

RESEARCH ASSOCIATE

Exercise, Diet & Obesity-related Chronic Disease

Full-time (1 FTE, 37 hours per week); Fixed-term to 31st March 2028

Job Ref: REQ250926

As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.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 have held 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 progression 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 10.00am and 4.00pm (as per our Silver Action Plan).
- Monthly coffee mornings which provide opportunities for networking and develop 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 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 Universities 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 & Supporting Academic (Research) Grade 6

Job Purpose: To undertake research investigating the interaction between exercise, diet and obesity-related chronic disease; with a focus on type 2 diabetes and chronic liver disease

Job Duties:

- To lead (under supervision) a programme of primary research relating to the interaction between exercise, diet and obesity-related chronic disease; focusing on type 2 diabetes and chronic liver disease
- To conduct exercise and diet related laboratory-based data collection with human volunteers
- To support clinical trial activity within the NIHR Leicester Biomedical Research Centre
- To collect and analyse biochemical samples e.g. blood, fat, muscle; in accordance with the HTA (2004)
- To conduct secondary data analysis on large population datasets
- To conduct meta-analyses
- To contribute to the writing of research funding applications
- To write research papers suitable for publication in high-quality academic journals
- To attend and contribute to conferences
- To support related work being undertaken by PhD students
- To write and manage research ethics applications (university and NHS)
- To contribute to project promotion and public engagement events
- Contribute ideas for new research and enterprise directions
- Maintain confidentiality 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.

This post involves data collection across the East Midlands; especially Nottingham (QMC Hospital) & Leicester (General Hospital), and therefore possession of a driving licence (or willingness to travel) is advantageous.

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 James King, Reader in Clinical Exercise Science.

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	Background in exercise physiology and/or metabolism	1,3
	Experienced in clinical research with humans	1,3
	Sound knowledge of obesity and obesity-related disease pathophysiology	1,3
	Authoring original work for academic journal papers, conference papers or technical reports	1,3
	Experienced in the recruitment of study volunteers	1,3
	Experience of preparing research funding applications	1
	Experience of leading small research teams and working independently to achieve research goals	1,3
Skills and abilities	Ability to conduct biochemical analysis of human samples e.g. ELISA, Western blot, and clinical chemistry	1,3
	Competence with systematic review and meta-analysis	1,3
	Competence with stata or R statistical packages	1,3
	Ability to write and manage research ethics in accordance with relevant procedures and legislation	1,3
	Robust understanding of quantitative data analysis techniques for application to laboratory and epidemiological research	1,3
	Phlebotomy trained	1
	Excellent written and oral communication skills	1,3
	Self-motivated with ability to meet deadlines	1,3
	Excellent interpersonal, and organisational skills	1,3
	Ability to undertake exercise testing	1,3
	Ability to write project reports and make technical presentations to relevant stakeholders	1,3
	Knowledge of relevant Health & Safety issues	1,3
Training	Demonstrate evidence of having undertaken further training	1
Qualifications	PhD in a relevant area (or at the point of completion)	1
Other	Commitment to observing the University's Equity, Diversity and Inclusion policy at all times.	3

DESIRABLE

Area	Criteria	Stage
Experience	Experience with leading own research funding applications	1,3
	Experience supporting research students (PhD, MSc, undergraduate)	1,3

	Specific working knowledge of the pathophysiology of obesity, diabetes and chronic liver disease	1,3
	Experience with research relating to appetite regulation	1,3

Conditions of Service

This full-time post is offered on a fixed-term contract to 31st March 2028, starting 2nd January 2026 or as soon as possible thereafter, within the *Specialist & Supporting Academic (Research)* job family at Grade 6 (starting salary from £35,608 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.

Informal Enquiries

Informal enquiries should be made to Dr James King, Reader in Clinical Exercise Science, by email to j.a.king@lboro.ac.uk or by telephone on 01509 228457.