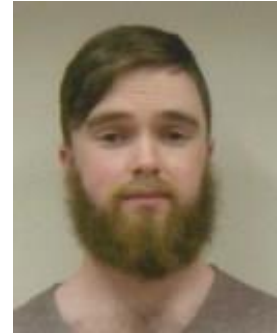


Mr. Emmet Mc Dermott
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Emmet graduated with a BSc (Hons) in Sports Science in 2016, from the Institute of Technology Carlow, Ireland. Subsequently, he enrolled in the MSc Exercise Physiology programme at Loughborough University, graduating in 2017. In January 2018, Emmet started a PhD studentship at Loughborough University, with the area of focus investigating explosive strength training for improving function of older adults.

Emmet has previously worked as a Sport Science intern at the High-Performance Centre, University of Pretoria. Furthermore, he has provided sport science support to Rugby and Football teams. During his MSc, Emmet assisted in an ongoing PhD project, investigating functional, morphological and neurological hamstring adaptations to eccentric training. Emmet's research interests include neuromuscular physiology, strength training, injury prevention and public health.