



**ESRC WGSSS funded PhD studentship in Player Load Management and Rest in English Professional Rugby Union**

The [School of Sport and Health Sciences](https://www.cardiffmet.ac.uk/sportandhealthsciences/researchandinnovation/Pages/default.aspx) at Cardiff Metropolitan University are delighted to offer a fully funded Welsh Graduate School for the Social Sciences (WGSSS) (ESRC DTP) studentship starting in October 2024.

The research programme will involve close collaboration with the Rugby Football Union (RFU), Premiership Rugby Limited (PRL), and Rugby Players Association (RPA) and explore the longitudinal relationships between load, rest and health and wellbeing in English professional rugby. The project will consider current player load management strategies used, how rest periods mitigate health and wellbeing risk, and best practice for load management and rest/recovery. The successful applicant will have a strong background in sport science and medicine, sport psychology, or psychology and an interest in understanding physical and psychological load in sport, and the role of rest in load management. An aptitude for advanced quantitative and qualitative methods is also essential. The project will be supervised by a team led by Professor Stephen Mellalieu and Professor Owen Thomas (Cardiff Met).

**Duration of study:**

The duration of study is dependent on prior research experience and training needs which will be assessed by completing an Initial Development Needs Analysis (DNA) at the application stage and a Full DNA prior to award if successful. Durations of study may vary from 3.5 to 4.5 years full time (or part time equivalent).

**Research in practice placement:**

WGSSS funded students are required to complete a funded Research in Practice placement of 3-months in total. All students will have the opportunity to complete a placement in academia, policy, business or civil society organisations.

**Entry Criteria:**

To receive WGSSS studentship funding, you must have qualifications or experience equal to an honours degree at a first or upper second-class level, or a masters from a UK academic research organisation. Students with non-traditional academic backgrounds are also welcome to apply. Please visit [here](https://www.cardiffmet.ac.uk/international/study/applying/Pages/English-Language-Requirements.aspx) for Cardiff Metropolitan University’s English language requirements.

**Eligibility:**

WGSSS studentships are available to home and international students. Up to 30% of our cohort can comprise international students. International students will not be charged the fee difference between the UK and international rate. Applicants should satisfy the [UKRI](https://www.ukri.org/our-work/developing-people-and-skills/find-studentships-and-doctoral-training/get-a-studentship-to-fund-your-doctorate/) eligibility requirements.

WGSSS is committed to supporting and promoting equality and diversity and to creating an inclusive environment for all. We welcome applications from all members of the global community irrespective of age, disability, sex, gender identity, gender reassignment, marital or civil partnership status, pregnancy or maternity, race, religion or belief and sexual orientation.

We welcome applications for both full and part-time study and from candidates with non-traditional academic backgrounds.

**Assessment:**

Applicants are reminded to submit all relevant documents (transcripts, supporting statement, etc) by the deadline. Due to the volume of applications received, incomplete applications will not be considered. Short-listed applicants will be invited to interview. As part of the interview process, applicants will be asked to give a short presentation and answer a series of panel questions consistent with previous practice on the pathway during the Wales DTP and guided by the WGSSS’s EDI commitments. Interviews will be held - preferably in person but with an option of availability through zoom/teams should circumstances require. Applicants can expect to hear the outcome of their interview within 1 week.

**How to apply:**

Applications should be received no later than 26/04/24 12.00 noon including all required documents.

All applications should be submitted via email to: Susie Powell, Research and Enterprise Officer spowell@cardiffmet.ac.uk. The full application pack can be found [here](https://walesdtp.ac.uk/collaborative-competition-how-to-apply/).

Please include the following documents with your application:

1. Cover letter (two pages maximum, at least 1.5 line spacing, minimum font size 12). The cover letter must include the following bullet points as subheadings:
* Please name the collaborative studentship being applied for and set out your reasons and motivation for applying to study at Cardiff Metropolitan University, and the Sport and Exercise Sciences pathway.
* Please detail your understanding, and expectations of doctoral study.
* Provide detail of your academic interests generally, and particularly of those relating to your proposed research.
* Drawing on your own background (including your life experiences, journey to/through university, work experiences or volunteering) please provide a summary of why you are ready to undertake a PhD now and how you will flourish as a result of PhD funding. You might include, for example, personal challenges that you have overcome or achievements that you are proud of in your work, study or life experiences and how these map onto the skills required to flourish in a PhD programme. Challenges could include, but are not limited to, protected characteristics, socio-economic status and of being a prospective first-generation student or care-experienced.
* Reflecting on your own background and/or proposed approach to PhD study and the opportunities which it will present, how will you support diversity and inclusion in the PhD community?

2) Academic CV (two pages maximum)

3) Research proposal. For collaborative studentships, the proposal should build directly on the outline description that has been supplied in the advert. The proposal should be up to a maximum of 1000 words, not including bibliographic references. We suggest that you use the following five headings in your research proposal:

* Title, aims and purpose of the research;
* Brief overview of the academic literature relevant to the field;
* Proposed design/methods;
* Academic contributions of your proposed research.
* Bibliographic references

4) Two academic or professional references. Candidates must approach referees themselves and include references with their application. The reference must detail the applicant’s research strengths.

5) Degree certificates and transcripts (including translations if applicable).

6) If relevant, proof of English Language Competency (see [institutional requirements for entry](https://www.cardiffmet.ac.uk/international/study/applying/Pages/English-Language-Requirements.aspx)).

**Funding:**

The ESRC-funded studentship covers tuition fees, an annual tax-free living stipend of in line with UKRI minimum rates (currently £19,237 pro rata for 2024/25) and includes access to a Research Training Support Grant.

If you have a disability, you may be entitled to a [Disabled Students’ Allowance (DSA)](https://www.ukri.org/what-we-offer/developing-people-and-skills/find-studentships-and-doctoral-training/get-a-studentship-to-fund-your-doctorate/) on top of your studentship.