

RESEARCH ASSOCIATE in Behavioural Medicine (Weight Management)

Full-time (37-hours per week); Fixed-term to 30th November 2027

Job Ref: REQ250840

As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.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

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 nine 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 and Innovation (R&I) themes articulate with the University's core strategic themes: Sport, Health and Wellbeing; Vibrant and Inclusive Communities; and Climate Change and Net Zero [Strategic themes | Creating Better Futures. Together | Loughborough University](#)

Job Description

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

Job Purpose: To conduct studies in the area of behavioural medicine (weight management) .

Job Duties:

- Develop, organise and conduct studies related to behavioural medicine and physical activity.
- Process and analyse data collected from studies.
- Conduct and oversee research to assess important questions in behavioural medicine and weight management.
- Contribute to the development of research strategies in the School.
- Define research objectives and questions and contribute generally to the development of thought and practice in the field.
- To engage with the CLiMB research group and institutional research theme structure.
- Develop proposals for research which will make a significant impact.
- To secure external research funding with support from senior colleagues.
- Use research methodologies and techniques appropriate to the type of research.
- Review and synthesise the outcomes of research studies.
- Interpret findings obtained from research projects and develop new insights, expanding, refining and testing hypotheses and ideas.
- Extend and apply knowledge acquired from scholarship to research and appropriate external activities.
- Write or contribute to publications, for example for high quality academic journals, and disseminate research findings using other appropriate media, for example in seminars, or presentations at conferences according to the School's research and impact action plans.
- Collaborate actively within and outside the University to lead and complete research projects and advance thinking.
- Participate in and develop external networks, for example to identify sources of funding, generate income, obtain enterprise projects, or build relationships for current and future activities.
- To attend, participate and/or represent the School/University/research project at meetings, seminars, conferences, and public forums.
- Develop internal networks.
- Develop external networks, for example with other active researchers and leading thinkers in the field.
- Develop links with external contacts such as other educational and research bodies, employers, professional bodies and other providers of funding and research initiatives to foster collaboration and generate income.
- To monitor and report on all Health, Safety and Environmental aspects of the research activities of the project(s) within their portfolio.
- Contribute to the research culture and management within the School and, where appropriate, across the University.

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, if appropriate, Recruitment and Selection.

Organisational Responsibility:

Reports to Professor Amanda Daley, Professor of Behavioural Medicine

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

Area	Criteria	Stage
Experience	A background in health behaviour/weight management interventions	1,3
	Specialist knowledge and understanding of weight management 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
	Willing to travel to various locations in the East and West Midlands to undertake data collection and/or for collaboration purposes	1,3
Training	Demonstrate evidence of having undertaken further training	1,3
Qualifications	PhD (or at the point of completion) in a relevant area or MSc in a relevant area combined with research experience equivalent to PhD study in an appropriate area.	1
Other	Commitment to observing the University's Equity, Diversity and Inclusivity policy at all times	1

DESIRABLE

Area	Criteria	Stage
Experience	Experience of public engagement and/or involvement in research	1,3
	Experience of conducting systematic reviews	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 from 1 December 2025 to 30 November 2027 within the *Specialist & Supporting Academic (Research)* job family at Grade 6 spinal point 27-29 (£35,116 to £37,174 per annum); 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.

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.

Loughborough University is committed to allowing its employees to work [dynamically](#) with a combination of working on campus and remotely, where possible. This has been identified as a role that could work dynamically and, if successful, your line manager will discuss these informal arrangements with you. Please note that there is a general expectation that the successful candidate will spend the majority of time working on the Loughborough campus.