

PhD Studentship: Vice-Chancellor's PhD Studentship (Fully Funded)
Location: Buckinghamshire New University, High Wycombe, UK
Mode of Study: Full-time, in-person
Duration: 3 years

Project Title:

Co-creating Inclusive Physical Activity: Community-Embedded Approaches to Reducing Inactivity and Enhancing Participation Among Disabled Adults

Project Summary

This PhD project aims to improve physical activity, wellbeing, and everyday participation for people with disabilities through inclusive, community-based approaches that are co-created with those who will use them. The research focuses on adults with disabilities, including people with neurological conditions, stroke survivors, and people with intellectual disabilities.

Building on an established programme of inclusive physical activity research, the project will generate **new empirical evidence** about why many disabled people remain inactive and what enables meaningful movement. Using participatory research methods, the researcher will work collaboratively with participants to explore lived experiences of physical activity and inactivity, using accessible tools such as the Single-Item Physical Activity Intention Measure.

The project will make an **original contribution** by co-developing or adapting a novel, inclusive physical activity or sedentary behaviour intervention and testing it in real-world community settings. This may also lead to a **new conceptual model** for designing sustainable, inclusive physical activity opportunities.

All research will follow strict ethical standards, with accessible consent processes and reasonable adjustments to support participation. By strengthening links between universities, health services, and communities, the project will produce practical guidance to improve access to enjoyable physical activity for disabled people and inform inclusive practice nationally and internationally.

Supervisory Team

Dr Yetunde Dairo (Director of Studies), Associate Professor of Physiotherapy
Yetunde.Dairo@bnu.ac.uk

Co-Supervisors: Dr Keiran Henderson and Dr Ademola Adekunle, Senior Lecturers
Keiran.Henderson@bnu.ac.uk

Funding and Eligibility

This project is open to UK and international applicants for full-time study only and covers:

- Tuition fees for up to three years.
- A bursary of £15,000 per annum for up to three years.

The successful candidate must enrol as a full-time PhD student at Buckinghamshire New University and attend campus regularly (normally at least three days per week for 45 weeks)

per year). Continued enrolment and funding are subject to satisfactory academic progress and participation in the University's research training programme.

This is an in-person studentship and cannot be undertaken remotely. Any employment during the studentship must be declared and approved in line with University regulations.

Person Specification

The successful applicant will have:

- An MSc in physiotherapy, rehabilitation, public health, disability studies, health and social care, sport and exercise science, or a related discipline (applicants with a strong undergraduate degree may be considered).
- Strong qualitative and/or mixed-methods research skills.
- Excellent academic writing and communication skills.
- Interest or experience in participatory or community-based research.
- Commitment to inclusive research practice and ethical engagement.
- Ability to work independently and collaboratively.
- Commitment to research excellence and publication.

How to apply:

Applicants must follow the standard PhD application process through Buckinghamshire New University, as outlined on the Graduate School website.

In addition to the normal application requirements, applicants must also complete and submit the Vice Chancellor's PhD Studentship application form alongside their PhD application.

Only complete applications, including both the standard PhD application and the VC Studentship form, will be considered.

To apply for a research degree, please email the following documents to ResearchUnit@bnu.ac.uk:

a completed [Application Form](#)

a Research Statement ([Download Research statement template](#))

scanned copies of your degree qualifications - as in point 4 of the guidance notes in the application form. (Other supporting documentation may be submitted if available)

a scanned copy of your passport

evidence of any previous publications or research outputs, where relevant

Applications are considered two times during each academic year. The current application deadlines and associated start dates are as follows:

Application deadline	Start date
20 April 2026	1 September 2026

The Research Degrees Admissions Panel reviews all applications and decides whether to invite candidates for interview. The Panel aims to provide an outcome within 8 to 12 weeks of receiving a complete application. Successful applicants will receive confirmation of their start date as well as details of their induction programme.