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**TU-RISE POSTDOCTORAL RESEARCHER**  
**Health and Wellbeing Amongst Older Adults (THRIVE@MTU project)**

**Reporting to:** Head of Department of Sport, Leisure & Childhood Studies

**Faculty:** Health & Social Sciences

**Department/Research Group:** Department of Sport, Leisure & Childhood Studies/HEX-SPO Research Group

**Location:** MTU Bishopstown Campus

**Duration:** Fixed Term Whole-Time Contract to 31<sup>st</sup> December 2027

**Funding/Project:** TU-RISE

**Project Acronym** *THRIVE@MTU*

**Recruitment Type: External Competition**

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Munster Technological University (MTU) is a multi-campus technological university, contributing to the region through the provision of academic programmes that support student development and opportunities, education and research. MTU has an extensive and impressive regional footprint with six campuses across the South-West region of Ireland, in Cork and Kerry, and a student body of 18,000.

Jointly funded by the Irish Government (Higher Education Authority) and the EU through the European Regional Development Fund, the TU Research and Innovation Supporting Enterprise (TU-RISE) programme supports the building of research capacity in higher education institutions in the technological sector.

Under the TU RISE programme, MTU was awarded funding to expand our researcher human capital through building a substantial additional cohort of researchers, integrating postgraduates, **Post Doctoral Researchers**, and highly experienced research leaders, who, working with our already-established research community, will add critical capacity focused on expanding engagement and on MTU's regional, national, and international ambitions.

MTU is seeking persons with a relevant PhD qualification and suitable experience to fill the roles of **Post Doctoral Researchers**.

The Post Doctoral Researcher's contract must end by 31 December 2027 at the latest. These appointments are open to **new recruits only**; **extension of existing staff contracts cannot be funded**. Successful candidates **must hold a PhD degree at their contract start date**.

### **Overview of the Role & Research Area**

The HEX-SPO (Health, Exercise & Sport Sciences) Research Group is seeking to recruit an ambitious Postdoctoral Researcher to co-ordinate the implementation and evaluation of a multidisciplinary programme of research to support healthy ageing amongst university staff and community-dwelling older adults ('*THRIVE@MTU: A Multidisciplinary Whole-campus Intervention to Support Healthy Ageing*').

*THRIVE@MTU* is a novel collaboration between (i) the HEX-SPO Research Group within the Dept. of Sport, Leisure & Childhood Studies, (ii) the EdTech Research Group within the Technology Enhanced Learning Dept., (iii) the Dept. of Applied Social Studies, and (iv) ‘*A Healthy MTU*’ (i.e., MTU’s Healthy Campus Programme). The postdoctoral researcher will coordinate the planning, implementation and evaluation of a health intervention that will serve to optimise critical pillars of healthy ageing such as functional movement and physical activity, motor and cognitive skill acquisition/maintenance, lifestyle management (e.g., sleep, nutrition to counteract frailty), social connectedness, and digital competencies.

*THRIVE@MTU* will serve as a key strategic enabler of the central mission of the HEX-SPO Research Group; namely, the design and delivery of innovative solutions to support health and wellbeing across the entirety of the lifespan. The appointed TU RISE Postdoctoral Researcher will co-ordinate the implementation and evaluation of *THRIVE@MTU*, supported by a multidisciplinary Project Steering Group. In addition, the successful candidate will be supported to collaborate with an array of stakeholders to integrate the intervention within (i) core aligned curricula, and (ii) the university’s overarching programme of ‘Healthy Campus’ activities in alignment with the HEA Healthy Campus Charter and Framework.

Specific deliverables will include (i) a repository of digitally enhanced *THRIVE@MTU* resources, (ii) preparation of peer-reviewed outputs to disseminate findings externally, (iii) contributions to the strategic development of the project and HEX-SPO Research Group (including public-engagement, engagement with prospective enterprise partners, conference disseminations, and contributions to relevant external funding proposals), and (iv) multi-disciplinary collaborations to maximise sustainability, reach, and impact.

The successful candidate will be an ambitious researcher with a PhD in a health-related discipline. The appointed candidate will work under the supervision of Dr. Con Burns and Dr. Andrea Bickerdike and will be based at Munster Technological University (Bishopstown Campus Cork).

**Main duties and responsibilities will include, but are not limited to:**

**Research (general)**

- Conduct a specific programme of research and scholarship under the general guidance of a member of the academic staff or Principal Investigator (PI)/Project Leader (PL).
- Engage in training and development opportunities as required by the PI/PL.
- Engage in the dissemination of the results of the research in which they are engaged, as directed by, with the support of and under the supervision of the PI/PL.
- Engage in postgraduate student supervision.
- Engage with industry partners, as per research programme requirements.
- Acquire generic and transferable skills (including project management, business skills and postgraduate mentoring/supervision), subject to availability within the University.

### **Research (specific to the project)**

- Oversee administrative and management tasks associated with the design, implementation and evaluation of *THRIVE@MTU* including, but not limited to overall project management, ongoing stakeholder engagement, and reporting of project milestones.
- Lead and co-ordinate research activities associated with *THRIVE@MTU* including, but not limited to concept development and design, ethical approval, research integrity/compliance, participant recruitment, and management and analysis of datasets within the scope of the overall project.
- Disseminate the outcomes of the research, including peer-reviewed academic publications of international standing.
- Take a leading role in the strategic development of *THRIVE@MTU* and the HEX-SPO Research Group, including the co-ordination of relevant public and stakeholder engagement activities.

### **Administration/Management**

- Carry out additional duties as may reasonably be required within the general scope and level of the post.
- Assist in the management/co-ordination of key aspects of the research programme (e.g., financial management, reporting, equipment management, etc.).

