

**The Faculty of Health, Education and Life Sciences (HELS) is based at our City South Campus. The Faculty has a strong focus on the training of health and education professionals with a rapidly growing life sciences portfolio.**

HELS is making major investments in growing the quality and volume of research across its three constituent Schools (The Schools of Education and Social Work, Health Sciences, and Nursing and Midwifery) through investments in academic staff and researchers, doctoral students and new labs and equipment. Excellence in Nursing, Health Sciences and Education is essential for the development of new solutions to major societal challenges including the Ageing Population; Sustainability and Health and is driven by the faculty’s three research Centres: The Centre for Life and Sports Sciences (C-LASS), The Centre for Studies in Practice and Culture in Education (CSPACE) and the Centre for Social Care, Health and Related Research (CSCHaRR).

**Funding: Birmingham City University PhD Classic Doctoral Training Grant**

This 36 month (3 year) fully-funded PhD Studentship, in-line with the Research Council values, comprises a tax-free stipend of £15,009 per annum (paid monthly) . The bursary is renewable annually for up to 36 months in total, subject to you making satisfactory progression within your PhD research.

This funding model also includes a FT Home fees studentship (£4,327 for 2019-20) for up to 3 years, subject to you making satisfactory progression within your PhD research.

PhD Classic DTG opportunities are open to UK, EU and Overseas applicants. All applicants will receive the same stipend irrespective of fee status, however international applicants may be required to meet the difference in fee costs from their own funds.

Students may also apply for additional funding to support conference attendance and continual professional development opportunities such as attendance at training camps.

**How to apply**

**The closing date for applications is 23.59 on Wednesday 1st June 2019.**

To apply, please complete the [project proposal form](http://www.bcu.ac.uk/Download/Asset/0c018836-9e2c-e611-80ce-005056831842) and then complete the [online application](https://www.bcu.ac.uk/courses/health-phd-2019-20)  where you will be required to upload your proposal in place of a personal statement.

Please start your application by clicking ‘How to apply’ followed by ‘Apply online’

Supporting documents will include:

* Curriculum Vitae
* Research proposal – up to 2000 words on the experimental research and publications you would complete whilst in this role based on the information provided.
* Academic Reference
* Professional Reference

You can find further details on studying for a PhD and details of how to apply [here](https://www.bcu.ac.uk/courses/health-phd-2019-20)

**Potential interview date:** Week commencing 24th June 2019.

**Successful candidate start date:** 1st September 2019

**Project title: Athlete preparation for competition in elite swimming: Integrative nutrition and physiology**

**Reference: CBSC**

**Collaborative organisation:** City of Birmingham Swimming Club

**Contact:**

The successful candidate’s research will be supervised by an interdisciplinary research team, consisting of Dr Lewis Gough, Dr Adam Kelly, and Dr Matthew Cole. For informal enquiries please contact Dr Lewis Gough via lewis.gough@bcu.ac.uk or +44 (0) 121 331 7019.

**Project summary:**

This project, which will be undertaken in collaboration with our partner organisation, City of Birmingham Swimming Club, will investigate the best preparation techniques in elite swimmers from the perspectives of physiology and nutrition. The primary focus of this PhD will be on ergogenic aids, namely on alkalotic buffers (although others may be considered on merit). A strong interest therefore in exercise physiology, nutrition and biochemistry is essential and will be evidenced by a strong undergraduate degree (2.1 or above) in a sport-related discipline. Furthermore, a post-graduate degree in a sport-related discipline alongside experience conducting quantitative research methods would also be advantageous. We would also like to hear from candidates who are interested in improving their skills in strength and conditioning, although this is not essential.

Alongside their full time PhD studies, the successful candidate will engage in a work-based learning placement, for approximately 30 hours per week across their three years of study (with regular holiday allowances applied). This placement will be for a ‘Lead Nutrition and Physiology Consultant’ working at the City of Birmingham Swimming Club training centre.

Therefore, previous experience of working with athletes within a professional sports setting is essential, whilst additional experience delivering strength and conditioning is desirable. In addition, availability to work evenings and weekends is essential due to the demands of competitive events, training, and data collection requirements. By engaging in this particular PhD Studentship opportunity, it is anticipated that the combination of academic study and applied experience will leave the successful candidate well-placed for a career in this particular discipline.

**Person specification:**

***Essential –***

* An undergraduate degree (2.2 or above) in a sport-related degree which includes physiology and nutrition
* An interest in physiological and nutritional interventions to support athletes in competition
* Previous experience working with athletes using physiological and nutritional support techniques
* Available to work evenings and weekends due to the demands of competitive events, training, and data collection requirements

***Desirable –***

* A post-graduate degree in a sport-related discipline which includes physiology and nutrition
* Experience in conducting quantitative research methods, alongside a strong understanding of SPSS software or similar statistical packages
* Experience and/or knowledge of alkalotic supplement research
* An interest in strength and conditioning