**Funding Source: Wellcome Trust grant**

**Proposed start date: 1 October 2022**

**Closing date for applications: 8 April 2022**

**Eligibility:** UK applicants only

**Department/School:** Health Sciences

**Supervisors:** Dr Mark Orme ([mwo4@leicester.ac.uk](mailto:mwo4@leicester.ac.uk)), Dr Alex Rowlands ([alex.rowlands@leicester.ac.uk](mailto:alex.rowlands@leicester.ac.uk)), Dr Dominic Malcolm ([d.e.malcolm@lboro.ac.uk](mailto:d.e.malcolm@lboro.ac.uk) )

**Project Title:** Exploring the relativism of physical activity and exercise capacity in the context of health inequalities

**Project Description :**

There is an urgent need to strengthen action to prevent and manage ill-health in minority ethnic communities; with physical activity (PA) established as one of the best health investments for chronic disease prevention and management. Indeed, it is recognised by the World Health Organisation, United Nation’s Sustainable Development Goals and embedded within international guidelines (respiratory, cardiovascular, obesity, renal, diabetes). To date, the measurement and evaluation of PA has been limited to a ‘one-size-fits-all’ approach, developed in young, healthy, homogenous populations, inappropriate for minority ethnic groups and individuals with reduced exercise capacity. In-keeping with individualised PA prescription, it is appropriate to ‘individualise’ PA evaluation, by using relative intensity thresholds rather than using a ‘one-size-fits-all’ approach.

The project seeks to use mixed-method and multidisciplinary research to: explore the meaning of PA in underrepresented groups; generate relative intensity PA thresholds; and examine whether feedback on relative PA can increase exercise participation. During this PhD, you will develop interdisciplinary transferrable research skills, including qualitative research, exercise testing, and physical activity measurement and analysis. You will receive a flexible training programme, as your interests and findings evolve, and be situated in a rich environment with extensive collaborations to fully support your personal and professional development.

The successful candidate will be based at the Glenfield site, and embedded in an established research team, including many academic Healthcare Professionals. The supervisors also represent Loughborough University and the Lifestyle BRC.

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**Funding details:**

*Students on this programme will be supported by a generous funding package. This will include:*

* *Postgraduate research fee waiver at standard College of Life Sciences UK rates for three years of the PhD*
* *Wellcome Trust stipend covering your salary for all three years of the PhD*
* *Research grant for training, research and travel costs*

**Entry requirements:**

Applicants are required to hold/or expect to obtain a UK Bachelor Degree 2:1 or better in a relevant subject.

The University of Leicester [English language](https://le.ac.uk/study/research-degrees/entry-reqs/eng-lang-reqs) requirements apply where applicable.

This programme is open to:

* allied health professionals
* nurses
* midwives
* junior doctors
* general practitioners

Fellows recruited to the programme must be practicing healthcare professionals and be registered with a national professional regulatory body (e.g. the General Medical Council, Health and Care Professions Council) in the UK/Republic of Ireland.

Medical graduates must be registered on a UK/Republic of Ireland specialist training programme or must be a registered GP.

All fellows must have completed their undergraduate degree and be registered with the relevant professional body.

**Application advice:**

For full application advice and the link to our online application please go do: <https://le.ac.uk/study/research-degrees/funded-opportunities/leicestershire-healthcare-inequalities-improvement-dtp>

With your application, please include:

* CV
* Personal statement explaining your interest in the project, your experience and why we should consider you
* Degree Certificates and Transcripts of study already completed and if possible transcript to date of study currently being undertaken
* Evidence of English language proficiency if applicable
* In the reference section please enter the contact details of your two academic referees in the boxes provided or upload letters of reference if already available.

In the funding section please specify that you wish to be considered for **Wellcome Trust LHII DTP**

In the proposal section please provide the name of at least one or at most two of the projects you are interested in (please indicate title and name of supervisor).

Upload the Widening Participation form (found on the above link) to the proposal section

**Project / Funding Enquiries to :** [**lhiip@leicester.ac.uk**](mailto:lhiip@leicester.ac.uk)

**Application enquiries to** [**pgradmissions@le.ac.uk**](mailto:pgradmissions@le.ac.uk)

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