

# PHD SCHOLARSHIP – ASSESSING IMPLEMENTATION OF PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR INTERVENTIONS AT SCALE

## Institute for Physical Activity and Nutrition (IPAN), School of Exercise and Nutrition Sciences

A PhD scholarship is available in Deakin University's Institute for Physical Activity and Nutrition (IPAN), School of Exercise and Nutrition Sciences. The PhD student, under the guidance of the Chief Investigator, will initiate and conduct research on the topic of '*Assessing implementation of physical activity and sedentary behaviour interventions at scale*' led by Professor Jo Salmon.

The successful applicant will be based at the Burwood Campus.

### Research Topic

Implementation and evaluation of interventions at scale.

### Aim of the Project

This scholarship is aligned with the **Transform-Us!** implementation trial in collaboration with the Department of Education and Training (DET) in the State of Victoria. Improving the translation of research into practice is a major public health priority. To achieve population level health outcomes, efficacious interventions require replication and effectiveness testing in real-world contexts. Successful implementation of interventions outside of controlled research conditions is a complex process, often influenced by contextual and setting-specific factors affecting intervention uptake, delivery and sustainability. Understanding how to implement interventions in practice, whilst retaining their effectiveness, is critical to achieving population-level health improvement. Numerous interventions have targeted increases in children's physical activity and reductions in sedentary behaviour within the school setting, yet far fewer have had their impact tested 'at scale'.

This PhD will utilise mixed method data collected as part of a 5-year scalability trial of a successful school-based physical and sedentary behaviour intervention aimed at primary school children. This PhD will also provide the opportunity to collect new data and the opportunity to collaborate closely with the DET.

This project will use implementation science methodology to assess the implementation and scalability of a school-based intervention to promote physical activity and reduce sedentary behaviour among primary school children at a State level.

Potential research areas include:

- Identifying effective strategies to scale up physical activity and sedentary behaviour interventions;
- Using social network analysis to understand influences on intervention uptake, delivery and maintenance; and

- Analysing implementation process and associated changes at the systems (State), organisational (School) and individual level.

## **Value and benefits**

A stipend of \$26,288 per annum tax exempt for 3 years.

## **Eligibility criteria**

- Applicants must meet Deakin's PhD entry requirements, be enrolling full-time and hold an Honours degree (First Class) or a Master's degree with a substantial research component in a related field. Please refer to the [entry pathways](#) to higher degrees by research for further information.
- Applicants must hold a Bachelor's degree with Honours or a Master's degree with a substantial research component, or equivalent, in education, health promotion, public health or exercise science.
- Applicants must have experience in quantitative and qualitative methodology.
- Fluency in English (evidence of English proficiency is required), highly motivated and able to work in a multidisciplinary team.
- Applications are open to Australian/New Zealand citizens and Australian permanent residents.
- Previous research or practice-based experience in the education system, intervention implementation/evaluation, and/or health policy is desirable but not essential.

## **How to apply**

Please refer to the [Apply for a research degree](#) webpage for application information.

## **Further information**

If you wish to discuss your research interests and project proposal before applying, please contact Dr. Harriet Koorts via [email](#), phone at (03)9244 6685 or Prof. Jo Salmon via [email](#), phone at (03)9251 7254.