Dr Tim Podlogar

Research Group website: https://medicine.exeter.ac.uk/phss/research/appliedphysiology/

How day-to-day research training and support is provided: You will be trained on core equipment and procedures by our departmental technical support team, alongside close day-to-day involvement from me as your supervisor, particularly in the earlier stages of the project. As an early-career researcher I'm able to dedicate significant time to being present in the lab. My aim is to build your independence progressively, so that you are working autonomously by the end of the PhD.

Supervision style: Directive support: C / Training structure: 6

How often PhD students see you in a timetabled group meeting: At least once every 3 weeks

Other research groups that PhD students will have the opportunity to frequently interact with: You will be part of the wider Applied Physiology and Nutrition research group, which includes four Principal Investigators, myself, Prof Andy Jones, Prof Anni Vanhatalo, and Dr Matt Black, offering regular opportunities to learn from and engage with a broad range of expertise in exercise physiology beyond the immediate project. You will also have a desk in a shared office alongside PhD students from both TP's and LT's groups, providing day-to-day peer support and reinforcing a sense of community among our PGR students.

How often you meet with your PhD students 1-1 formally outside of group meetings (i.e. meetings of >30 minutes): At least once per week

Meeting format: Mixture of virtual/in person

Expected working pattern (based on a full-time student): Testing days often require early starts, fasted morning physiology testing is standard in this field, and may occasionally include weekend work. Outside of scheduled testing and training sessions, working hours are flexible, with no requirement to be present at specific times.

How the second supervisor supports the PhD project: Dr Torquati and I will meet jointly with you approximately every month to review overall progress, in addition to her day-to-day availability for guidance on the gut microbial and nutrition-specific aspects of the project. You will spend dedicated time within her research group during Rotation 2 and throughout Study 1, when her expertise in short-chain fatty acid analysis is most directly required.

Notice needed for feedback on work (based on a 5000 word report): 1-2 weeks

Communication: Available to email every day. I keep somewhat irregular working hours myself, but I do not expect responses outside your normal working hours. Meetings are ideally arranged in advance; however you're welcome to drop in if my door is open, but I'd encourage arranging a proper meeting for anything beyond a quick question.