

SCHOOL OF HEALTH SCIENCES, FACULTY OF SCIENCE, LIVERPOOL HOPE UNIVERSITY

PHD STUDENTSHIP IN WALKING FOOTBALL AS A HEALTH INTERVENTION FOR OLDER ADULTS

PROJECT SCOPE

The Faculty of Science at the Liverpool Hope University has an outstanding commitment to research as indicated by its rich and vibrant postgraduate research environment and vast recent investments in the new state-of-the-art facilities within the School of Health Sciences.

In collaboration with The Football Association (FA), governing body of football in England, the School of Health Sciences are offering a PhD studentship in ‘walking football as a health intervention for older adults’. Due to the rise in health-related issues within the UK population, the national health services face major challenges in terms of both budget and staffing. Recent research has found that the potential health benefits of football are multifaceted and could potentially help counteract some of the before mentioned health issues.

Recently, a modified version of football called ‘walking football’ has emerged within the UK. This version is small-sided in nature and is mostly recreational within organised local leagues through county football associations. The defining distinction with the normal format of football is that players are only allowed to walk (i.e. no running). In addition, tackles are allowed but only low-impact in nature (e.g. block tackles/interceptions) and the ball is not allowed over head-height. Thus, it can be played by the less mobile, particularly older adults, who can still use their skill and experience to play the sport they may have previously been restricted to continue playing. Initial pilot research has found potential physical, sociological and psychological benefits of walking football within older adults.

The proposed PhD project will look to investigate the efficacy of walking football as a health intervention in older adults from a multi-discipline perspective (e.g. physiology, sociology and psychology). This call is open to only UK/EU applicants.

APPLICANT CRITERIA

The successful applicant will:

- Have an excellent understanding of health-based research and public health interventions
- Have adequate skills (willing to further excel) in using physiology laboratory equipment (e.g. aerobic fitness assessment, biomechanical analysis) and qualitative research methods (e.g. interviews)
- Have desirable skills in computing and statistics (e.g. Microsoft Excel, SPSS)
- Have a Masters degree with Distinction from a UK university (or EU equivalent) OR; a Masters degree with Merit from a UK university including a Distinction grade for the Dissertation in a relevant subject area (for example Sport and Exercise Science, Allied Health, Clinical Sciences)
- Excellent people skills and ability to work with different key stakeholders in the project (e.g. funding bodies, local county football associations)
- Have previous experience conducting research within public health initiatives (desirable)
- Have excellent written and oral communication skills in English

RESEARCH SUPERVISORS

This PhD studentship will be conducted in the School of Health Sciences, Liverpool Hope University (<http://www.hope.ac.uk/healthsciences/>). The project will be primarily supervised by Dr. James Malone.

Dr. James Malone: malonej2@hope.ac.uk

HOW TO APPLY

Eligible applicants should apply via the Online Application System located on University's postgraduate research web pages at:

<https://www.hope.ac.uk/postgraduateresearch/howtoapply/>

*Please refer to the 'Apply Now' tab

Expression of Interest is a formal stage of the online application. Applicants are advised to do this at the earliest opportunity as the full application form is not released until this stage of application process is complete. Applicants will be able to upload copies of official academic achievements in undergraduate degree classification and master's degree award, plus copies of official transcripts of all degree subjects taken. Please refer to University's Postgraduate Research page <https://www.hope.ac.uk/postgraduateresearch/> for guidelines.

The deadline for full applications is midnight on **Friday 22nd November 2019**. When completing online application form, please insert 'PhD Studentship: Walking football as a health intervention for older adults' into Research Type ('I would like to apply for admission to the following') section.

Please also submit a 2-page overview or short research proposal including Background, Aims, Objectives, Hypothesis, and Methods of the proposed PhD project directly to the research supervisor: malonej2@hope.ac.uk

On the closing of the specified deadline for online application submission, all applications will be reviewed and scrutinised by a panel and interviews will be accordingly scheduled for those shortlisted.

FUNDING NOTES

The studentship is for a Home (UK/EU) student for a period of three years (full time), subject to satisfactory progress. The studentship will only support the payment of tuition/bench fees (currently £4,100 per year for fulltime students).