## Professor, Exercise and Mental Health

Victoria University is seeking to appoint an outstanding researcher for the position of Professor, Exercise and Mental Health.

The position will be based in the Institute of Sport, Exercise and Active Living (ISEAL), which comprises over 230 academic and research-only staff and PhD students. ISEAL, within the College of Sport and Exercise Science is vital in Victoria University delivering on the priority strategic objective set in the Victoria University 2012-2016 Strategic Plan: to be world-renowned in sport, exercise and active living. ISEAL is supported by world-class research infrastructure, including the $68.5 million Sport and Exercise Science building, the $52 million clinical research and teaching facility at the Western Centre for Health Research and Education (WCHRE), Sunshine Hospital.

The Professor in Exercise and Mental Health will provide outstanding research leadership and will work with the ISEAL Active Living & Public Health, Clinical Exercise Science, Sport in Society and Sport Science research programs. With an outstanding record of international scholarly research and significant success in obtaining competitive grants, the successful candidate will have demonstrated their ability to build and lead high performing research teams and will work collaboratively to build the Exercise and Mental Health research area in ISEAL. The appointee will contribute to professional leadership and external engagement by undertaking research with demonstrable impact on the discipline and government policy makers, and acting as an advocate for change and uptake of research findings.

Reporting to the Director, ISEAL and with an informal report to the Director of the Centre for Chronic Disease in the College of Health and Biomedicine, the successful candidate will develop an internationally recognised research program to inform evidence-based interventions for promoting mental health, broadly defined, through various forms of physical activity.

To apply, please visit [www.jofisher.com](http://www.jofisher.com) and 'APPLY ONLINE' using reference VUNpem0815, addressing your cover letter and resume to Andrew Norton, or call +61 3 9016 6000 for further information.

Applications close: Friday 16\textsuperscript{th} October 2015
PROFESSOR,
EXERCISE AND MENTAL HEALTH

Background Information and Position Overview
Welcome to Victoria University, one of Australia’s leading professional and vocational universities. We provide qualifications across the full range of the Australian Qualifications Framework from certificates including apprenticeships, to diplomas to bachelor degrees, masters degrees and PhDs.

Victoria University aims to be one of the great universities of the 21st Century. Our vision is to be Excellent, Engaged and Accessible and internationally recognised for our leadership in:

- empowering a diverse community of students to grow their capabilities and transform their lives
- engaging with industry and community to make the world a better place through the creation, sharing and use of new knowledge

We seek to be internationally renowned for our distinctive curriculum emphasising work-integrated learning, community integrated learning, learning-integrated work, problem solving and cross-cultural skills.

We also intend to be a leader in applied and transitional research in the following three inter-disciplinary themes:

- Sport, health and active living
- Education, lifelong learning and workforce development
- Sustainable industries and liveable cities

In research, Victoria University has been acknowledged for its world class research in a range of areas. The support for and outcomes from our research programs have shown strong growth.

The appointment of a Professor in Exercise and Mental Health is a direct outcome of our strategy to achieve this vision, and will receive strong institutional support.

The University is committed to finding creative and evidence-based solutions to important contemporary challenges in Australia, Asia and globally. Our location in Melbourne’s West provides opportunities for creating research which is directly engaged with populations, characterised as it is by diverse communities, rapid growth and an ageing population with higher levels of chronic disease and disadvantage.

Victoria University is justifiably recognised for its close connection to its communities, and recognises the richness this brings to our work.

I look forward to the appointment of a Professor in Exercise and Mental Health, who can bring the leadership and recognition capable of contributing substantially to our goal of becoming world-renowned in sport, exercise and active living by 2016.
Victoria University represents an amalgam of different educational institutions and traditions, dating as far back as 1916 with the establishment of Footscray Technical School, and operating in different locations. Victoria University was established as a university in 1990. In the last decade the University has also become firmly established as a leader in transnational education with partners in China, Malaysia and other countries, especially in Asia.

