

## “Physical activity to promote health and well-being in the schools and workplaces of Essex”

This fully funded studentship offers an annual stipend of £14,777 plus Home/EU tuition fees, for a maximum of 36 months. Start date is 2<sup>nd</sup> January 2019

### Overview

Over 250,000 adults in Essex are inactive (doing less than 30 minutes of physical activity per week). Our own research has shown that fitness of Essex schoolchildren declined by 10% between [1998 and 2008](#) and that the rate of decline is [accelerating](#).

The high levels of inactivity are causing increased health risk and costing the NHS in Essex alone £58 million each year. Radical change is needed to turn this situation around and find out what works to increase physical activity in schools and [workplaces](#) which act as two important gatekeepers for access to population at large.

The program of study is not fixed and will be shaped by the interests and skills of the successful applicant. However, the broad aims of the funding are to:

- a) Evaluate the current evidence underpinning physical activity initiatives in schools and workplaces
- b) Work with physical activity [stakeholders](#) and providers to evaluate existing initiatives to promote physical activity
- c) Identify whether physical activity initiatives can enhance wider health and wellbeing outcomes
- d) Use an evidence-based approach to help shape future physical activity initiatives that will bring about transformational changes in schools and workplaces using behavioural change [framework](#).

### The Student

Applicants should hold an undergraduate or master's degree in a related subject such as Public Health, Sport and Exercise Science, Physiology, Psychology, and have an interest in health promotion and physical activity. This work will also potentially inform ongoing developments of the [Essex Local Delivery Pilot](#). You will need excellent interpersonal skills to help build on the already strong collaborations between the University and external stakeholders. You will need excellent written communication skills to publish your findings.

### The Supervisors

The project will be supervised by two experienced members of research staff; [Dr Gavin Sandercock](#) and [Dr Valerie Gladwell](#). For an informal discussion about the studentship please email either Dr Gladwell ([vglad@essex.ac.uk](mailto:vglad@essex.ac.uk)) or Dr Sandercock ([gavins@essex.ac.uk](mailto:gavins@essex.ac.uk)).

### To apply

Candidates should send CV and a one page letter explaining how your skills and experience make you suitable for this specific studentship directly to [vglad@essex.ac.uk](mailto:vglad@essex.ac.uk).

Interviews are yet TBC, but interviewees will be asked to present a short proposal about their ideas for the studentship.

