



UNIVERSIDADE DE ÉVORA

Mediterranean Institute for Agriculture, Environment and Development

Master Research Scholarship – 1 Vancancy

27th of November of 2023

A call for tenders is open for one Scholarship Master within the scope of the project HealthyW8 – Empowering healthy lifestyle behavior through personalized intervention portfolios to prevent and control obesity during vulnerable stages of life (Grant Agreement Number 101080645, funded under the program Horizon-Europe (HORIZON-HLTH-STAYHLTH-01-05-twostage), under the following conditions:

Scientific Area: Sports Sciences

Grant Topic: Evaluation of the effect of physical activity interventions, aimed at preventing obesity, in vulnerable populations (focus on children and young adults)

Admission requirements:

- Specialized knowledge of exercise, physical fitness improvements and well-being.
- Scientific, pedagogical and tecnico-professional qualification in physical activity and exercise practices in vulnerable population (children, young adults, elderly and/or co-morbidities associated).
- Knowledge of pathophysiological and exercise prescription in populations with cardiovascular and metabolic pathologies.
- Skills in health education and promotion programs of healthy lifestyle and rehabilitation and prevention of chronic diseases.
- Skills in programs of education and healthy lifestyle promotion, as well as chronic diseases rehabilitation and prevention.
- Skills in organizing, planning, conducting, prescribing, evaluating and controlling exercise programs in children and young people with obesity.
- Skills in organizing, planning, conducting, prescribing, evaluating and controlling exercise programs aimed at fitness development and/or mitigation of functional limitations resultant from inabilities and/or chronic diseases.
- Ability to develop research in the areas of exercise prescription for health promotion and disease prevention throughout the life cycle, in adults and people with disabilities.
- Knowledge in prescribing high-intensity interval training, with knowledge of different technologies and their applications.
- Familiarity with assessment instruments such as DXA, Biodex System 3, three-dimensional accelerometry, among others.



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- Knowledge in preparing Systematic Reviews and meta-analysis, particularly related with promoting exercise, improving physical fitness, health and well-being, preventing chronic diseases, among other related topics.
- Advanced skills in data analysis, using statistical methods and software tools in the indicated areas.
- Experience in preparing technical reports, scientific publications and presentations to disseminate research results.

As set forth FCT Research Scholarship Regulation No. 950/2019 of December 16, 2019, article 3 and 6, candidates for “BI” (Research Grants) must comply as a rule condition for the award of the scholarship, the effective inclusion in study cycles leading to the attribution of academic degrees or in courses not leading to an academic degree. Courses that do not confer an academic degree correspond to the courses provided for in subparagraph e) of paragraph 3 of article 4 of Decree-Law No. 74/2006 of 24 March and must be developed in a higher education institution in association with at least one R&D unit, including a course plan in one or several research areas of the unit.

Work plan: The grant holder will participate in ongoing work, within the scope of WP1, related to carrying out systematic reviews and meta-analyses. In addition, she/he will actively participate in the development of a short-term experimental trial, through the development of a physical activity program aimed at preventing obesity in children and young adults, being responsible for monitoring and carrying out the physical activity program, as well as aiding in the collection of biological parameters and saliva samples, which will later be analyzed in the laboratory.

Applicable legislation and regulations: The granting of the Research Scholarship will be carried out upon the signing of a contract between the University of Évora and the scholarship holder, as set in the template [former.fct.pt/apoios/Minuta_Contrato_Bolsa.docx](https://www.fct.pt/apoios/Minuta_Contrato_Bolsa.docx), pursuant to the Research Scholarship Statute (Law No. 40/2004 of August 18 and Decree-Law No. 123/2019 of August 28) and in accordance with the legislation and Regulation of Research Grants of the Foundation for Science and Technology, IP in force, regulation nº950/2019 of December 16, 2019: <https://files.dre.pt/2s/2019/12/24100000/0009100105.pdf> and other applicable rules.

Place of work: The work will be developed at different facilities at the University of Évora, namely Pavilhão Gimnodesportivo, CLAV and Polo da Mitra, under the scientific guidance of the Professor Armando Raimundo.

Duration of the scholarship(s): The scholarship will have a duration of 6 months, starting on January of 2024. The scholarship contract may be renewed up to until the end of the budget allocation for the financing project, for equal periods.

Amount of monthly maintenance allowance: The amount of the scholarship corresponds to €1 199,64, according to the table of scholarships awarded directly by FCT, I.P. in Portugal (https://www.fct.pt/wp-content/uploads/2023/02/Tabela-de-Valores-SMM_2023.pdf), payments being made monthly, by check or bank transfer.



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Selection methods: The selection methods to be used will be the following:

- curriculum evaluation (100%)

If deemed necessary by the jury, for additional clarification or tie-breaking purposes, the first two candidates may be called for a selection interview. In the case of using the interview, the evaluation elements will be valued as follows:

- curriculum evaluation (75%)
- interview (25%)

Composition of the Selection Jury:

President – Elsa Lamy (Assistant Researcher – Mediterranean Institute for Agriculture Environment and Development (MED), University of Évora (HealthyW8 project coordinator by Universidade de Evora)

1st member – Armando Raimundo (Full Professor – Department of Sports and Health – ESDH, University of Evora)

2nd member – Nuno Batalha (Associate Professor - Department of Sports and Health – ESDH, University of Evora)

1st Substitute – Fernando Capela e Silva (Associate Professor – Department of Medical and Health Sciences – ESDH, University of Evora)

2nd Substitute – Sofia Tavares (Assistant Professor Department of Psychology – ECS, University of Evora)

Advertising/notification of results: The final results of the evaluation will be publicized, through an ordered list by final grade obtained posted in a visible and public place at the University of Évora (Secretariat of the School of Health and Human Development – CLAV), being the candidate approved notified through email.

To ensure the right of prior hearing of interested parties, the Final Classification project will be announced by any written means to all interested parties.

After communicating the provisional list of the results of the evaluation, candidates have a period of 10 working days to express their opinion in a preliminary hearing of interested parties.

Application deadline and submission of applications: The tender is open from November 27th to December 13rd of 2023 and the results of the selection will be published by December 15th of 2023.

Applications must be formalized, obligatorily, by sending an application letter with the following documents: Curriculum Vitae, certificate of qualifications and other supporting documents considered relevant.

For the purposes of application, the evidence may be replaced by a declaration of honor signed by the candidate, but the failure to demonstrate that evidence, in the contracting phase, possession of the required degree on the deadline for application or the non-presentation of proof of enrollment in the study cycle or non-degree course, for scholarships with this component, imply the cancellation of the candidate's application.



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Academic degrees obtained in foreign countries require registration by a Portuguese Institution in accordance with Decree-Law no. 66/2018, of August 16 and Ordinance No. 33/2019, of January 25th.

The presentation of the certificate is mandatory for the signing of the contract. More information can be obtained at: <https://www.dges.gov.pt/pt/pagina/recognition?plid=374>

Applications must be sent by email to:

Doctor Elsa Lamy

Mediterranean Institute for Agriculture, Environment and Development of University of Evora

e-mail: ecsl@uevora.pt

Subject: Application to Research Grant HealthyW8