Today, Victoria University has a strong and growing research presence, especially in the areas of Sport, Health and Active Living. The University is focussing the implementation of its strategy to be ranked 20 in Australia by 2020 around its interdisciplinary strengths. Already, this focus is paying dividends, with research performance growing across a range of measures. Victoria University’s research income and publications have increased substantially, and our performance in the latest Excellence in Research Australia (ERA) research assessment exercise supports our claim of research excellence in these areas.

Victoria University’s emphasis on applied and translational research is enhanced by its location in the West of Melbourne, which is a hub of industry in Victoria experiencing rapid growth, with a diverse population. In short, our active engagement with industry and our communities offers the chance to bring innovation to addressing the challenges being faced across Australia and internationally.

Victoria University is one of only five dual sector universities in Australia, offering substantial numbers of both higher education and vocational education (TAFE) courses.

We also launched the Blueprint for Curriculum Reform: Capabilities for the Future, the University’s promise to serve students better through a range of distinctive curricula and pathway options. This reform places a strong emphasis on learner support, and quality learning and teaching experiences, with more modular programs, and multiple entry and exit points. In order to achieve our vision, Victoria University has seven Colleges charged with the delivery of education, research and knowledge exchange. These are:

- College of Arts
- College of Business
- College of Education
- College of Engineering and Science
- College of Health and Biomedicine
- College of Law and Justice
- College of Sport and Exercise Science

The colleges deliver courses across vocation education (TAFE), higher education undergraduate programs, masters and PhDs, with clear pathways throughout.

The university’s six research institutes and five centres are housed within colleges. There is also a Trades College delivering pre-apprenticeship and apprenticeship training.

With these structures in place and results already visible, Victoria University is well on track to be renowned as a great university of the 21st Century, Excellent, Engaged and Accessible.
The College of Sport and Exercise Science is the critical entity in Victoria University to deliver on the priority strategic objective set in the Victoria University 2012-2016 Strategic Plan: to be world-renowned in sport, exercise and active living by 2016. The College of Sport and Exercise Science is also central to Victoria University’s aim to be Australia’s Sport University, working in collaboration with all other Colleges of the University, where sport encompasses sport, exercise and active living.

The mission of the College of Sport and Exercise Science at Victoria University is to enhance health and quality of life through discovery, dissemination and application of evidence-based knowledge of human movement. This mission will be achieved through sport, exercise and active living, empowering students from diverse countries and cultures, socioeconomic and educational backgrounds, to be successful lifelong learners and grow their skills and capabilities for the changing world of work. Students will grow to be confident, creative, ethical and respectful, local and global citizens. The College of Sport and Exercise Science focuses its delivery on outstanding undergraduate and graduate teaching, research, service, and enterprise activities that are delivered by a passionate team of qualified professionals in a truly inspirational environment.

There are five Discipline Groups within the College of Sport and Exercise Science;

- Exercise Physiology/Anatomy
- Clinical/Rehabilitation
- Physical Education/Sport Coaching
- Social and Behavioural Sport Science
- Sport Management

The College of Sport and Exercise Science currently offers ten undergraduate courses, three options of honours study, three taught masters courses, multiple masters by research options, and a PhD from a wide range of topics in sport, exercise science and active living. These courses account for approximately 2100 undergraduate degree students, 80 honours/masters by coursework students, and 100 PhD students.

The College of Health and Biomedicine offers a variety of health and allied health courses ranging from undergraduate degrees through to doctoral studies, with the majority of the programs offering a clinical learning experience in close association with key industry partners. There are eight Discipline Groups within the College of Health and Biomedicine:

- Anatomy and Cell Biology
- Medical Physiology
- Midwifery and Women’s Health
- Nursing
- Dermal Science
- Food, Nutrition and Dietetics
- Osteopathic Medicine
- Paramedicine

In support of the institutional aims in applied and translational research, Victoria University established the Centre for Chronic Disease in 2013, located within the College of Health and Biomedicine. The Centre is interdisciplinary in nature with extensive external engagement, and is making a significant contribution to the University wide interdisciplinary theme of Sport, Health and Active Living. It is also an important driver towards achieving the strategic objective for Victoria University to be world-renowned in chronic disease prevention and management by 2020.
The Institute of Sport, Exercise and Active Living (ISEAL) was established at Victoria University in 2010 and is the research arm of the College of Sport and Exercise Science. The Vision of ISEAL is to be a world leading research institute of sport, exercise science and active living, and the Mission is to make important contributions to society through innovative research in sport, exercise science and active living.

