

PhD Scholarship: Nutrition and Exercise Immunology

School of Sport and Exercise Sciences

Dr. Glen Davison invites applications for a full-time PhD Scholarship to investigate the effects of exercise training and nutrition on immune function and infection incidence.

Background

Exercise has been shown to affect most areas of the immune system in some way. On one hand athletes participating in regular intensive training, especially endurance athletes, are more susceptible to upper respiratory illness (URI) and strategies to maintain or enhance immunity are of benefit to such individuals. On the other hand, moderate exercise or training (in line with general health recommendations) is associated with enhanced immunity and lowered URI risk. It is important, therefore, to accurately describe the relationship between exercise load and infection risk. Our group is particularly interested in the investigation of such relationships with the use of *in vivo* immune markers, which represent the whole integrated immune response, and other high value 'clinically relevant' markers.

This studentship will involve a series of investigations with the assessment of various immune markers as well as symptoms of URI following acute exercise and during training periods with various training loads. The initial studies will focus on the acute and chronic effects of various types of training and subsequent studies will investigate the effects of nutrition on these responses.

Requirements

The successful candidate should have an interest in Exercise Physiology, and a keen interest in Exercise Immunology. Applicants should have a good Honours degree (at least 2.1 or equivalent) in an appropriate subject (e.g. *Sports Science, Exercise Science, Physiology, Human Biology, Nutrition, Immunology, Biochemistry or another related discipline*. Note: this is not an exhaustive list). An MSc in a relevant subject is desirable but not essential. More specific details about the project can be obtained by e-mailing Dr. Glen Davison (G.Davison@kent.ac.uk).

Funding Details

The School of Sport & Exercise Sciences is offering a Graduate Teaching Assistantship (GTA) with this position. Students engaged as Graduate Teaching Assistants hold a unique position in the University; they are both registered students in receipt of a scholarship award and employees of the University. The GTA will cover tuition fees at the Home/EU rate plus a combined maintenance grant and salary equivalent to the maintenance grant offered by the UK Research Councils (£14,057 in 2015/16). The GTA will be offered for one year in the first instance, renewable for a maximum of three years subject to satisfactory academic performance.

How to Apply

Applications to the University of Kent should be completed online at:
<http://www.kent.ac.uk/courses/postgraduate/apply-online/154>

Please include your CV and a covering letter within the online application. Please clearly state the project title "**Nutrition and Exercise Immunology**" in your covering letter. Please note that 2 references are required and must be received before any offer can be made.

The closing date is the 6th March 2015 and interviews are expected to be 27th March 2015.

Please visit our website for more information on the School of Sport and Exercise Sciences:
<http://www.kent.ac.uk/sportsciences/>