ensure that intellectual property (IPR) agreements are not violated
- Engage in training programmes in the University (or elsewhere) that are consistent with the needs and aspirations of the project and those of the School
- Undertake other duties as may be reasonably requested and that are commensurate with the nature and grade of the post

Points to Note:

The purpose of this job description is to indicate the general level of duties and responsibility of the post. The detailed duties may vary from time to time without changing the general character or level of responsibility entailed.

This post will provide time each month for the successful candidate to pursue their own research interests in the areas of physical activity and health and/or testing lifestyle interventions.

Special Conditions:

All staff have a statutory responsibility to take reasonable care of themselves, others and the environment and to prevent harm by their acts or omissions. All staff are therefore required to adhere to the University's Health, Safety and Environmental Policy & Procedures.

All staff should hold a duty and commitment to observing the University's Equality & Diversity policy and procedures at all times. Duties must be carried out in accordance with relevant Equality & Diversity legislation and University policies/procedures.

Successful completion of probation will be dependent on attendance at the University's mandatory courses which include Respecting Diversity and, where appropriate, Recruitment and Selection.

Organisational Responsibility:

Reports to Professor Amanda Daley (Chief Investigator)

Person Specification

Your application will be reviewed with respect to meeting the essential and desirable criteria listed below. Your application will be reviewed against the essential and desirable criteria listed below. Applicants are strongly advised to explicitly state and evidence how they meet each of the essential (and desirable) criteria in their application. Stages of assessment are as follows:

- 1 – Application
- 2 – Test/Assessment Centre/Presentation
- 3 – Interview

Essential Criteria

Area	Criteria	Stage
Experience	A background in lifestyle interventions and experience of conducting quantitative research	1,3
	Specialist knowledge and understanding of physical activity and sedentary behaviour interventions	1,3
	Experience of working in health-related contexts	1,3
	Experience of collecting data involving behavioural interventions	1,3
	Experience of analysing and interpreting quantitative data	1,3
	Experience of presenting research work at conferences	1,3
	Experience of working as part of a team	1,3
Skills and abilities	Excellent communication skills and interpersonal skills	1,3
	Ability to work methodically	1,3
	Good time management	1,3
	Ability to work independently when required	1,3
	Competence in IT skills including data input packages	1,3
	Ability to work as part of a team and to collaborate with others	1,3
	Good track record in research publications	1,3
Training	Demonstrate evidence of having undertaken further training	1,3
Qualifications	PhD (or near completion) in a relevant area	1
Other	Commitment to observing the University's Equal Opportunities policy at all times	3

Desirable Criteria

Area	Criteria	Stage
Experience	Experience of public engagement and/or involvement in research	1,3
	Experience of collecting and analysing qualitative data for research projects	1,3

Conditions of Service

This **full-time** post is offered on a **fixed-term** contract for 12 months (starting 1 April 2020) within the *Specialist & Supporting Academic (Research)* job family at Grade 6 (£30,942 - £40,322 per annum); at starting salary to be confirmed on offer of appointment.

The appointment will be subject to the University's normal Terms and Conditions of Employment for Grade 6 and above staff, details of which can be found [here](#).

The University is committed to enabling staff to maintain a healthy work-home balance and has a number of family-friendly policies which are available at <http://www.lboro.ac.uk/services/hr/a-z/family-leave-policy-and-procedure---page.html>

We also offer an on-campus nursery with subsidised places, subsidised places at local holiday clubs and a childcare voucher scheme (further details are available at: <http://www.lboro.ac.uk/services/hr/a-z/childcare-information---page.html>

In addition, the University is supportive, wherever possible, of flexible working arrangements. We also strive to create a culture that supports equality and celebrates diversity throughout the campus. The University holds a Bronze Athena SWAN award which recognises the importance of support for women at all stages of their academic career. For further information on Athena SWAN see <http://www.lboro.ac.uk/services/hr/athena-swan/>