



# TUS

**Technological University of the Shannon:  
Midlands Midwest**

Ollscoil Teicneolaíochta na Sionainne:  
Lár Tíre Iarthar Láir

## POSTGRADUATE RESEARCH OPPORTUNITY

### **Project Title: Supporting Female Athlete Health and Performance**

#### **Short Project Description**

In recent years, there has been a noticeable growth in female participation in sport and exercise and the 2024 Olympic Games will mark the first Games in history to achieve gender parity in participation. As female participation in sport and exercise continues to grow, sports scientists who are well equipped to work with female athletes are crucial for the health, wellbeing and performance of the athletes. Females experience unique physiological changes across their lifespan and biological and psychosocial differences across genders, in addition to differences in opportunities and funding, are well documented. Given these differences it can be problematic to apply conclusions from male based research directly to females and in fact, it has become evident that training environments should account for gender differences and be tailored to males/females and decisions made about female training environments (e.g. coaching, resource allocation, pathway structures) should reflect the needs of female athletes. This research aims to investigate female athlete sex-specific experiences and considerations in a training environment with a focus on physiological aspects unique to the female athlete.

#### **Duration of Project: 48 months**

**Funding Agency:** TUS\* Fees for PhD registration covered for four years. Student stipend of €15,000 per annum covered for 2 years.

#### **Type of Degree Offered: PhD**

#### **Skills and Qualifications:**

- A strong background in sports science or a related field
- Experience working with female athletes
- Applied experience in a sporting environment
- Excellent communication skills and ability to work collaboratively in a multidisciplinary team.

#### **Minimum Qualifications/Experience Necessary/Any Other Requirements:**

Applicants should have a strong academic background in sport and exercise science, athletic and rehabilitation therapy or a related field. Specifically, candidates should hold a bachelor's degree with a minimum classification of 2.1 honours.

IELTS [International English Testing System] Applicants must have a minimum of 6.0 with no component score less than 6.0.



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**Research Supervisors: Dr Niamh Ní Chéilleachair, Dr Aoife Lane**

**For further information, please contact: [niamh.nicheilleachair@tus.ie](mailto:niamh.nicheilleachair@tus.ie)**

Closing date for receipt of completed application forms (including a personal statement) is 5pm Monday 1<sup>st</sup> July.

**Download application form here:**

<https://tus.ie/rdi/research/office/funded-research/>