### **Funding**

- Contribute to identifying external funding sources and assist with writing grant proposals.

### **Key Skills & Experience Required**

The successful candidate will have minimum academic qualifications and experience as follows:

#### **Essential:**

- A PhD qualification in health promotion, public health, or a related scientific discipline of relevance to the current post (i.e., physical activity, mental wellbeing, public-health nutrition, sport science and health, health psychology, health interventions etc.) at the contract start date.
- Relevant research experience in the design, implementation and evaluation of health promotion interventions.
- A capability of working with both qualitative and quantitative datasets, and the relevant appropriate statistical software packages.
- Self-starter who is comfortable with working independently at project level, while still contributing to the team environment at a research unit level.
- Demonstrable research skills, proposal and report writing, and project management skills, as indicated by a track record of projects, publications and other research outputs.
- Fluency in English and excellent written and oral presentation skills.
- Excellent communication and interpersonal skills.

### **Desirable**

- Project management experience in a health-related discipline (or cognate field).
- At least three years' post-PhD or equivalent research experience.
- Research supervision experience.
- Previous experience in process and outcome-oriented evaluations of health-related interventions.
- Previous experience working within multidisciplinary research contexts and/or consortia.
- Certifications and/or practical experience relevant to the implementation of applied health promotion interventions to support health, wellbeing, and/or positive ageing (i.e., exercise instruction, nutrition, behaviour change, motor development, motor control, motor learning, motivational interviewing, coaching/mentoring, instructional design, and/or the design of digital health interventions).
- Proven record of high-quality research.
- Strong publication record.
- Knowledge and understanding of policy, practices, and procedures that are relevant to the role, to include knowledge and understanding of Research Ethics, and may also include broader university, sectoral, and external sponsor or funder policies.

MTU's Research Office will provide support for recruited PDs to enhance their knowledge and skills, such as understanding of funding opportunities, research proposal writing, project management, communication skills, etc., providing them with tools to effectively contribute to project objectives.

### **Terms of Appointment:**

- **Salary Scale:** Post Doc Researcher €46,305 to €54,307 per annum (1/8/2025 rates), depending on experience
- **Fixed term Contract:** to 31<sup>st</sup> December 2027
- **Hours:** 35 hours per week
- **Annual leave:** 26 days per annum

### **Additional Benefits:**

- Comprehensive Sick Leave Policy
- Paid maternity leave
- Employment Assistance Programme
- Staff Discount Scheme
- Gym Access (reduced membership cost)

### **On site Facilities:**

- On site Car Parking
- On site dining facilities
- On site TFI Bike Sharing Station

## **The Interview Process**

If invited to interview, it is likely candidates will be assessed at the interview under the following criteria (additional criteria may be added for the Interview as the need arises):

- Appropriateness of the candidate to the role and assessment of current skills set to the outlined criteria for the role.
- Essential and Desirable skills set.
- Fluency in written and presentation skills in English.
- Independent motivation and team contributions.

## **Important Notes**

- Screening and short-listing only takes place on the basis of information submitted on the application. In addition to the minimum criteria, it may be necessary to introduce further shortlisting criteria. Candidates should note that they may be called for more than one interview.
- Please ensure that full information is given on qualifications and that the information is accurate and corresponds to the original transcript of qualifications.
- Please ensure that those you nominate as referees are contacted by you and will be able to supply a reference without delay if requested.
- The University regrets that it cannot pay expenses for candidates attending interviews for this post or for taking up the position, if appointed.
- Applications received after the closing date will not be accepted.
- Appointments will be subject to Garda vetting.

Applicants **must directly address the essential and desirable skills and experience** listed above. Highlight how your qualifications, experience, and achievements meet the essential criteria, using specific examples. For desirable skills/experience, emphasise any additional strengths or expertise that make you a standout candidate, and tailor their application to demonstrate their alignment with the role to add value to the University

## **Additional Information**

A successful candidate will be required to submit a passport, documentary evidence confirming academic qualifications, and to undergo a medical examination. Garda vetting and/or an international police clearance may also be required. References will be sought in relation to successful candidate.

MTU welcomes applications from non-EEA citizens. However, employee permit regulations set by the Department of Enterprise, Trade & Employment must be strictly adhered to. Any appointment offer to Non-EEA candidates is subject to the granting of a work permit by Euraxess Ireland or relevant Immigration permissions/stamp.

Candidates may be required to produce documentary evidence to support any statements made by them on their application form or any supporting documentation.

Candidates should note that any inaccurate information will invalidate their application.

## **Application Process**

Applications by MTU e-Recruitment system only. Applications will not be accepted in any other format. Please log on to [www.mtu.ie/vacancies](http://www.mtu.ie/vacancies) to apply for this position.

**Closing date for receipt of completed applications is**

**1.00 pm on Friday 23<sup>rd</sup> January 2026**

For informal enquiries prior to application, please contact Dr Con Burns by e-mail ([con.burns@mtu.ie](mailto:con.burns@mtu.ie)).

*The information given in this document is of a general information nature only and should not be taken as contractual.*

*MTU is an equal opportunities employer.*

*MTU is an equal opportunities employer and is committed to the employment policies, procedures and practices which do not discriminate on grounds such as gender, civil status, family status, age, disability, race, religious belief, sexual orientation or membership of the travelling community*

*MTU supports equality of opportunity, diversity and inclusion and encourages underrepresented groups to make applications and accommodates candidates with disability to apply for posts. Please see <https://www.mtu.ie/edi/> for more information including our equality statement.*