

SELF FUNDED PHD OPPORTUNITY

Physical Activity, Sedentary Behaviour, Health & Wellbeing PhD Studentship Opportunities

Physical inactivity and sedentary behaviour are recognised as significant and independent risk factors for numerous chronic diseases. Whilst it has been long known that low levels of physical activity are bad for you and that there are increasing returns to be gained with progressively greater amounts of habitual physical activity, more recently greater amounts of time spent in sedentary behaviours, such as sitting, have been associated with higher levels of ill health. It is therefore important that we are able to accurately assess physical activity and sedentary behaviours before we can then investigate the role of increasing physical activity and/or reducing sedentary behaviour on health & wellbeing improvement.

Under the supervision of Professor Derek M Peters, we are seeking to encourage applications from potential PhD students to explore current issues in physical activity and sedentary behaviour measurement, and/or to examine the role physical activity and sedentary behaviour play in health and wellbeing in different age groups, in different contexts and across the widest array of health and wellbeing conditions.

We welcome ideas for PhD studentships incorporating measurement studies, cross-sectional association studies, and of course studies that seek to change physical activity and sedentary behaviour in any age group or population (e.g. children, adolescents, adults, parents, older persons,...) with any ill-health & wellbeing conditions (e.g. physically inactive, sedentary, physiological ill-health, mental ill-health, biomechanical ill-health...) and in any context (e.g. schools, universities, workplaces, home, care homes, green gyms, specific jobs/occupations...) in order to improve health & wellbeing.

Identified co-supervisors & their specialist areas, amongst others include:

- Dr Allain Bueno (School of Science & Environment): Physical activity & sedentary behaviour relating to *cardiovascular, neural and endocrine physiology, and biomarkers*.
- Dr Chris Bowers (Worcester Business School): Physical activity & sedentary behaviour in relation to *gaming and e-behaviour change*.
- Dr Steve Coles (School of Science & Environment): Physical activity & sedentary behaviour relating to *immunological function and biomarkers*.
- Matthew Jellis (School of Psychology): Physical activity & sedentary behaviour relating to *occupational and organisational health & wellbeing*.

For an informal discussion of any ideas you may have that could fit within the broadest array of opportunities listed above and in this area, please do not hesitate to contact Professor Peters via d.peters@worc.ac.uk.