

RESEARCH STUDENTSHIPS 2010 PROJECT DESCRIPTION



Project Title

The Physiology of Training in Football

Project Description

Summary of Research Project

This outstanding research project will be run in collaboration with Newcastle United Football Club (NUFC). The purpose of the research will be to investigate training and physical conditioning practices within elite level football, and to understand the physiological stresses associated with training load in both fit and injured players. The research project will have both physiology and strength & conditioning aspects, and it is important that applicants can apply themselves effectively in both of these areas. Currently there is limited longitudinal empirical data examining the physiological demands placed on elite level footballers, and the effects that training and conditioning activities can have on football-related performance standards. Output from the proposed project would serve to directly impact the working practices of players at NUFC, and potentially football leagues throughout the world.

Newcastle United is one of the biggest football clubs in the United Kingdom. With their progressive approach to science and medicine, coaching and support staff are keen to understand the physiological demands placed on modern football players, with a view to quantifying the physiological stresses of training and competition, understanding the return to play strategies of injured players, and examining the physiological aspects associated with gym-based and field-based conditioning activities. The Department of Sport and Exercise Sciences at Northumbria University aims to collaborate with Newcastle United in challenging current understanding within the area of football physiology, and become a leading research centre for training and conditioning science.

Details of research training to be undertaken as part of this project

The majority of working practice for this position will be conducted on site at NUFC, working alongside members of the medical and support staff. On a daily basis, the successful PhD student will work at the NUFC training facilities, gaining significant exposure to the working practices of the football club. Where appropriate, the student will also be required to travel with the team(s) in order to fulfill any research activities required for this project. The student will be expected to undertake physiological support and strength & conditioning activities as part of the research studentship, as directed by the NUFC chief medical officer, sports scientist, and fitness coach.

Along side daily support and research activities at the football club, the student will be expected to undertake a tailored programme of training by attending subject specific activities delivered within the School of Psychology and Sport Sciences and generic skills development training delivered by the Graduate School. Regular meetings with the supervisory team will be required. The student will also attend compulsory training sessions related to their milestones. They will be expected to reflect upon their training requirements by using their training needs plan.

Supervisory Team & Research Environment

School(s)	School of Psychology and Sports Sciences
Research Centre	Sport, Exercise and Wellbeing Research Centre
Academic Supervisors	Dr. Duncan N. French, Professor Kevin G. Thompson

Funding Notes

[Include known detail suitable for advert regarding length of funding, sponsor, stipend, fees, travel and consumables]

Studentships will cover Home or Overseas fees and a stipend of £13290 is available. A research allowance of £1000 is also available. The period of funding is 3 years.

Informal Enquiries

Enquiries regarding this studentship should be made to Dr. Duncan French
(duncan.french@northumbria.ac.uk)

Eligibility

Applicants should hold a first or upper second class honours degree (in a relevant subject) from a British higher education institution, or equivalent. Students who are not UK/EU residents are eligible to apply, provided they hold the relevant academic qualifications (together with an IELTS score of at least 6.5).

How to Apply

You should apply using the University's Research Studentship Application Form. Further details on the University's Research Studentship Scheme, together with the Application Form, can be found on our website:

<http://www.northumbria.ac.uk/researchstudentships>

Applications should be submitted to:

[Paul Agnew](#)

**Northumbria University
School of Psychology and Sport Sciences**

Newcastle upon Tyne NE1 8ST

0191 – 243 7028

paul.agnew@northumbria.ac.uk

Deadline for applications: 30.4.10

Interview date (if known): Mid May 2010

Start Date: 1.9.10