



Research Centre

Insight SFI Research Centre for Data Analytics

Post title

Postdoctoral Researcher
Moving Well-Being Well Project

Level on Framework

Level 1

Post duration

Fixed Term Contract up to 11 months

Dublin City University

Dublin City University (DCU) is a leading innovative European University. It is proud to be one of the world's leading Young Universities and is among the world's top 2% globally. DCU is known as Ireland's University of Impact, with a mission to 'transform lives and societies' and focuses on addressing global challenges in collaboration with key national and international partners and stakeholders.

DCU has over 20,000 students in five faculties spread across three academic campuses in the Glasnevin-Drumcondra area of North Dublin. Thanks to its innovative approach to teaching and learning, the University offers a 'transformative student experience' that helps to develop highly sought-after graduates. DCU is currently No. 1 in Ireland for Graduate Employment Rate, and for graduate income (CSO).

DCU is a research-intensive University and is home to a number of SFI-funded Research Centres. The University participates in a range of European and international research partnerships. DCU is also the leading Irish university in the area of technology transfer as reflected by licensing of intellectual property.

As a 'People First' institution, DCU is committed to Equality, Diversity and Inclusion - a University that helps staff and students to thrive. The University is a leader in terms of its work to increase access to education, and is placed in the world's Top 10 for reducing inequalities in the Times Higher Education Impact Rankings.

School of Health and Human Performance:

Research at the School of Health and Human Performance provides an environment devoted to learning, developing, understanding and advancing in the areas of sport, physical activity and health science. Our focus is on using the knowledge gained from our learnings to challenge and address the series of health issues, which impact modern society in conjunction with evolving our knowledge associated with the factors critical to sporting performance.

With the academic proficiency and expertise existing within our school, underpinned by our strong multicultural partnerships, international research, and societal engagement, our research: Influences public policy

- Contributes to successful sporting performance and maintenance.
- Promotes the importance of healthy lifestyle management and adaptation.
- Increases awareness over communicable disease prevention and control.
- Creates leaders for future generations.

The school boasts specialists in a wide range of areas such as physical activity and public health, sport psychology, cardiology, coaching, physiotherapy, athletic rehabilitation exercise physiology, cellular biology, biomechanics, motor control, and talent development. Each of our research clusters and centres is the spearhead in its own domain. As visionaries in progression, governance, policy development and application, from a sporting and physical activity field, our school cultivates the leaders of the future and the present.

The Project

The Moving Well-Being Well (MWBW) project aims to get children moving and involved in physical activity and sport. MWBW focuses on increasing physical literacy in young children in order to give them the tools required to be active for life. The project will run interventions in schools and communities within several communities throughout the country. The project has several aims, first and foremost is the aim to give children the necessary skills to participate in any form of sport/activity, but we plan to do this while also upskilling the teachers/coaches within the community. The development of a range of basic movement skills, alongside nurturing the confidence and motivation to partake in activities involving these skills, can set children on a positive spiral of engagement in PA and sport participation. Alongside the established physical and mental health benefits, participation in PA and sport is well documented to strongly correlates with decreases in anti-social behaviour.

The MWBW project has a track record in delivering interventions such as this. In one of the largest research project of its kind, the MWBW team and collaborators initiated a large-scale study in over 44 primary schools around Ireland and have successfully delivered a physical literacy intervention to over 20 schools in Dublin. The project is based around the existing infrastructure within communities and schools. The ability to operate within a sound, evidence based framework while also allowing for adaptation of intervention delivery to specific contexts and environments. The research team are also vastly experienced in working with the school-aged cohort and have done multiple research projects in similar areas.

The project is funded through the Department of Justice Community Safety Innovation Fund.

The Role

The successful candidate will assume responsibility for overseeing the successful implementation of the project. This includes;

- Day to day management of the project
- Liaising with all project stakeholders
- Report project progress to all parties at the agreed intervals including details in core KPIs such as adherence to schedule, budget tracking etc.

Central to the project will be disseminating research findings internally to the relevant stakeholders and externally to the wider public, in the hope of informing future policy and practice.

Duties and Responsibilities: Principal Duties and Responsibilities

Specific duties include:

- Management and implementation of the assigned research programme.
- Produce top quality journal and conference publications, in collaboration with the PIs.
- Engage in teaching and support to postgraduate students working on similar topics.
- Carry out administrative work associated with the programme of research as necessary.
- Other tasks relevant to successfully implementing the assigned research programme.
- Liaise with both external and internal stakeholders, including academics, undergraduate and postgraduate students, external supervisors, community stakeholders and schools.
- Preparation of project outputs, interim and final reports as required by the project schedule.
- Deliver research outputs according to project schedules.
- Other tasks relevant to successfully implementing the assigned research programme.
- Attend and present results at project progress meetings.

Qualifications, Skills and Experience Required

The ideal candidate will have a PhD in Health and Human Performance or other related discipline, e.g., sports coaching, sport science, talent development) as well as understanding and experience in the areas mentioned earlier in describing the role for the position.

It is essential that the candidate has:

- Excellent communication, interpersonal and organisational skills, be able to take initiative and work to deadlines, and the ability to work effectively as part of an interdisciplinary team.
- Excellent research and evaluation skills, including experience in qualitative and quantitative methods.
- Experience in project management and experience of working with external organisations
- Strong leadership and influencing skills and be capable of exercising judgement and making decisions on matters related to the project.
- A track record of effective networking and building strong working relationships within and across sport organisations and disciplines.

Candidates will be assessed on the following competencies:

Discipline knowledge and Research skills – Demonstrates knowledge of a research discipline and the ability to conduct a specific programme of research within that discipline

Understanding the Research Environment – Demonstrates an awareness of the research environment (for example funding bodies) and the ability to contribute to grant applications

Communicating Research – Demonstrates the ability to communicate their research with their peers and the wider research community (for example presenting at conferences and publishing research in relevant journals) and the potential to teach and tutor students

Managing & Leadership skills - Demonstrates the potential to manage a research project including the supervision of undergraduate students

Essential Training

Training required for the role should be entered here. At a minimum, the following should be entered in addition to other applicable, role specific mandatory training:

The postholder will be required to undertake the following essential compliance training: Orientation, Health & Safety and Data Protection (GDPR). Other training may need to be undertaken when required.