

Exercise Science AFL Research Scholarship

PhD Scholarship: Exercise Science (AFL Victoria)

Are you an Honours graduate and passionate about high-performance sport?

The opportunity

Undertake research to develop, implement and deliver a high-performance AFL training program, with supervision and mentoring from La Trobe University and AFL Victoria.

This Industry PhD scholarship has been established by La Trobe University in partnership with the Bendigo Pioneers (AFL Academy), and it is based in Bendigo, Victoria. The successful applicant will have a background in exercise conditioning and athlete monitoring.

The research project

This research project will evaluate AFL Victoria's existing high-performance training program, and will develop, implement and lead a high-performance program to optimise player performance. It will contribute to the program's ability to foster a competitive environment, so that the region's talented AFL youth players can reach their full potential.

This role will include some supervisory opportunities

to ensure compliance with the AFL Victoria High Performance Minimum Standards. The program includes functional conditioning, strength and power development, injury prevention, nutrition and sports science support.

The successful applicant

As the successful applicant, you will:

- be based in Bendigo, Victoria, and divide your time between AFL Victoria and the La Trobe Bendigo Campus
- contribute to and evaluate a regionally-located AFL Victoria Academy program
- have a high level of achievement, including a first class honours degree or equivalent
- be eligible for accreditation as an Exercise Scientist with Exercise and Sports Science Australia (ESSA).
- have the ability to create a safe and competitive high-performance environment for the region's talented youth footballers to reach their full athletic potential
- have confidence in contributing to the development, implementation and leading of a high-performance program
- have the ability to use evidence-based methods to promote and optimise player performance.

Contact us: **E** grs@latrobe.edu.au **W** latrobe.edu.au/grs

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Benefits of the scholarship

- a La Trobe PhD Scholarship for 3.5 years, with a value of A\$27,082 per annum (2018 rate)
- a fee-relief scholarship (LTU-FFRS) for up to four years for international applicants
- academic supervision provided by La Trobe
- AFL Victoria supervision and mentoring
- opportunity to work with AFL staff, and build professional and community networks in the sector
- opportunities to work with La Trobe's outstanding researchers
- access to La Trobe's suite of professional development programs.

Eligibility criteria

- First class honours degree in exercise science or equivalent in a relevant discipline.
- International applicants: [Meet La Trobe's English language entry requirements.](#)

Desirable

- Accreditation as an Exercise Scientist or equivalent
- Accreditation with Australian Strength and Conditioning Association (ASCA) or equivalent
- Experience in athlete performance monitoring.

How to apply

If you wish to apply for the Exercise Science PhD Scholarship:

1. Submit an application for the scholarship and PhD candidature:

- Follow the instructions on how to apply under Step 3 at latrobe.edu.au/research/future
In your application, indicate clearly that you wish to be considered for the **PhD with An Industry Focus with Bendigo Pioneers**
- Please make sure your application is complete and reaches us within the deadline, as we are unable to consider incomplete and/or late applications.
- **Note:** Successful applicants will work under the supervision of Dr Michael Kingsley, so you don't need to find a supervisor.

2. **Interview:** If you are shortlisted for the scholarship and candidature, you will be invited to an interview with representatives of La Trobe and AFL Victoria.
3. **Final decision:** The final decision will be made based on your application and interview. The successful candidate will be made an offer for candidature and scholarship.

La Trobe will carefully review your application and consider you for this scholarship. We anticipate that shortlisted applicants will be advised of the outcome of their application in January 2019 and that the successful applicant will commence candidature in February 2019.

Closing date

Applications close on 31 December 2018.

Find out more

If you require further information about the project, please contact:

Dr Michael Kingsley

Associate Professor in Exercise Physiology
Research Director
La Trobe Rural Health School
m.kingsley@latrobe.edu.au

ENQUIRE NOW ➔

For more information on AFL Victoria visit [the AFL Victoria website.](#)

For more information on scholarship eligibility and how to apply, visit [La Trobe Graduate Research School's Specialist Scholarships page.](#)

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