

## Research Associate - Sleep and Nutrition

REQ200783

**As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.**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

We also welcome applications from those who are looking to work part-time.

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/>

## Job Description

**Job Family & Grade:** Specialist & Supporting Academic (Research) Grade 6

**Job Purpose:** To undertake research assessing the effect of nutrition on sleep quality in healthy active adults.

### Job Duties:

- To lead an externally-funded sleep project.
- To employ sleep collection and analysis methods; specifically, polysomnography and actigraphy.
- To conduct cognitive function tests and take blood samples (only if suitably qualified).
- Be responsible for conducting the day-to-day running of the project, including participant recruitment.
- To formulate detailed plans for the project based on broad guidance from the project team.
- To feed back to the project team on progress and make recommendations for next steps.
- Travel to attend meetings and make presentations both within the project partners working group and to external stakeholders.
- To support the project team by enhancing relationships with existing collaborators and by assisting the establishment of relationships with new collaborators.
- To contribute to project promotion and public engagement events.
- Contribute ideas for new research and enterprise directions.
- 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.

### Teaching:

There are no specific teaching responsibilities for this position.

### 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.

### 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 Dr Tom Clifford, Principal Investigator.

## Person Specification

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

Area	Criteria	Stage
<b>Experience</b>	Experience of undertaking research in the area of sleep	1,3
	Experience of running a sleep physiology/medicine trial	1,3
	Strong research background managing clinical research trials employing sleep measures such as polysomnography	1,3
	Experience of administering surveys and computer-based cognitive tests	1,3
	Experience with relevant research methods in sleep analysis	1,3
	Authoring original work for academic journal papers, conference papers or technical reports	1
	Experience of using wristwatch actigraphy and polysomnography to analyse sleep	1,3
<b>Skills and abilities</b>	Excellent written and oral communication skills	1,3
	Self-motivated, with the ability to meet deadlines	1,3
	Excellent interpersonal and organisational skills	1,3
	Ability to write project reports and make technical presentations to industrial and academic research groups	1,3
	Knowledge of relevant Health & Safety issues	1,3
<b>Training</b>	Demonstrate evidence of having undertaken further training	1
<b>Qualifications</b>	PhD in sleep medicine/psychology-related subject or MSc postgraduate diploma combined with evidence of significant training in employing sleep measures in clinical research settings	1
<b>Other</b>	Commitment to observing the University's Equal Opportunities policy at all times	3

### DESIRABLE

Area	Criteria	Stage
<b>Experience</b>	Experience with Human Tissue Act regulations	1,3
	Qualified phlebotomist (experience of cannulation and venous blood collection and handling)	1,3
	Experience with wet lab techniques, including colorimetric and ELISA methods	1,3
	Working in a high-quality academic research environment	1,3
	Experience of running a nutrition-based clinical trial	
<b>Skills and abilities</b>	Experience of sampling and processing human blood (venous) and urine samples	1,3
	Administering nutritional supplements	1,3

## Conditions of Service

This **full-time** post is offered on a **fixed-term** contract for 14-months commencing Monday 4 January 2020 (or as soon as possible after interview) 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 staff on Grade 6 and above, 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 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/>