ISEAL contains a significant critical mass of researchers, with more than 230 academic and research-only staff and higher degree by research students. Research-only and academic staff associates of ISEAL currently include 19 Professors, 17 Associate Professors, 21 Senior Lecturers, 28 Postdoctoral Research Fellows and 45 Lecturers. There are currently around 100 higher degree by research students in ISEAL.

ISEAL is supported by world-class research infrastructure. Research facilities include the $68.5 million Sport and Exercise Science building, unparalleled nationally and internationally significant; as well as a new $52 million clinical research and teaching facility at the Western Centre for Health Research and Education (WCHRE), Sunshine Hospital.

The ISEAL Research Strategic Plan 2012-2016 provides a blueprint for ISEAL to become a highly focussed and visionary Institute that is successful in winning major grants, produces research outputs of outstanding international and national impact, and is exceptionally well connected nationally and globally.

The operations of the College of Sport and Exercise Science, ISEAL and this position are currently located at the Sport and Exercise Science precinct at the Footscray Park Campus of the University and the WCHRE.

ISEAL’s research is thematic in nature, utilises multi-disciplinary approaches wherever possible and spans fundamental through to applied research under our four major research programs, each underpinned by multiple world-class research groups:

- **Sport Science**
  - Research Groups: Expertise; Genes, Performance & Injury; Skeletal Muscle & training; Analytics & Technology; Team Sports

- **Sport in Society**
  - Research Groups: Sport, Heritage & Culture; Sport, Diversity & Community Development; Sport Business, Policy & Integrity

- **Clinical Exercise Science**
  - Research Groups: Gait, Balance & Falls; Metabolic Function; Cardiovascular Function; Muscle Mass & Neuromuscular Function

- **Active Living and Public Health**
  - Research Groups: Active Living Across the Lifespan; Sedentary Behaviour; Sport & Recreation
Victoria University is the only university located in Melbourne’s west, where there is a high prevalence of chronic diseases, including cardiovascular, cancer, diabetes, obesity and mental illness. Many residents in this region come from culturally and linguistically diverse communities and are at greater risk of developing chronic disease. A high proportion of the population is also affected by their low socioeconomic standing.

The Centre for Chronic Disease (CCD) is well positioned to address the critical need for research, action and intervention to prevent and manage these pervasive diseases. The University has strong and long held links with communities and organisations in Melbourne’s west, increasing its ability to study and translate fundamental and applied research into clinically relevant interventions and meaningful policy.

CCD undertakes research across the spectrum, from fundamental through to translational aspects of disease prevention and management. The Centre’s long-term goals are to improve health outcomes and health system costs, and to drive public policy.

The Centre includes researchers and academics from all disciplines allied with health and chronic disease prevention and management research. It has more than 70 academic and research-only staff and about 80 higher degree by research students. Academic members of CCD include 9 Professors, 8 Associate Professors, 39 Lecturers and 12 Research Fellows.

The Centre actively collaborates with external partners in industry and the community, and is strategically located within the Western Centre for Health Research and Education (WCHRE) at Sunshine Hospital. Its key objective is to further develop Victoria University’s specialisation in health-related areas with direct relevance to the College of Health and Biomedicine through its five research programs:

- Lifestyle-Associated Diseases
- Clinical and Community Health Innovation
- Immunology in Chronic Diseases
- Advanced Food Systems and Nutrition Sciences
- Population Health Research and Policy

