

## Postgraduate Scholarship Information Sheet (Advert)

<b>Scholarship Project Title</b>	A longitudinal study into the confounding factors of hamstring strain injury in female field sport athletes
<b>Advert Reference number</b>	TURISE_2024_101
<b>Supervisor(s)</b>	Dr Clare Lodge (SETU Carlow) Dr Joseph O'Brien (SETU Carlow) Dr Karen Mullins (UPMC Sports Medicine)
<b>Department /School/Faculty</b>	<i>Department Of Health and Sports Sciences</i>
<b>Duration</b>	4 Years/48 Months
<b>Status: Full-time / part-time</b>	Full Time
<b>Funding information</b>	TU Rise Scholarship Programme
<b>Value of the scholarship per year for four years</b>	Stipend: €19,000 Fees of €5,750 per annum Research costs- €5,000 per annum with an additional €1,650 awarded for the purchase of a laptop in year 1
<b>Closing date and time</b>	<b>17<sup>th</sup> July 2024 at 4pm Irish Time</b>
<b>Interview date</b>	<b>TBC</b>
<b>PhD commencement date</b>	<b>November 1<sup>st</sup> 2024</b>

**Project Key Words: (enter 3 to help advertise on online platforms)**

Hamstring  
Injury Risk  
Female

**Post summary**

Hamstring Strain Injuries (HSI) are significant in field-based sports, affecting up to 10% of athletes in team sports and notably higher in female athletes, with rates up to 16% in elite soccer and 22% in collegiate Gaelic football. Despite their prevalence, research has predominantly focused on male athletes. HSIs are influenced by multiple factors, including poor flexibility, inadequate warm-ups, muscle imbalances, insufficient strength, overtraining, poor biomechanics, and insufficient rest. Intrinsic sex differences, such as flexibility, musculotendinous stiffness, and muscle fatigue resistance, highlight the need for sex-specific rehabilitation and risk reduction programs. Monitoring training load is crucial for injury prevention, especially in high-velocity, contact-heavy sports where female athletes face greater injury susceptibility. Unplanned increases in training load, particularly high-speed running, are a key risk factor for HSIs. However, research on training load management in female team sports is limited. This project aims to longitudinally track HSI confounding factors and their association with HSI incidence in female field sports. It also seeks to investigate training load monitoring and prescription across training cycles. The findings are expected to inform injury risk reduction strategies and support practitioners in female sports.

**Knowledge & Experience**

***Essential***

Applicants must hold the following qualifications:

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- A BSc 2:1 or higher in a relevant discipline (Sports and Exercise Science, Athletic Therapy and Training, Physiotherapy, Strength and Conditioning)

Applicants must also be able to demonstrate evidence of:

- Previous experience with team sports (work experience as part of their undergraduate training or subsequent experience).

#### **Desirable**

- An MSc in a relevant discipline area.
- Experience in athlete performance testing and monitoring.
- Experience in injury risk reduction strategies.
- An interest and experience in women's team sport.

#### **Skills & Competencies**

##### **Essential**

- Applicants whose first language is not English must demonstrate on application that they meet [SETU's English language requirements](#) and provide all necessary documentation. See Page 7 of the Code of Practice
- In order to be **shortlisted for interview**, you must meet the SETU English speaking requirements so please provide evidence in your application.
- Excellent communication skills (written and verbal).
- Comprehensive analytical and problem solving skills.
- Proficient computer skills including Microsoft Office, Excel, Access, Word, PowerPoint.
- Highly motivated and self-directed with good time and project management skills.
- Be willing to travel for research purposes.

##### **Desirable**

- Experience in areas of health research, including:
  - Injury prevention / intervention research
  - Design and analysis of observational and experimental intervention methodologies
- Experience collecting and managing large data sets.

#### **Further information**

For any informal queries, please contact Clare Lodge on email [@clare.lodge@setu.ie](mailto:@clare.lodge@setu.ie)

For queries relating to the application and admission process, please contact the Postgraduate Admissions Office [researchadmissions@setu.ie](mailto:researchadmissions@setu.ie) or telephone +353 (0)51 302883.

For queries relating to the funding programme, please email [scholarships2024@setu.ie](mailto:scholarships2024@setu.ie)

University Website <https://www.setu.ie/>

**Application procedure**

Download the [Research Postgraduate Application Form](#) from here and return the completed application to [researchadmissions@setu.ie](mailto:researchadmissions@setu.ie) quoting a TURISE\_2024\_101 in the email subject line.

**Please note that paper submissions will not be accepted.**

**The University may decide to interview only those applicants who appear from the information they provided, to be the most suitable in terms of experience, qualifications and other requirements of the post.**

**The University will short-list and interview those applicants who provide the most suitable information in terms of experience, qualifications and other requirements relevant to the scholarship.**

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