



**CALL FOR PROPOSALS FOR THE AWARD OF RESEARCH STUDENTSHIPS WITHIN THE  
FRAMEWORK OF R&D PROJECTS AND INSTITUTIONS**

**Research Studentships for PhD students**

Applications are open for one PhD Research Grant, financed by Faculdade de Motricidade Humana within the scope of the project “Pós-Graduação em Strength & Conditioning”, under the following conditions:

**Scientific Area:** Human Kinetics

**Admission Requirements:**

To apply for the PhD Research Scholarship it is necessary to:

- Be graduated and master in the field of Sports Science.
- Living in Portugal permanently and regularly.
- To be enrolled in a PhD course (According to Article 6 of FCT Regulation for Research Studentships and Fellowships - Reg. n.º 950/2019).

**Workplan:**

The scholarship provides that the work plan responds to the following activities:

1. The PhD student will collaborate with an interdisciplinary team in activities related to neuromuscular adaptations to training and physical activity (preparing experimental setups, recording, processing and analyzing data).
2. Construction and implementation of a PhD research project at the Neuromuscular Research Lab. The scientific supervision of the scholarship holder will be ensured by an integrated researcher of the Neuromuscular Research Lab. The skills acquired in point 1 will be essential to the achievement of what is provided for in point 2
3. The PhD student will also support the functioning of the Pos-Graduation course Strength & Conditioning (administrative tasks and teaching support).

**Legislation and Regulations:** Statute of Scientific Research Fellow, approved by Law nr. 40/2004, of August 18, as worded by Decree-Law nr. 123/2019, of August 28; FCT Regulation for Research Studentships and Fellowships, available on <https://www.fct.pt/apoios/bolsas/docs/RegulamentoBolsasFCT2019.pdf> and <https://dre.pt/application/file/a/127230968> .



**Workplace:** The work will be developed at Neuromuscular Research Lab, a laboratory integrated in the Centro de Investigação de Performance Humana (CIPER) of Faculdade de Motricidade Humana, located in Estrada da Costa, 1499-002 Cruz Quebrada, Portugal, under the scientific supervision of Professor Doutor Pedro Pizarat Correia.

**Duration:** The research fellowship(s) will have the duration of 12 months. It's expected to begin in February 1, 2022, and may be eventually renewed up to the maximum of 36 months.

**Monthly maintenance allowance:** According to the values for Research Fellowships awarded by FCT in Portugal (<http://www.fct.pt/apoios/bolsas/valores>), the amount of the monthly maintenance allowance is € 1.104,64, being Wire Transfer the payment method.

The annual tuition fees and enrolment fees shall be added to the amount of the grant.

#### **Selection methods:**

The selection method will be based on curricular evaluation that takes into account the candidate's merit and previous experience in research methods of neuromuscular function.

Applications considered admissible will be scored on a scale from 0 to 20 in each of the following evaluation criteria.

Criterion A – master's final grade, with a weight of 30%.

Criterion B – final graduation grade, with a weight of 15%.

Criterion C – previous laboratory experience leading to operational skills of data collection and processing within the scope of neuromuscular function, with a weight of 30%.

Criterion D – completion of the Postgraduate course in Strength & Conditioning held at FMH-UL and respective final grade, with a weight of 15%.

Criterion E – other curricular elements that the jury considers relevant, with a weight of 10%.

For the purposes of the final decision, candidates will be ranked according to the weighted average of the classification obtained in each of the three criteria, translated by the following formula

$$\text{Final Classification} = (0.3 \times A) + (0.15 \times B) + (0.3 \times C) + (0.15 \times D) + (0.1 \times E)$$

In case of equality between candidates in the final classification, the ranking of candidates will be based on the classifications given to each of the assessment criteria in the following order of precedence: criterion C followed by the criterion D.

Academic degrees obtained in foreign countries shall be registered by a Portuguese institution, according to the Decree-Law nr. 66/2018, of August, 16th, and the Ordinance nr. 33/2019, of January, 25th. It is mandatory to present the certificate to sign the contract. More information is available on: <https://www.dges.gov.pt/pt/pagina/reconhecimento?plid=374>

Candidates with foreign certificates who do not present proof of the conversion of the final classification into the Portuguese classification scale will be evaluated with the minimum classification (10 points) in criterion A and B.

**Composition of the selection Jury:** The candidates' evaluation panel consists of the following elements:

- Maria João Valamatos, Faculdade de Motricidade Humana, Universidade de Lisboa (president of the jury)
- Raul Oliveira, Faculdade de Motricidade Humana, Universidade de Lisboa
- João Rocha Vaz, Faculdade de Motricidade Humana, Universidade de Lisboa
- Sandro Freitas, Faculdade de Motricidade Humana, Universidade de Lisboa (Substitute)

**Announcement/ notification of the results:** The final evaluation results will be communicated to all applicants by email.

**Application deadline and formalization:** The call is open from the 16<sup>th</sup> December 2021 to the 3<sup>rd</sup> January 2022.

It is mandatory to formalize applications with the submission of the following documents:

- i) Application Form;
- ii) *Curriculum Vitae*;
- iii) Academic degree certificate with final grades mandatory;
- iv) Proof of enrollment at an academic degree course (PhD);
- v) Motivation letter;
- vi) Other documents considered relevant for the evaluation of the application.

Applications must be submitted to the email: [dgrh@fmh.ulisboa.pt](mailto:dgrh@fmh.ulisboa.pt) with the following text on the subject **"Bolsa para Doutoramento FMH-2021-003958"**