

Professor James Bilzon BSc MSc PhD FSSEMM

- **Professor of Human & Applied Physiology**
- **Director, Centre for Sport, Exercise & Osteoarthritis Research Versus Arthritis**
- **Director, Centre for Clinical Rehabilitation & Exercise Medicine (CREM)**
- **Co-Director, Centre for the Analysis of Motion, Entertainment Research & Applications (CAMERA)**



Centre Partner Institution - University of Bath

James joined the Department for Health at the University of Bath in 2008 following a 13-year career as a Human and Applied Physiologist in various Ministry of Defence (MOD) departments, including the Institute of Naval Medicine and the Headquarters Army Recruiting & Training Division (ARTD).

Following a 3-year period as Director of Studies for the [MSc in Sport and Exercise Medicine](#), he became Head of Department for Health from 2011-2017. During this 6-year period, he presided over an ambitious growth plan, which resulted in a 3-fold increase in the number of staff and students in the Department. He also led the Department through the REF2014 exercise, finishing 5th in Sport and Exercise Science, where 90% of the Department's research was graded as world leading or internationally excellent.

James currently holds a number of external Honorary and Advisory appointments including Honorary Civilian Consultant Advisor (HCCA) in Sport & Exercise Science to the Ministry of Defence and Honorary Fellow of the Society of Sport & Exercise Medicine Malaysia (FSSEMM). He is also the British Association of Sport and Exercise Medicine's (BASEM) representative to the International Sports Medicine Federation (FIMS) Scientific Commission. He is Director of the National [Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis](#). He is also Director of the Centre for [Clinical Rehabilitation & Exercise Medicine \(CREM\)](#) and co-Director of the EPSRC [Centre for the Analysis of Motion, Entertainment Research and Applications \(CAMERA\)](#).

His research interests stem from a background in occupational exercise physiology and have become increasingly focused on exercise and rehabilitation science, including:

- exercise rehabilitation following traumatic injury
- exercise for the prevention of chronic disabling conditions
- the efficacy of healthcare, digital and assistive technologies in rehabilitation

He has now published over 100 peer-reviewed journal articles and secured >£10 million in research grant funding.

<http://www.bath.ac.uk/health/staff/james-bilzon/>