Dr Kathryn Weston (nee Taylor)

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HIGHER EDUCATION

2022 - 2024	PgCert Teaching and Supporting Learning in Higher Education. Edinburgh Napier University, Scotland, UK.
2009 - 2014	PhD in Paediatric Exercise Physiology Teesside University, England, UK. Thesis entitled 'Project FFAB (Fun Fast Activity Blasts): Effect of a novel school-based high-intensity interval training intervention on cardiometabolic risk markers and physical activity levels in adolescents'.
2008 - 2009	MSc (with distinction) in Physical Activity and Health. Loughborough University, England, UK.
2004 - 2008	BSc (Hons) (1st class Honours) in Sport and Exercise Science. University of Strathclyde, Scotland, UK.

CAREER SUMMARY

Aug 2023 - present	Senior Lecturer in Physical Activity for Health University of Strathclyde, Scotland, UK.
Oct 2020 - Aug 2023	Lecturer in Sport and Exercise Science Edinburgh Napier University, Scotland, UK.
Oct 2018 - Oct 2020	Senior Lecturer in Applied Biosciences for Health. Teesside University, England, UK. (0.2 FTE).
Nov 2018 - May 2020	Clinical Exercise Physiologist and Research Fellow Qatar Metabolic Institute, Medical Research Center, Qatar.
July 2015 - Sept 2018	Senior Lecturer in Applied Biosciences for Health. Teesside University, England, UK. (1.0 FTE).
Jan 2014 - June 2015	Research Associate in Exercise Science. Teesside University, England, UK.

MOST RECENT/ RELEVANT PEER-REVIEWED JOURNAL ARTICLES

1. **Weston KL,** Little JP, Weston M, McCreary S, Kitchin V, Gill A, Niven A, McNarry MA, Mackintosh KA. Application of exercise snacks across youth, adult and clinical populations: a scoping review. Sports Medicine-Open. 2025 Mar 18;11(1):27.
2. Ortega FB, Zhang K, Cadenas-Sanchez C, Tremblay MS, Jurak G, Tomkinson GR, Ruiz JR, Keller K, Nyström CD, Sacheck JM, Pate R, **Weston KL,** Kidokoro T, Poon ET, Wachira L-JM, Ssenyonga R, Gomes TNQF, Cristi-Montero C, Fraser BJ, Niessner C, Onywera VO, Liu Y, Liang L-L, Prince SA, Lubans DR, Lang JL. The Youth Fitness International Test (YFIT) battery for monitoring and surveillance among children and adolescents: A modified Delphi consensus project with 169 experts from 50 countries and territories. Journal of sport and health science. 2025 Dec 1;14:101012.
3. Basterfield L, Galna B, Burn NL, Batten H, Weston M, Goffe L, Lawn M**, Weston KL.** Back to 'normal'? BMI, physical fitness and health-related quality of life of children from North East England before, during and after the COVID-19 lockdowns. Journal of sports sciences. 2024 Apr 17;42(8):688-700.

4. Liu Y, Williams CA, **Weston KL,** Duncombe SL, Malik AA, Barker AR. Validation and calibration for embedding rating of perceived exertion into high-intensity interval exercise in adolescents: a lab-based study. Pediatric Exercise Science. 2024 Jan 8;37(1):11-7.
5. Jenkins DG, Devin JL, **Weston KL,** Jenkins JG, Skinner TL. Benefits beyond cardiometabolic health: the potential of frequent high intensity 'exercise snacks' to improve outcomes for those living with and beyond cancer. The Journal of Physiology. 2023 Nov;601(21):4691-7.
6. Duncombe SL, Barker AR, Bond B, Earle R, Varley-Campbell J, Vlachopoulos D, Walker JL, **Weston KL,** Stylianou M. School-based high-intensity interval training programs in children and adolescents: A systematic review and meta-analysis. PloS one. 2022 May 4;17(5):e0266427.
7. Basterfield L, Burn NL, Galna B, Batten H, Goffe L, Karoblyte G, Lawn M, **Weston KL.** Changes in children's physical fitness, BMI and health-related quality of life after the first 2020 COVID-19 lockdown in England: A longitudinal study. Journal of Sports Sciences. 2022 May 19;40(10):1088-96.
8. Basterfield L, Burn NL, Galna B, Karoblyte G, **Weston KL.** The association between physical fitness, sports club participation and body mass index on health-related quality of life in primary school children from a socioeconomically deprived area of England. Preventive medicine reports. 2021 Dec 1;24:101557.
9. **Weston KL,** Innerd A, Azevedo LB, Bock S, Batterham AM. Process Evaluation of Project FFAB (Fun Fast Activity Blasts): A Multi-Activity School-Based High-Intensity Interval Training Intervention. Frontiers in sports and active living. 2021 Sep 20;3:737900.

MOST RECENT/RELEVANT RESEARCH FUNDING

2025 £8030. Utilising digital technologies and user experiences to explore the feasibility of a workplace-integrated 'exercise snacks' intervention". Master's Scholarship funding. Funder: Digital Health and Care Innovation Centre Scotland. Principal Applicant.

2025 £5485. Co-design of scalable and sustainable health and fitness-enhancing interventions for Scottish school pupils. Funder: Royal Society of Edinburgh: Spring 2025 Research Collaboration Grant. RSE Reference Number: 5504. Principal Applicant.

2024 £7000. Exploring the impact of 'exercise snacks' on sedentary adults' glucose, well-being and physical activity profiles, via continuous glucose monitoring and activity tracker technologies. Master's Scholarship funding. Funder: Digital Health and Care Innovation Centre Scotland Principal Applicant.

2023 £5089. Intervention effects on health-related physical fitness in children and adolescents: A systematic review and meta-analysis. Funder: Royal Society of Edinburgh: Scottish Government SAPHIRE Grant 2023. RSE Reference Number: 3979. Principal Applicant.

2023 £4090.81. Understanding barriers and facilitators to scaling-up novel school-based high-intensity interval exercise training programmes: Knowledge co-production with key stakeholders. Funded by the University of Strathclyde Faculty of Humanities and Social Science Research and Knowledge Exchange Funding Call. Principal Investigator.

2023 £5052.86. Evaluation of Phase 1 of the Active Schools Edinburgh Mums and Daughters Physical Activity Programme. Funded by City of Edinburgh Council. Principal Investigator.

2023 £2447.75. Development of an online training tool for delivering school-based high-intensity interval training. Funded by the Edinburgh Napier University Strategic Research and Knowledge Exchange Fund Competition. Principal Investigator.

2022 £23382. Feasibility study into the use of short bouts of high-intensity interval exercise to improve physical fitness and mental well-being in adolescents. Funded by NHS North of England Commissioning Unit, Research Capability Funding for North East and North Cumbria. Co-investigator with Newcastle University, England.

OTHER RELEVANT EXPERIENCE

- Accredited Sport and Exercise Scientist through the Chartered Association of Sport and Exercise Sciences.
- Supervised four PhD students to completion (one as principal supervisor) and examined six PhD theses.
- Grant reviewer for the Canadian Cancer Society, Heart Research UK, British Academy/Leverhulme, and the Czech Science Foundation.