

Myovolt-AUT PhD Scholarship – The role of post-exercise focal vibration in skeletal muscle adaptation to training

CLOSING DATE: Monday 31st May 2021, 17:00 NZ time

PURPOSE

This PhD scholarship has been funded by Callaghan Innovation and seeks to investigate how a wearable vibration garment, developed by Myovolt Ltd., influences muscle recovery and training adaptation in runners. The PhD candidate will undertake their academic research at AUT and contribute to research and development at Myovolt.

SYNOPSIS

Myovolt wearable technology targets focal vibration directly onto the body, stimulating blood flow to aid recovery following exercise. Reducing post-exercise muscle soreness, damage and inflammation can be favourable for accelerating the acute recovery of muscle function and performance in subsequent training sessions. However, the implications of reducing muscle soreness, damage and inflammation for physiological adaptation to exercise training is yet to be fully understood. In this funded PhD programme, the successful candidate will assess the effectiveness of using a wearable focal vibration garment post-exercise for stimulating intramuscular and performance adaptations to training in runners.

AMOUNT AND TYPE OF AWARD

PhD domestic tuition fees and NZ\$26,000 per annum stipend

TENURE

PhD is three years (subject to satisfactory progress). The anticipated start date is July 2021.

GENERAL ELIGIBILITY CRITERIA

- Knowledge and experience in exercise and sports physiology is desirable.
- The successful candidate will demonstrate enthusiasm and have an outstanding academic record and be prepared to conduct the doctoral study at Auckland University of Technology (AUT) based at AUT Millennium Precinct in Albany, in Auckland, New Zealand.
- Applicants must be NZ Citizens, NZ Permanent Residents or international students currently onshore in New Zealand.
- Applying for a scholarship and admission into AUT are separate processes at AUT. Applicants must fulfil all conditions for admission to the Doctoral Programme in AUT. These can be found on the AUT website <https://www.aut.ac.nz/courses/doctor-of-philosophy>.
- Good communication skills in written and spoken English is essential.
- Requirements for the Doctoral programme include having completed the required academic qualifications for direct entry and meeting the requirements for English language proficiency. Minimum English language requirement for international applicants – IELTS scores of 6.5 overall with 7 in writing and all other bands 6.0 or higher. A high proficiency in English is essential.

ELIGIBILITY CRITERIA

- Applicants must have completed a Bachelors (Honours) or Masters degree in a health or science related discipline.

APPLICATION REQUIREMENTS

Applicants must apply by email to Dr. Ed Maunder (ed.maunder@aut.ac.nz) attaching:

- A cover letter highlighting your research interests and experience.
- A brief (no more than 2 pages) curriculum vitae.
- Academic transcripts and certificates for any previous tertiary study completed at a university other than AUT.
- Details (including phone and email) of two academic referees.

SELECTION PROCESS

- Selection will be based on demonstrated strength in the following:
 - the applicant's academic record
 - past research experience and publication record (if appropriate) relevant to this project
 - the referees' statements
- The Selection panel's decision will be final; if suitable applicants are not available the panel will not award the scholarship. The position may then be re-advertised.

CONDITIONS OF ACCEPTANCE AND APPOINTMENT

- The stipend cannot be released until the successful applicant is enrolled in the PhD programme at AUT.
- The anticipated start date of July 2021 but will depend on the completion of AUT enrolment. The scholarship must be taken up within two months of the offer of scholarship.
- The successful applicant must be prepared to commit full-time to their programme of research.
- The successful applicant will be required to sign an AUT Research Scholarship Contract.
- This scholarship may not be held in conjunction with any other scholarship without the approval of the selection panel and the Scholarships Office.
- The decision regarding whether permission is granted for the recipient to undertake paid employment, is at the sole discretion of the University. The recipient must apply to the University Scholarships Committee through the Head of the Scholarships Office for approval to undertake any paid employment during the tenure of this scholarship.
- Recipients must reside in New Zealand to receive stipend payments. Stipends will not be paid to students living off-shore. Reasonable annual holiday leave overseas of no more than four weeks is acceptable.
- Scholarships payments will not be made retrospectively.
- Recipients must notify the School and the Scholarships Office in writing if they wish to apply for a Leave of Absence or withdraw from their programme.

- The recipient must advise the Scholarships Office of the intention to submit the thesis for examination. The scholarship tenure will cease within one month of the Scholar submitting their thesis for examination.
- The University Scholarships Committee may at any time suspend or terminate the Scholarship if it determines the Scholar is not diligently pursuing the programme or making satisfactory progress or has failed to comply with any of the terms and conditions on which the Scholarship was awarded.