Through its Professor of Mental Health Nursing, research in the Centre focuses on inter-disciplinary, mixed methods research in the mental health and substance misuse fields together with researchers and clinicians from Australia and internationally. In particular the mental health research projects include: prevention and early intervention with adolescents and adults in the mental health and substance misuse fields; family interventions; and improving the quality of care of people with chronic mental illness.
ROLE

The overall purpose of this position is to provide outstanding research leadership and capability in Exercise and Mental Health, leading a team of researchers undertaking world-leading research. The successful applicant will be expected to be a scholar of international repute, possessing an exemplary research track record and with a global standing in Exercise and Mental Health. This research team will work in the Victoria University multi-disciplinary theme of Sport, Health and Active Living. Based in ISEAL, the incumbent will hold a joint appointment in the College of Sport and Exercise Science (60%) and the College of Health and Biomedicine (40%), where the incumbent will also work with the Centre for Chronic Disease. The applicant will lead and mentor staff and postgraduate research students in Exercise and Mental Health in both Colleges.

The applicant will contribute to ISEAL’s strategic directions and facilitate its vision to be world-leading in Sport, Exercise and Active Living; and contribute to the strategic directions of both colleges.

The position reports to and receives broad direction from the Director, Institute of Sport, Exercise and Active Living (ISEAL), in the College of Sport and Exercise Science. As the position is jointly shared between the two Colleges, the position also includes an informal report to the Director of the Centre for Chronic Disease in the College of Health and Biomedicine.

A key challenge for the successful applicant will be to establish and lead a team of researchers in the area of Exercise and Mental Health within ISEAL. The research area investigates the importance of exercise on mental health broadly defined, with expected fundamental research as well as applications in clinical and at-risk populations. This research will have implications for enhancing adherence to an active lifestyle and human health at an individual level, with the potential for impact at a population level. The position requires a highly ambitious person to ensure that this team undertakes significant research, achieving international recognition and impact and who as a team player, can make a substantial contribution to facilitating ISEAL to be world-renowned. This is a unique position that offers the successful applicant an exceptional opportunity to join a visionary research institute and to develop their own niche research activities within that institute.

Victoria University is a progressive and rapidly developing organisation operating in a local and international context. Market forces and diverse international student cohorts, digital learning and flexible student learning requirements will see the successful applicant demonstrate wide ranging skills and attributes including creativity, resourcefulness, initiative and cultural sensitivity. The College of Sport and Exercise Science and the College of Health and Biomedicine are two of the leading Colleges of Victoria University, working in the multi-disciplinary theme of Sport, Health and Active Living which presents considerable opportunities.

CLASSIFICATION

Level E, Professor

DUTIES AND RESPONSIBILITIES

The primary responsibilities are:

- Develop and lead an internationally recognised research team in Exercise and Mental Health within the Institute of Sport, Exercise and Active Living (ISEAL).
- Lead research productivity through attracting significant competitive and non-competitive funding, including industry funding and generating high impact publications in high status journals.
- Develop and sustain international and national collaborations in Exercise and Mental Health.
- Undertake research supervision of higher degree by research students in Exercise and Mental Health.
- Lead or make a major contribution to one of the ISEAL research programs or groups.
- Provide research leadership within ISEAL, the College of Sport and Exercise Science and the College of Health and Biomedicine.
- Provide professional leadership and external engagement, by undertaking research with demonstrable impact on the discipline, government policy makers and/or professional practice (as relevant) and acting as an advocate for change and uptake of research findings.
- Contribute to teaching (guest lectures) in Exercise and Mental Health in the College of Sport and Exercise Science and the College of Health and Biomedicine.
- Adhere to and cooperate with all OHS policies and procedures of the University.

In performing the above duties the successful applicant is required to comply with quality assurance policies and procedures, and other relevant legislative requirements applicable to the University.
**SELECTION CRITERIA**

1. PhD in exercise and mental health/exercise science and mental health or related field, with an outstanding track record in exercise and mental health.

2. Demonstrated international scholarly research activity in exercise and mental health; evidenced by an exemplary publication record (including in the last 5 years) with publications in high impact international refereed journals, high citation rates and a high personal h-index.

