

**PROJECT DETAILS**

Project Title:

**Understanding Exercise Preferences to Improve Care for People with Advanced Cancer.**

Project Summary:

People with advanced cancer often benefit from exercise, and recent recommendations support physical activity in this group. However, people receiving palliative care are frequently excluded from referral pathways, meaning their needs and preferences remain poorly understood. This project aims to identify what types of exercise people with advanced cancer prefer, the barriers they face, and what supports participation. Using patient and clinician insights, the study will develop practical ways to include exercise in routine palliative care. The findings will guide future exercise guidelines and help ensure this overlooked population is better represented and supported.

Preferred Applicant Skillset:

The ideal candidate will have a strong interest in supportive cancer care, exercise oncology, palliative cancer care or implementation science, and be comfortable engaging with people receiving palliative care. They will demonstrate excellent communication skills, empathy, and professionalism when working with patients, families, and clinicians. Experience with qualitative research, co-design, or applied health research is desirable, along with the ability to examine behavioural and service-level barriers to care. The candidate should be organised, motivated, and capable of managing ethics, recruitment, and data collection. A background in exercise science, public health, psychology, nursing, or a related field, and an ability to work collaboratively in multidisciplinary teams, is preferred.

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