

## **Professor Jonathan Folland**

- **Deputy Director Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis**
- **Professor of Neuromuscular Performance**



### **Centre Partner Institution - Loughborough University**

My research is focused on neuromuscular function/performance and the underlying physiology and biomechanics with a particular interest in exercise training to improve function and performance. This research considers the underpinning determinants of neuromuscular function/performance as well as how these factors adapt with exercise/physical training and contribute to improvements in function/performance. This research encompasses healthy ageing, sports injury/rehabilitation and athletic performance.

The research on healthy ageing is considering the optimisation of resistance training and the targeted prescription of resistance training for specific functional outcomes. The first part of this work is to improve/optimize explosive resistance training and then to secondly assess its efficacy and tolerability in relation to conventional resistance training.

My research has been published in a range of world leading physiology, sports science and sports medicine journals, with more than 100 journal articles to date. I am an Associate Editor for the ACSM's flagship journal *Medicine and Science in Sports and Exercise*, whilst being a Fellow of the American College of Sports Medicine and the Royal Society of Biology.

I have been on the academic staff at Loughborough University's School of Sport, Exercise & Health Sciences since 2004, including six years on the Senior Leadership team and as Director of Doctoral Programmes.

**<http://www.lboro.ac.uk/departments/ssehs/staff/jonathan-folland/>**