

# RESEARCH ASSOCIATE in Predictors of Resilience and Frailty

Part time (0.5 FTE, 18.5 hours per week); Fixed-term until 5<sup>th</sup> September 2025.

Job Ref: REQ241029

**As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.**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

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

## Research and Innovation

Research and Innovation within the School is characterised by excellence and breadth, and its quality was recognised in the 2021 Research Excellence Framework where Loughborough University ranked top for research power (GPA x volume) in Sport and Exercise Sciences, Leisure and Tourism. Loughborough University has also placed Number 1 in the QS world ranking for sport-related subjects for six consecutive years (2017-2022, every year since the category was introduced). A broad range of social and natural sciences contribute to the School's research and innovation activity which is organised within three overlapping themes:

- **Sport performance**, understanding and supporting the enhancement of athletes' performance in competitive sport;
- **Lifestyle for health and well-being**, encompassing research across several disciplines with the common goal of facilitating healthy living and ageing across the lifespan; and
- **Sport, Business and Society**, exploring how individuals, communities and organisations engage with and facilitate sport and exercise opportunities.

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.

## Job Description

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

**Job Purpose:** To coordinate clinical recruitment and data collection for a project examining predictors of resilience and frailty.

### Job Duties:

- To coordinate clinical recruitment and data collection for a project examining predictors of resilience and frailty.
- To recruit participants through community groups and liaise with collaborating general practices.
- To maintain good communication with participants to optimise their experience and adherence.
- To coordinate measurements including researcher availability, booking of facilities, ordering consumables and liaison with collaborating staff in other schools and externally.
- To collect samples of breath, blood and urine and conduct some analyses.
- To conduct and analyse DXA and pQCT scans.
- To oversee physiological measurements, questionnaires, scans and their analysis.
- To train and check quality of measurements of more junior researchers.
- To adhere to, review and update risk assessments and standard operating procedures as needed.
- To oversee data entry, checking and cleaning and calculation of relevant summary statistics.
- To ensure good clinical practice guidance is adhered to.
- To ensure organised and accurate records are maintained.
- To provide regular summary statistics.
- To feed back to the project team on progress and make recommendations for next steps.
- To search literature for relevant papers.
- Write up regular progress reports and present outcomes to all Investigators and Collaborators.
- To support the project team by enhancing relationships with existing collaborators and by assisting the establishment of relationships with new collaborators.
- To contribute to any relevant research papers research papers suitable for publication in high quality academic journals.
- 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.
- To assist the academic staff in the project team with the supervision of BSc, MSc and PhD project work and day-to-day supervision and support of other researchers.
- Where appropriate, to deliver teaching, tutorial and laboratory sessions to students.
- Attend and contribute to research group and theme meetings.
- Support other relevant projects within the research group.
- 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.

### 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 Equity, Diversity and Inclusion policy and procedures at all times. Duties must be carried out in accordance with relevant Equity, Diversity and Inclusion legislation and University policies/procedures.

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

**Organisational Responsibility:**

Reports to Dr Katherine Brooke-Wavell.

## 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 with human volunteers	1,3	
	Experience of collecting and/or handling of biological samples	1,3	
	Experience of making physiological measurements	1,3	
	Experience with wet lab techniques for analysis of human tissue (e.g. blood, urine, saliva etc.)	1,3	
	Authoring original work for academic journal papers, conference papers or technical reports	1	
<b>Skills and abilities</b>	Ability to co-ordinate study recruitment	1,3	
	Willingness and ability to learn techniques for assessing physical function and conducting dual X-ray absorptiometry (DXA) and peripheral quantitative computed tomography (pQCT) scans	1,3	
	Willingness and ability to learn phlebotomy and procedures for sampling and processing human blood (venous), saliva, urine and breath samples	1,3	
	Excellent written and oral communication skills	1,3	
	Self-motivated, with ability to meet deadlines	1,3	
	Outstanding 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 (or close to completion) in the area of biological/biomedical sciences, human biology, physiotherapy, physiology or related topic	1
<b>Other</b>	Commitment to observing the University's Equity, Diversity and Inclusion policy at all times	3	

### DESIRABLE

Area	Criteria	Stage
<b>Experience</b>	Experience with Human Tissue Act regulations	1,3
	Experience in conducting research in line with Good Clinical Practice regulations.	1,3
	Experience with phlebotomy	1,3
	Experience conducting dual X-ray absorptiometry (DXA) and peripheral quantitative computed tomography (pQCT) scans	1,3
	Experience in collecting breath samples	1,3
	Experience of working with older people	1,3
	Experience of generating and managing a research database	1,3

	Research experience in a high-quality academic research environment	1,3
	Experience of teaching and / or supervision of students in relevant areas	1,3
<b>Skills and abilities</b>	Ability to interact with and motivate research participants including older people	1,3
	Critical understanding of frailty and contributory factors	1,3
	Critical understanding of underlying mechanisms of frailty	1,3
<b>Training</b>	First responder/first aid training	1
	Training in Ionising Radiation (Medical Exposures) Regulations	1
	Training in Good Clinical Practice	1
	Evidence of phlebotomy training	1

## Conditions of Service

This part-time (0.5 FTE) post is offered on a fixed-term contract from 6<sup>th</sup> January until 5<sup>th</sup> September 2025 within the *Specialist & Supporting Academic (Research)* job family at Grade 6 (£34,866 per annum pro rata).

The appointment will be subject to the University's normal [Terms and Conditions of Employment](#) for staff on Grade 6 and above.

The University is committed to enabling staff to maintain a healthy work-home balance and has a number of [family-friendly policies](#).

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: [Childcare Support](#))

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.