

<u>Information on Postgraduate Research Scholarship - Ref:</u>			
Faculty:	FEHHS	Department:	Institute for Lifecourse Development Centre for Exercise Activity and Rehabilitation
Lead Supervisor:	Prof. Fernando Naclerio		
Second Supervisor	Dr Marcos Seijo		
Project Title:	Impact of Diet with Different Macronutrient Distribution Range on Markers of Health Status in middle-aged and Older Adults. A new proposal based on the physiological demands of physically active individuals.		
Project Description:	<p>The type, amount, composition, and timing of food intake impact health, body composition and well-being. With the growing obesity epidemic and the need for an active lifestyle, the interest in a heartily diet able to appropriately cover all nutritional demands but also avoid excessive energy intake has increased. Thus, accurate eating recommendations are necessary to avoid inappropriate unhealthy dietary practices. Compared to sedentary individuals, all persons involved in regular exercise programmes increase their nutritional demands. For example, endurance athletes require higher amounts of carbohydrates (>5 g/kg/d) while for those undertaking a typical 2 to 3 days per week resistance exercise routine 3 to 4 g/kg/d is recommended³. On the other hand, the recommended daily protein consumption ranges vary between 1.2g/kg for less active individuals⁶ to 1.6 g/kg for the physically active population⁷ up to 2.0 g/kg for strength athletes. Consequently, appropriate, and individualised diet strategies, considering individualised amount and proportion of macronutrients with an acceptable macronutrient distribution rate is necessary to satisfy the physiological demands, favour exercise adaptation and avoid a condition of Training-Induced Suboptimal Nutrition, which can induce significant performance decrease, poor resistance to illness and increased susceptibility to injuries.</p> <p>Aims: (i) to explore the current understanding of the government-supported dietary guidelines (e.g., eating-well and My Plate) and the degree of compliance of adult populations (ii) to analyse the impact of diets with different macronutrient distribution ranges (e.g., the Mediterranean vs Moderate or high protein diets), on markers of health (body composition, including visceral fat, physical activity level, functional capacity) in middles aged and older adults. (iii) to determine appropriate individualised macronutrient distribution ranges in grams per kg of body mass, considering the individuals' daily activities (e.g., active, athlete, sedentary) as the reference criteria to determine the corresponding nutritional needs.</p> <p>GO fit LAB will partly sponsor the research project and provide the necessary support to conduct data collection, analysis and disseminate the results</p>		
Duration:	3 years, Full-Time Study or 6 years, Part-Time Study		
Bursary available (subject to satisfactory performance):			
Year 1: £17,668 (FT) or pro-rata (PT) Year 2: In line with UKRI rate Year 3: In line with UKRI rate			

In addition, the successful candidate will receive a contribution to tuition fees equivalent to the university's Home rate, currently £4,596 (FT) or pro-rata (PT), for the duration of their scholarship. International applicants will need to pay the remainder tuition fee for the duration of their scholarship.

This fee is subject to an annual increase.

Person Specification of Essential (E) or Desirable (D) requirements:

Criteria:	E or D
Education and Training:	
<ul style="list-style-type: none"> 1st Class or 2nd class, First Division (Upper Second Class) honours degree or a taught master's degree with a minimum average of 60% in all areas of assessment (UK or UK equivalent) in a relevant area to the proposed research project 	E
<ul style="list-style-type: none"> For those whose first language is not English and/or if from a country where English is not the majority spoken language (as recognised by the UKBA), a language proficiency score of at least IELTS 6.5 (in all elements of the test) or an equivalent UK VISA and Immigration secure English Language Test is required, if your programme falls within the faculty of Engineering and Science a language proficiency score of at least IELTS 6.5 overall with a minimum of 6.0 in all elements of the test or an equivalent UK VISA and Immigration secure English Language Test is required. Unless the degree above was taught in English <u>and</u> obtained in a majority English speaking country, e.g. UK, USA, Australia, New Zealand, etc, as recognised by the UKBA. 	E
Experience & Skills:	
<ul style="list-style-type: none"> Previous experience of undertaking research (e.g. undergraduate or taught master's dissertation) within the areas of sports science or sport nutrition 	E
<ul style="list-style-type: none"> Excellent oral and written communication skills 	E
<ul style="list-style-type: none"> Have completed a post graduate course with significant content in Sport Nutrition 	D
<ul style="list-style-type: none"> Experience in qualitative research methodologies relative to the candidate's career level 	E
<ul style="list-style-type: none"> Demonstrable skill in working with and knowledge of target populations and key stakeholders (e.g., young, middle aged and older people, third sector organisations, local authority) 	D
<ul style="list-style-type: none"> Experience/knowledge of participatory research methods 	D
Personal Attributes:	
<ul style="list-style-type: none"> Understands the fundamental differences between a taught degree and a research degree in terms of approach and personal discipline/motivation 	E
<ul style="list-style-type: none"> Able to, under guidance, complete independent work successfully 	E
<ul style="list-style-type: none"> Has existing links with innovative alternative provision services in the UK 	D
<ul style="list-style-type: none"> Excellent collaborative skills and interest in mentorship, knowledge sharing, and partnership building with stakeholders of the research 	D
Other Requirements:	
<ul style="list-style-type: none"> This scholarship may require Academic Technology Approval Scheme approval for the successful candidate if from outside of the EU/EEA 	E
<ul style="list-style-type: none"> The scholarship must commence before 31 March 2023 	E

Closing date for applications:	<i>midnight on 31st January 2023</i>
For further information contact:	f.j.naclerio@gre.ac.uk M.Seijo@greenwich.ac.uk
<p>Making an application: Please read this information before making an application. Information on the application process is available at: https://www.gre.ac.uk/research/study/apply/application-process. Applications need to be made online via this link. No other form of application will be considered.</p> <p>All applications must include the following information. Applications not containing these documents will not be considered. Applicants must apply to the PhD Human Sciences Programme.</p> <ul style="list-style-type: none"> • VC Scholarship Reference Number (Ref)– included in the personal statement section • Personal Statement - outlining your motivation for applying for this PhD, and your previous research experience (e.g., as a research assistant or completing a dissertation). • Academic qualification certificates/transcripts* • IELTS/English Language certificate if you are an international applicant or if English is not your first language or you are from a country where English is not the majority spoken language as defined by the UK Border Agency * • Research Proposal* (ca. 1500 words- please use template available from: https://www.gre.ac.uk/institute-lifecourse-development/phd-opportunities) • Your complete CV* • Two reference letters (one ideally from a dissertation supervisor)* <p><i>*upload to the qualification section of the application form. Attachments must be a PDF format.</i></p> <p>Before submitting your application, you are encouraged to liaise with the Lead Supervisor on the details above.</p>	