

INTERN (Casual)

Full-time (37 hours per week); Casual work for 4 weeks

Job Ref: REQ250410

This post is only available to students who are studying an undergraduate degree programme and will return to continue on the same course in September 2025. This includes students who are going to return to final year following a placement.

Note: if you will graduate this summer and return to undertake a postgraduate degree you are not eligible to apply.

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.

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 eight consecutive years (2017-2025, 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: Administrative Services Grade 3

Job Purpose: To undertake an Internship with academic staff working in the Centre for Lifestyle Medicine and Behaviour. To be involved and receive training in studies related to public health and lifestyle health behaviours.

Job Duties:

Over the course of the Internship, the post-holder will be involved in a variety of activities to give them a range of experience in the field of public health and health behaviour change research. These may include:

- Supporting recruitment and data collection for quantitative and qualitative research projects.
- Supporting analysis of qualitative and quantitative data, including discussing interpretations of the data with the research team and writing up findings.
- Dissemination of research to lay audiences (e.g., social media, blog post).
- Undertaking training and development activities
- Helping to write and co-author manuscripts
- Undertaking literature searches
- Undertaking some student designed work
- Assisting Doctoral Researchers and Research Associates
- Shadowing meetings and note-taking

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.

Three internships are available, and details may be found in Appendix 1 at the end of the document.

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.

Organisational Responsibility:

Reports to Elizabeth Stamp, Senior Lecturer in Lifestyle Behaviours and Health

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
Experience	Experience of working individually and as part of a team	1,3
Skills and abilities	Knowledge or experience of qualitative research	1,3
	Knowledge or experience of quantitative research	1,3
	Knowledge or experience of searching the literature and identifying relevant research studies	1,3
	Excellent organisational and time management skills with the ability to multi-task	1,3
	Ability to work on own initiative with efficiency, accuracy and excellent attention to detail	1,3
	Excellent oral communication skills	1,3
	Ability to maintain confidentiality	1,3
Training	Willingness to undertake appropriate training and to adopt new procedures	1,3
Qualifications	Undertaking an Undergraduate Degree in any field related to health. Must be in any year of study except those in final year and graduating this summer.	1
Other	Passion for research in the field of public health and health behaviour	1, 3
	Desire to pursue a research career in the field of health-based research	1, 3

DESIRABLE

Area	Criteria	Stage
Skills and abilities	Experience or knowledge of statistical analysis software (e.g., SPSS)	1,3
	Experience or knowledge of qualitative analysis software (e.g., NVivo)	1,3
	Confidence in interacting with members of the public	1,3

Conditions of Service

This Internship is offered on a zero hours, casual basis for 4 weeks at Grade 3 (£14.44 per hour). This is a full-time role of 37 hours per week. Interns can also apply for a £1,000 bursary to support living costs.

Please note that there is a general expectation that the successful candidate will spend the majority of time working on the Loughborough campus.

APPENDIX 1.

Internship 1: Behaviour Change Intervention Development

Supervisor: Dr Elizabeth Stamp

This internship provides a valuable opportunity to engage in research projects in developing behaviour change interventions in different populations. You will gain hands-on experience in intervention development, feasibility trials, using accelerometers to measure physical activity and sitting time, and survey creation and distribution, while enhancing critical thinking and communication skills. The primary projects that you will have the opportunity to work on include: 1) the development of an intervention to reduce sitting time and increase movement in remote workers. In this project you will gain experience in ethical procedures, recruitment, data collection using surveys and accelerometers to measure remote workers lifestyle behaviours, processing accelerometer data, and analysis of collected data; 2) building and distributing a survey to understand primary school teachers experiences of discussing lifestyle behaviours and body weight with pupils, to inform future interventions to support teachers having conversations around body weight and lifestyle behaviours; 3) supporting focus groups to explore barriers and facilitators to physical activity with people who are living with and beyond a cancer diagnosis.

Internship 2: Global Health Research

Supervisor: Dr Hibbah Osei-Kwasi

This internship provides a unique opportunity to gain experience in global health research, focusing on non-communicable disease (NCD) prevention in Ghana with the CLiMB Ghana research team. The project involves analysing secondary data from a cross-sectional study to identify community preferences and gaps in weight management and obesity prevention. Working with CLiMB Ghana investigators, the intern will study obesity-related NCDs and community-based weight management strategies for Ghanaian adults. You will have the opportunity to develop practical research skills through involvement in various projects within CLiMB Ghana, enhancing your ability to engage in global health studies, particularly in NCD prevention in low- and middle-income countries. This experience will provide you with some critical skills in the field of global health research which focuses on improving health outcomes in under-resourced communities.

Internship 3: Weight Management Research

Supervisor: Dr Henrietta Graham

The intern will gain valuable experience in behavioural weight management research through various ongoing projects within CLiMB. The main project will involve exploring the feasibility of GPs and nurses incorporating brief interventions during primary care consultations to refer patients to a weight gain prevention programme. This will provide insights into conducting research in primary care and integrating brief interventions via the "Making Every Contact Count" initiative. The intern will also have the opportunity to contribute to an NIHR-funded programme of research, which involves qualitative and systematic review research methodology.