

## London South Bank University

### Self-Funded PhD Opportunities in **Sport and Exercise Sciences**

Are you passionate about Sport and Exercise Sciences and eager to advance your research career? London South Bank University is pleased to offer self-funded PhD opportunities in Sport and Exercise Sciences for motivated and talented qualified individuals.

#### **About the Program:**

The Sport and Exercise Science Research Centre at LSBU holds leading expertise in the traditional Sport Science disciplines and is particularly recognised for scientific excellence in areas of emerging significance for the applied study of human movement, health and sport performance.

**Eligibility:** Candidates must have a MRes or MSc in a related field of study, achieving at least a 2:1 classification. Consideration will also be given to applicants with a BSc in a relevant field, provided they have obtained a first-class classification with a strong research-based dissertation.

**Tailored Research:** Our self-funded PhD programs provide you with the opportunity to pursue research in Sport and Exercise Sciences under the guidance of experienced faculty members. Current lines of research are:

- Muscle and Tendon Adaptation and Interactions;
- Exercise for Health and Fitness;
- Visual Perception in Sport and Expertise;
- Gait and Posture;
- Ligament Structure and Foot Pathologies;
- Ageing Exercise and Fall Prevention;
- Environmental Conditioning and Performance;
- Coaches' Training and Development;
- Cultural Intelligence in Sport

Our expertise also extends to sport and exercise product development and testing.

**Cutting-Edge Facilities:** Benefit from access to 8 state-of-the-art laboratories, research equipment, and resources, empowering you to conduct innovative research and make meaningful contributions to the study of human movement. Most prominent are our laboratories for studies of Neuromechanics of Human Movement, Environmental Physiology, Perception-Action and Elite Human Performance. They are equipped with state-of-the-art research systems including: mobile Eye-tracker (Tobii Pro 3), mobile EEG system (Emotiv); 3D motion capture systems (Vicon, Qualisys and Theia); muscle-tendon training and testing devices (Temutrain and Temulab), virtual and augmented reality glasses, hypoxic and environmental chambers, an iCool icebath, a suit of advanced electrophysiological and imaging systems for neuromuscular, cardiopulmonary, vascular, body composition and metabolic evaluations as well as software for assessing emotional health and cognitive function (Cantab), thematic (NVivo) and sport performance analysis (Kinovea).

**Interdisciplinary Collaboration:** Collaborate with experts from diverse disciplines within a rich and dynamic research community. Our interdisciplinary approach encourages creativity and innovation, allowing you to explore new ideas and perspectives.

#### **Why Choose London South Bank University?**

**Reputation for Excellence:** London South Bank University is exceptionally committed to Research with Real-World Impact. With a proven track record of generating high-impact research and fostering the growth of talented scholars from diverse backgrounds, we stand at the forefront of innovation and discovery.

**Supportive Environment:** Receive personalized support and mentorship from diverse faculty members who are dedicated to your success. Our inclusive and supportive academic community ensures that you have the resources and guidance you need to thrive. The nationwide PRES survey revealed that 97% of our postgraduate research students agreed on high quality supervision quality, feedback and regular contact.

**Vibrant community:** Connect with leading researchers, industry professionals, and fellow postgraduate students through training seminars, conferences, and networking events. Build valuable relationships and expand your professional network as you embark on your research journey.

#### **How to Apply:**

Prior to submitting your application, we strongly encourage candidates to thoroughly review the current research areas offered by faculty members at London South Bank University <https://www.lsbu.ac.uk/research/centres-groups/sport-exercise-science>. Additionally, we recommend contacting potential supervisors for an informal discussion regarding prospective research projects or topics. This proactive approach ensures alignment between your interests and the expertise of our faculty, setting the stage for a successful application and a fruitful academic journey. Below is an indicative timeline for these activities in relation to postgraduate research enrolment dates of January, April and September.

Activities	Entry point 1	Entry point 2	Entry point 3
Review LSBU website for research topics and identify potential supervisory staff	1 <sup>st</sup> July	1 <sup>st</sup> November	1 <sup>st</sup> April
Contact potential supervisor	1 <sup>st</sup> July	1 <sup>st</sup> November	1 <sup>st</sup> April
Write research proposal	15 <sup>th</sup> July to 15 <sup>th</sup> September	15 <sup>th</sup> November to 15 <sup>th</sup> January	15 <sup>th</sup> April to 15 <sup>th</sup> June
Application deadline	15 <sup>th</sup> September	15 <sup>th</sup> January	15 <sup>th</sup> June
Enrolment date	15 <sup>th</sup> January	15 <sup>th</sup> April	15 <sup>th</sup> September
<b>Start date</b>	<b>15<sup>th</sup> January</b>	<b>15<sup>th</sup> April</b>	<b>15<sup>th</sup> September</b>

Application Process: To apply for our self-funded PhD programs, please visit our website <https://www.lsbu.ac.uk/study/postgraduate> for detailed application instructions and requirements.

Application Deadline: Application Deadlines are 15<sup>th</sup> of September, 15<sup>th</sup> of January, 15<sup>th</sup> of September for respective enrolment and start dates of 15<sup>th</sup> of January, 15<sup>th</sup> April, 15<sup>th</sup> September.

Contact Us: For inquiries or further information, please contact Dr Rita de Oliveira [r.oliveira@lsbu.ac.uk](mailto:r.oliveira@lsbu.ac.uk).

Join Us in Advancing Knowledge and Making a Difference in Sport and Exercise Sciences!

Take the next step in your research career and embark on a transformative journey with London South Bank University. Explore the exciting research topics that await you in Sport and Exercise Sciences and make a lasting impact in your field.