Jakob Škarabot

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CURRENT POSITIONS

2020 – present	**Lecturer in Neuromuscular Physiology** School of Sport, Exercise and Health Sciences Loughborough University, UK
2021 – present	**Versus Arthritis Foundation Fellow** School of Sport, Exercise and Health Sciences Loughborough University, UK

EDUCATION

2016 – 2019	**PhD Neurophysiology** Northumbria University, UK
2014 – 2016	**MSc Biomechanics** University of Jyväskylä, Finland
2010 – 2014	**BSc Kinesiology** University of Ljubljana, Slovenia

PREVIOUS POSITIONS

2019 – 2020	**Doctoral Prize Fellow** School of Sport, Exercise and Health Sciences Loughborough University, UK
2018 – 2019	**Demonstrator** Faculty of Health and Life Sciences Northumbria University, UK

GRANTS/AWARDS

1. Versus Arthritis Foundation Fellowship, 2021 – 2024, "*Arthrogenic muscle inhibition and impaired function in knee osteoarthritis*", PI, £279,404.
2. Rousselot Health & Nutrition, 2021 – 2022, "*The effect of collagen peptides on sleep quality in athletic population*", Co-I, £207,972.
3. Slovene Human Resources and Development Fund, 2014 – 2016, "*Ad Futura Scholarship*", €24,000.

EDITORIAL/REVIEWER ROLES

2022 – present	**Medicine and Science in Sports and Exercise** Editorial Board member
2022 – present	**Frontiers in Human Neuroscience** Review editor
Ad hoc reviewer	*Med Sci Sports Exerc, J Physiol, J Neurophysiol, J Appl Physiol, Eur J Appl Physiol, Exp Physiol, Exp Brain Res, J Sports Sci, Scand J Med Sci Sports, Front Physiol, Neuropharmacology, Sci Reports, J Strength Cond Res, Appl Physiol Nutr Metab, PeerJ, Plos One*.

PUBLICATIONS

- Total peer peer-review articles (November 2023): 45 (21 as first or last author)
- Total citation count: 1803; H-index: 18
- Conference proceedings (first author only): 10
- Book contributions: 1

Full list of peer-reviewed publications is located here.

Relevant publications:

1. **Škarabot J**, Amman C, Balshaw TG, Divjak M, Urh F, Murks N, Foffani G, Holobar A. (2023). Decoding firings of a large population of human motor units from high-density surface electromyogram in response to transcranial magnetic stimulation. The Journal of Physiology, 610:1719-1744.
2. **Škarabot J**, Folland JP, Forsyth J, Vazoukis A, Holobar A, Del Vecchio A. (2023). Motor unit discharge characteristics and conduction velocity of the vastii muscles in long-term resistance-trained men. *Medicine & Science in Sports & Exercise*, 55:824-836.
3. Atkinson E, **Škarabot J**, Ansdell P, Goodall S, Howatson G, Thomas K. (2022). Does the reticulospinal tract contribute to neural adaptation to resistance training in humans? *Journal of Applied Physiology*, 133:689-696.
4. **Škarabot J**, Folland JP, Holobar A, Baker SN, Del Vecchio A. (2022). Startling stimuli increase maximal motor unit discharge rate and rate of force development in humans. *Journal of Neurophysiology*, 128:455-469.
5. **Škarabot J**, Balshaw TG, Sumiaki M, Massey GJ, Lanza MB, Maden-Wilkinson TM, Folland JP. (2021). Neural adaptations to long-term resistance training: Evidence for the confounding effect of muscle size on the interpretation of surface electromyography. *Journal of Applied Physiology*, 131:702-715.
6. **Škarabot J**, Brownstein CG, Casolo A, Del Vecchio A, Ansdell P. (2020). The knowns and unknowns of neural adaptations to resistance training. *European Journal of Applied Physiology*, 121:675-685.

INVITED TALKS

1. Motor Unit Group Seminar Series, organised by Northwestern University, US, 2022 [online] – *Estimation of synaptic inputs to human motor units*.
2. International Society for Electrophysiology and Kinesiology (ISEK) Congress, workshop, Quebec City, Canada, 2022 – *Recent achievements and challenges behind the motor unit identification in rapid (explosive) isometric contractions*.
3. Sensorimotor talks, Newcastle University, UK, 2021 – *Attempts to understand inputs underlying human motor unit activity*.
4. Research seminar, Nottingham Trent University, UK, 2021 – *Non-invasive decoding of neural drive to muscle*.
5. Future Physiology, 2021 [online] – *Moving into a faculty position*.

PROFESSIONAL MEMBERSHIP

International Society for Electrophysiology and Kinesiology (ISEK)
The Physiological Society
The International Motoneuron Society
European College of Sport Sciences (ECSS)

SUPERVISION

Current supervision of 2 PhD students as principal supervisor and additional 5 PhD students as co-supervisor. Supervision of several BSc and MSc students every year.