



Moving Well-Being Well

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Applications are invited for Ph.D scholarship of the newly launched

Moving Well-Being Well Project

Overview

Irish Physical Activity Guidelines for Health currently state that all children and young people, from two to eighteen years of age, should have at least 60 minutes of moderate to vigorous physical activity each day (Department of Health and Children, 2009). The 'Children's Sport Participation and Physical Activity Study' (Woods et al., 2010) found that only 14% of ten to eighteen year olds in Ireland were meeting these requirements. While investigating the factors that motivate children to partake in physical activity, the existing research emphasises the importance of developing the fundamental movement skills in children. Fundamental Movement Skills (FMS) are the basic observable patterns of behaviour present from childhood to adulthood. Irish research has measured FMS in adolescents (O'Brien, Belton & Issartel, 2014), and found that only 11% could perform the required movement patterns adequately. This is alarming, considering that FMS mastery can be developed by the age of 6. Current children's physical literacy is dangerously dropping to an unprecedented low level. In addition, there are many neuro-cognitive functions as well as physiological elements that need to be explored as there is a need to better understand the factors leading to obesity and reduced levels of physical activity, while also developing innovative interventions addressing these problems from a new angle.

This singular, unique and ambitious project will assess 3000+ students around the country with a view to better understand the relationship between physical literacy, health related fitness, wellbeing and physical activity.

Project's Partners:

- Dublin City University
- INSIGHT
- GAA
- Dublin GAA

Moving Well-Being Well

School/Research Group:	School of Health and Human Performance Childhood Physical Activity Research Cluster Centre for Preventive Medicine
Qualification	Ph.D
Bursary	Full fees will be paid for three years. Stipend between €12,000 and €16,000 per annum for three years (<i>commensurate with experience</i>)
Contract Type	Full-time
Closing Date	27 th October 2016
Interview date:	2 nd and 3 rd of November
Start Date:	November/December 2016

Candidate specification

Mandatory

- Honours degree with minimum upper second class honour in Physical Education, Sport Sciences or a cognate area.
- Experience working with young people.
- Have excellent IT, analytical, presentational and report writing skills.
- Be motivated and able to work independently as well as part of a team.
- Have a full clean driver's licence, and full access to a car.

Desirable

- Experience collecting physical activity and/or fundamental movement skill data
- Experience in analysing quantitative and qualitative data
- Coaching qualifications

Interested applicants should submit a Curriculum Vitae with cover letter to johann.issartel@dcu.ie by **5pm on Thursday the 27th of October 2016**.

Informal enquires:

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