



HAMILTON ACADEMICAL WOMEN'S FOOTBALL CLUB



Master of Research

University of the West of Scotland – Hamilton Academical Women's Football Club project:
Physiological characteristics in women's elite football: investigating performance and health.

MRes in brief

The [MRes](#) in Sport Science is a unique opportunity for you to undertake a postgraduate degree with an applied research focus. The programme is a one-year (full-time) degree that aims to provide research-orientated training upon developing knowledge, skills and competencies as an applied practitioner in a high-performance environment. The degree is an ideal pathway if you have completed an undergraduate honours programme and have an interest in developing applied research under the supervision of UWS academic staff, and in partnership with Hamilton Academical Women's Football Club.

Background

UWS has established a partnership with [Hamilton Academical Women's Football Club](#) aimed at facilitating applied experience with a specialised research focus on best practice across sport science within female football. The Women's squad compete in the Scottish Women's Premier League.

About the role

You are expected to work diligently and to form a productive professional relationship based on collaborative interests with the coaching and support staff. You will assist and support activities related to general programs run at the club. On a regular basis, you will collect and integrate separate data collection of external and internal loads, for example:

- Daily monitoring – training & match days
- Performance based testing
- GPS systems
- Heart rate monitors

You may also have the opportunity to inform and deliver strength & conditioning sessions relating to individual athlete programmes; on pitch conditioning; and preparation for training and games with some elements of injury prevention.

In the long-term, you will conduct a research project addressing an agreed relevant topic within one of the major fields of interest in sport science, training and monitoring, strength and conditioning. Your role will potentially help generating impacting evidence on the following topics (these are examples and not definitive list):

1. The evaluation and interpretation of training and match physiological and athletic demands.
2. The tracking of longitudinal changes in physical and athletic capabilities over time and align them with respect to the performance developmental of the athletes.
3. The longitudinal and/or cross-sectional report and analysis of long-term training planning.
4. The dissemination of findings and recommendations back to the club and other relevant individuals (scientific audience, coaching and sport science staff, players).
5. Collection and interpretation of performance based tests and/or strength and conditioning with regards performance.

Eligibility

Academic requirements:

Candidates should have at least an upper second class degree or above in their Sport and Exercise Science undergraduate or a related subject.

Professional requirements:

Desirable criteria:

- Theoretical knowledge / experience in performance based testing.
- Theoretical knowledge / experience in monitoring training loads.
- Theoretical knowledge / experience in strength and conditioning programming.
- Technical skills in data collection and data management.

Assessment

UWS normally requires MRes candidates to defend their dissertation thesis (viva voce examination) for successful completion of an MRes degree. A research dissertation (typically 15-20,000 words) could be either informed by independent research, or a practice-led research project.

Fees and Funding:

For further details applicants are invited to visit [UWS Postgraduate fees and funding](#). Please also see Student Awards Agency Scotland ([SAAS](#)) for those eligible students.

Deadline: 17th September 2021 at 5pm

For further information please contact:

Dr Mark Sanderson (UWS Exercise Science Lecturer) Mark.Sanderson@uws.ac.uk or

Robert Watson (Club Secretary) accieswfc@gmail.com

Instructions to applicants:

1. Provide a CV with full details of your previous academic and professional qualifications and employment history.
2. In a document entitled 'statement of purpose' explain why you have chosen to research this particular subject and how your previous experiences and skills have prepared you to study at postgraduate level including any previous research activity and / or publications.
3. Provide a research proposal of approximately 500 – 1000 words:
 - a) State the aim of the research and list 2-3 research questions or objectives
 - b) State the gap in the literature and why your topic is important (with reference to published literature)
 - c) Briefly describe the research design and methodology
 - d) Outline the sample and methods you plan to use for data collection
 - e) Identify the main ethical issues
4. Provide the following supporting documents:
 - a) Copy of your official degree certificate(s)
 - b) Copy of academic qualifications or certificates, showing full details of subjects studied and grades/marks obtained
 - c) Academic transcripts for your BSc and/or PG qualifications
 - d) Contact details of two references (one of which must be academic), these should include institution, email and telephone number.

Submit your application to:

Dr Mark Sanderson (UWS Exercise Science Lecturer) Mark.Sanderson@uws.ac.uk

Robert Watson (Club Secretary) accieswfc@gmail.com