



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

**JOB POSTING – POSTDOCTORAL FELLOW**

**Area of Research:** clinical trials of lifestyle intervention effects on cardiometabolic health of women

**Description of duties:** Dr. Amy Kirkham, Assistant Professor in the Faculty of Kinesiology and Physical Education (KPE) and co-lead of the ‘Cardiometabolic, Oncology, Diet and Exercise in Women’ ([CODE-W](#)) research centre at the University of Toronto, invites applications for a 1-year (renewable) postdoctoral fellowship in the area of clinical trials of lifestyle intervention (exercise, nutrition, multi-modal rehabilitation) effects on cardiometabolic health outcomes in women. Despite cardiovascular disease being the leading cause of death among women worldwide, women continue to be significantly underrepresented in clinical trials that shape cardiometabolic health research. This underrepresentation has profound consequences. Sex- and gender-specific differences in cardiometabolic disease, ranging from hormonal influences across the lifespan, pregnancy-related complications, and menopause transitions to distinct symptom presentation, disease pathophysiology, and responses to therapies, mean that findings derived predominantly from male cohorts cannot be reliably extrapolated to women. The result is gaps in evidence that limit treatment effectiveness, increase risk of adverse outcomes, and perpetuate health inequities for the population that bears a disproportionate share of cardiometabolic morbidity and mortality.

The Kirkham Lab is committed to closing these critical gaps. We are seeking a highly motivated Postdoctoral Fellow to lead clinical trial management in studies that deliberately focus on women’s cardiometabolic health. This position offers an exceptional opportunity to drive inclusive, high-impact research that generates sex-specific evidence, informs personalized interventions, and advances equitable cardiovascular care for women.

Study types include randomized controlled trials (RCTs) and randomized crossover trials, with epidemiological analyses as an option depending on skillset. CODE-W is a fully equipped state-of-the-art laboratory where assessment approaches include cardiac, peripheral vascular and cerebrovascular ultrasound, arterial tonometry, 3T MRI scans of ectopic fat (viscera, liver, and intramuscular), the heart and brain, DEXA scan/Bodpod/bioelectrical impedance assessment of body composition, cardiopulmonary exercise testing, venipuncture, continuous glucose monitoring, accelerometer or physical activity trackers, and dietary record assessments. CODE-W also has a state-of-the-art wet lab for analysis of blood biomarkers and skeletal muscle biopsy with oversight from co-lead Dr. Jenna Gillen.

A brief outline of ongoing studies is available here: <https://amykirkham.ca/index.php/research/>

All projects in the lab follow a strong “team science” approach involving various trainees (undergraduate to postdoctoral), study staff (research coordinator, assistants, and associates) and both clinical (especially oncology and cardiology) and academic collaborators. Opportunities to lead publications, assist with grant writing, and provide mentorship to junior trainees will be provided and encouraged.

One or more positions may be filled.

**Salary:** \$50,000-\$60,000 commensurate with qualifications. Application for external funding is required (with support provided) and upon success, top-up funding would be considered.

### **Required Qualifications**

- Ph.D. in Exercise physiology, Human physiology, Rehabilitation Sciences, Human Nutrition, Nutritional Sciences, or Nursing.
- Significant human research experience with preference for that including vulnerable populations (individuals with chronic diseases or disabilities, older adults, etc)
- Experience with randomized controlled trial design
- Demonstrated experience with writing and publishing scientific manuscripts.
- Experience with imaging, indirect calorimetry, blood sample collection, or other technical data collection approaches in humans are required (at least one required, but the more experience the better)
- Strong track record of scholarly research productivity and ability to independently perform patient recruitment, research data collection and analysis
- Intermediate skill in understanding and application of statistics
- Exceptional organizational, interpersonal, and communication skills
- Ability to work independently, while also working well as part of a collaborative team
- Experience providing mentorship, direction, and support to junior researchers/trainees

### **About the University of Toronto and the Faculty of Kinesiology & Physical Education:**

The University of Toronto is Canada's largest university, and the only Canadian university to be repeatedly among the top 25 of the Times Higher Education World University Rankings. Situated in one of the world's most diverse cities, The University of Toronto is a global leader in research and teaching. The University of Toronto is also committed to the support and development of postdoctoral research. A centralized postdoctoral office has been created within the School of Graduate Studies to ensure successful training experiences for postdoctoral fellows and resources to prepare for the next step in their careers.

The Faculty of Kinesiology and Physical Education is located off Bloor St. in downtown Toronto. Dr. Kirkham's lab is located in the newly renovated Goldring Centre for High Performance Sport. The state-of-the-art facility houses cutting-edge laboratory infrastructure to enable human exercise and nutritional testing, and wet lab analyses of biological samples. Dr. Kirkham is part of a collaborative group of Faculty researchers that share resources, lab space and expertise, creating a highly dynamic and enriching environment for graduate and postdoctoral trainees.

### **Application instructions**

Please submit your application to Dr. Amy Kirkham via her website as a single PDF file:

<https://amykirkham.ca/index.php/ads/postdoc-chronutrition/>. Application materials must include:

- a) a cover letter describing your expertise and suitability for the position;
- b) your CV;
- c) the completed application form in the link.

**Closing date:** Open until filled

**Supervisor:** Amy Kirkham

**Expected start date:** Preference is for start within summer 2026 but interested candidates with later start dates are encouraged to apply as this can be flexible.

**Term:** This position is for one year and is renewable based on performance and available funding.

**FTE:** 100%

**Location:** in-person work at the University of Toronto St. George Campus

The normal hours of work are 40 hours per week for a full-time postdoctoral fellow (pro-rated for those holding a partial appointment) recognizing that the needs of the employee's research and professional development and the needs of the supervisor's research program may require flexibility in the performance of the employee's duties and hours of work.

*Employment as a Postdoctoral Fellow at the University of Toronto is covered by the terms of the CUPE 3902 Unit 5 Collective Agreement. This job is posted in accordance with the CUPE 3902 Unit 5 Collective Agreement. The University of Toronto is strongly committed to diversity within its community and especially welcomes applications from racialized persons / persons of colour, women, Indigenous / Aboriginal People of North America, persons with disabilities, LGBTQ2S+ persons, and others who may contribute to the further diversification of ideas.*