3. Demonstrated outstanding success (especially over the last 5 years) in attracting significant competitive and non-competitive external research and/or industry grant funding and consultancy funding.

4. Demonstrated standing as a scholar of international repute in Exercise and Mental Health; evidenced by established major international research networks and collaborations; invitations to present at international research conferences; and research with demonstrable impact on the discipline, policy and/or professional practice.

5. Demonstrated research leadership, evidenced by the ability to successfully develop and lead a team of researchers.

6. Demonstrated substantial record of successful supervision of PhD and Masters by Research students including the capacity to promote a culture of collaborative research excellence.

7. Demonstrated discipline leadership, evidenced by engagement and leadership with relevant professional associations/societies, journal editorship and membership of conference organising committees.

8. Demonstrated capacity to create and maintain a collaborative team environment and willingness to fit into a team environment.

9. Demonstrated vision and strategic planning skills.

10. Awareness of OH&S responsibilities and willingness to attend OHS training as required.

11. Willingness to commit to Victoria University’s values which are:
   - Values — Access, Excellence and Respect
   - Behaviours — Engagement, Collegiality and Courage

**REMUENRATION**

An attractive and competitive package will be negotiated with the successful candidate.

**LOCATION**

Melbourne, Australia
Footscray Park campus and/or at the Western Centre for Health, Research and Education (WCHRE), located at Sunshine Hospital.

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**ORGANISATIONAL CHART**

![Organisational Chart Image]
LIVING IN MELBOURNE

Melbourne is a vibrant, cosmopolitan city of over four million people, with clean fresh air and beautiful parks and gardens. A city of magnificent architecture, Melbourne prides itself on its spectacular combination of the old and the new. Glorious parks and gardens, elegant streetscapes, and vibrant ethnic communities combine to make Melbourne one of Australia’s most popular destinations for migrants and tourists.

Located on Port Phillip Bay and founded in 1835, Melbourne became the capital of Victoria in 1851. It is the largest city in the state and the second largest in Australia. Melbourne has been ranked as the world’s most liveable city in ratings published by the Economist Intelligence Unit in 2014 for the fourth year in a row. Melbourne has also just recently been named the second-best city in the world to be a student by the QS Best Student Cities Index.

Melbourne’s eclectic precincts and fringe suburbs are home to little-known places for cheap, filling lunches; coffee worth boasting about; underground art; subterranean dens and bars high on the rooftops; green spaces; fancy places; and some good yarns along the way. The city knows how to live and offers attractions from high-end cuisine to low brow rock gigs, plays, festivals and blockbuster sporting events, all taking place across a city full of parks, gardens and historic architecture.

Outside of Melbourne, Victoria offers a wealth of attractions – striking public spaces, state-of-the-art museums, unique wildlife, heritage sites, glorious examples of gold rush architecture and more. Because of Victoria’s compact size, each attraction is also within reach.

Melbourne enjoys warm summers, glorious springs, mild autumns and crisp winters. With its variable climate, Melbourne heats up from December to February (summer), cools down from March to May (autumn), chills out from June to August (winter), and warms up again from September to November (spring). Top temperatures are usually in January and February, with hot spells moderated by cooling afternoon breezes off Port Phillip Bay. Victoria University has campuses across Melbourne’s central and western suburbs (and one in Sydney too!), with purpose-built learning environments, state-of-the-art laboratories and a range of services and facilities to help get the most out of the university life. The Footscray Park Campus is situated next to parklands along the Maribyrnong River and looks over Flemington Racecourse, home to the iconic Melbourne Cup. The campus is a short ten minute train ride from the city and has world class sport and exercise science facilities, including an altitude hotel, biomechanics laboratories, exercise physiology and molecular biology laboratories.

OTHER USEFUL LINKS

www.vu.edu.au
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www.vu.edu.au/research
www.visitmelbourne.com
www.melbourne.vic.gov.au
www.australia.com/explore/cities/melbourne.aspx