

PROJECT DETAILS

Project Title:

Orthorexia Athletica: A health risk for everyday exercisers?

Project Summary:

Aim: To advance knowledge and understanding of an emerging condition, *Orthorexia Athletica (OA)*, by investigating the compulsive use and abuse of 'healthy food' and obsessive exercise among 'everyday' (non-elite) exercisers.

Significance: Little is known about potentially damaging, co-occurring unhealthy eating and exercise attitudes and behaviours among the general population. Advancing knowledge and understanding of OA is vital to inform health education and health promotion messaging.

Expected outcomes and impact:

- i. Original insights into OA,
- ii. Increased stakeholder awareness and understanding of eating and exercise disorders amongst everyday exercisers,
- iii. Development of new methods and improved techniques for the exploration of OA, and
- iv. Development of educational messaging and resources to counter risks of OA amongst everyday exercisers.

Preferred Applicant Skillset:

We are looking for a self-motivated PhD candidate with excellent organisation, problem-solving, project management and communication skills. Preferred candidates will have proven capabilities in:

- qualitative research,
- critical thinking skills,
- academic writing,
- literature searching and reference management,
- use of a range of software, including Microsoft Word, Excel and data analysis programs,
- building professional relationships.

Experience and interest in sociology of sport, physical activity and/or health is also desired.

Primary Contact:

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