



## Research Scientist (Performance Recovery)

Aspetar is the first specialised Orthopaedic and Sports Medicine Hospital in the Gulf region. It provides the highest possible medical treatment for sports-related injuries in a state-of-the-art facility, staffed by some of the world's leading sports medicine practitioners and researchers. Through the delivery of excellence in sports medicine, physiotherapy, sports science, orthopaedic surgery and rehabilitation, Aspetar services the needs of football and Sports Clubs and Federations throughout the state of Qatar, and regularly services international athletes and professional sportspeople. In 2014, Aspetar was officially recognised as an IOC Research Centre for Prevention of Injury and Protection of Athlete Health.

Recovery is becoming increasingly important to elite level athletes in their bid to reduce fatigue and enhance athletic performance. Strategies to enhance recovery may include, but are not limited to nutritional plans, sleep, appropriate periodization, cooling techniques, stretching, soft tissue massage, hydrotherapy, compression garments and travel (chronobiology) interventions.

The position of Research Scientist (5 years' experience minimum) shall complement the growing chronobiology activities within Aspetar by contributing to the establishment of world-class research projects and ensuring the highest level of physiological/nutritional support to the athletes engaged in elite sport wishing to optimise recovery strategies.

The role of the performance recovery research scientist is to bring and develop new expertise on the basic (mechanistic research) and applied aspects of performance recovery. A secondary job purpose is to participate to establish Aspetar internationally as a centre of excellence for performance recovery related research by conducting and publishing high-quality peer-reviewed research. The suitable candidate will integrally contribute to the development of Aspetar vision and strategy to facilitate the application of performance recovery by both local and International athletes/teams, and create a link with federations and sport institutes located in Qatar and overseas.

Funding for 2 post-graduate (PhD) researchers will be made available to the successful candidate.

To apply, please send a letter of motivation, full curriculum vitae and 2 letters of reference to [Anna.Kochergina@aspetar.com](mailto:Anna.Kochergina@aspetar.com) by 15<sup>th</sup> March 2015 (12pm GMT).