

## Academic Qualifications

<b>Fellow of the Higher Education Academy</b>	2020
<b>Doctor of Philosophy (Life Sciences)</b> – Swiss Laboratory for Doping Analyses (LAD), University of Lausanne, Switzerland	2010
<b>M.Sc. Molecular Biology</b> – University of Fribourg and Clinique Romande de Readaptation, Sion, Switzerland	2005
<b>B.Sc. Biology</b> – University of Fribourg, Switzerland	2003

## Appointments

<b>Professor</b> - School of Exercise and Nutrition Science – Deakin University, Melbourne, Australia	2025-on-going
<b>Deputy Associate Dean for Research</b> – Faculty of Health - Deakin University, Melbourne, Australia	2024-2026
<b>Australian Research Council (ARC) Future Fellow</b> – Institute for Physical Activity and Nutrition Research (IPAN), School of Exercise and Nutrition Science – Deakin University, Melbourne, Australia	2022-2025
<b>Faculty of Health Mid-Career Research Fellow</b> - Institute for Physical Activity and Nutrition Research (IPAN), School of Exercise and Nutrition Science – Deakin University, Melbourne, Australia	2020
<b>Australian Research Council (ARC) Discovery Early Career Research Fellow</b> – Institute for Physical Activity and Nutrition Research (IPAN), School of Exercise and Nutrition Science – Deakin University, Melbourne, Australia	2015-2017
<b>Alfred Deakin Post-Doctoral Research Fellow</b> – Centre of Physical Activity and Nutrition Research (C-PAN), School of Exercise and Nutrition Science – Deakin University, Melbourne, Australia	2012-2014
<b>Swiss National Science Foundation Early Career Research Fellow</b> – Centre of Physical Activity and Nutrition Research (C-PAN), School of Exercise and Nutrition Science – Deakin University, Melbourne, Australia	2010-2012

## Refereed Journal Articles

Fifteen years after the conferral of my PhD, I have authored a total of **103 referred journal articles** and book chapters (**58 as first- or last-author, 56%**) and 5 pre-prints, which have been cited over **5500 times (h-index = 39)**. Over 85 per cent of my publications are ranked in the first quartile (Q1) of their respective fields, including in **Nature, Cell Metabolism, Journal of Cachexia, Sarcopenia and Muscle, Sports Medicine, the Journal of Physiology and Acta Physiologica**. Sixteen of my publications have been cited >100 times (inc. 5 > 200 times, 1 > 500 times). My five-year FWCI is 2.51 (Sarcopenia and Quality of Life in Patients); 2.51 (Estrogen Effects on Skeletal Muscle in Women); 2.24 (Athlete Health and Muscle Performance Insights), indicating that my publications have received 151%, 151% and 124% more citations than the global average for publications of the same age in these respective fields. My current **m-score is 2**. A value of  $m \approx 2$  (i.e., h-index of 40 after 20 years of scientific activity), characterizes “outstanding scientists, likely to be found only at the top universities or major research laboratories” (Hirsch, PNAS, 2005). Example papers from the last three years include:

- **Lamon S**, Soria M, Williams R, Critchlow A, Van Belleghem K, Garnham A, Varshney A, Beilharz T, Hiam D, Ziemann M. The transcriptomic signature of age and sex is not conserved in human primary myocytes. *Skeletal Muscle*. 2026 Feb 6
- Critchlow A, Hiam D, O’Bryan SJ, Williams RM, Soria M, Engman V, van Belleghem K, Wohlgemuth RP, Garnham A, Fry CS, Scott D, **Lamon S**. The Contribution of Sex Hormones in Muscle Mass, Function, and Molecular Signalling in Females Aged 18-80. *J Physiol*. 2026 Jan;604(1):395-433.
- Alexander SE, Gatto B, Knowles OE, Williams RM, Fiebig KN, Jansons P, Della Gatta PA, Garnham A, Eynon N, Wadley GD, Aisbett B, Hiam D, **Lamon S**. Bioavailable testosterone and androgen receptor activation, but not total testosterone, are associated with muscle mass and strength in female. *J Physiol*. 2025 Sep; 603(18):5181-5208.
- O’Bryan SJ, Critchlow AJ, Fuchs CJ, Hiam D, **Lamon S**. The contribution of age and sex hormones to female neuromuscular function across the adult lifespan. *J Physiol*. 2025 May 11.
- Critchlow AJ, Alexander SE, Hiam D, Ferrucci L, Scott D, **Lamon S**. Associations Between Female Sex Hormones and Skeletal Muscle Ageing: The Baltimore Longitudinal Study of Aging. *J Cachexia Sarcopenia Muscle*. 2025 Jun;16(3):e13786.
- Knowles OE, Soria M, Saner NJ, Trewin AJ, Alexander SE, Roberts SHS, Hiam D, Garnham A, Drinkwater EJ, Aisbett B, **Lamon S**. The interactive effect of sustained sleep restriction and resistance exercise on skeletal muscle transcriptomics in young females. *Physiol Genomics*. 2024 Jul 1;56(7):506-518
- Hiam D, Landen S, Jacques M, Voisin S, **Lamon S\***, **Eynon N\***. Muscle miRNA is influenced by sex at baseline and in response to exercise. *BMC Biol*. 2023 Nov 27;21(1):273

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## Academic Distinctions (Research)

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2024 American Physiological Society (APS) Select Award. American Physiological Society.  
2023 Vice-Chancellor's Award for Excellence in Graduate Research. Deakin University.  
2020 American Physiological Society (APS) Select Award. American Physiological Society.  
2018 Experimental Physiology Inaugural Review Prize. The Physiological Society.  
2016 Victorian Fellowship. Victorian Government, Minister for Small Business, Innovation and Trade.  
2015 Vice-Chancellor's Early Career Researcher Award for Research Excellence. Deakin University.  
2007 Best Oral Presentation Award. Swiss Interfaculty Conference of Sport and Health.

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## Post-graduate supervision

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Post-doctoral research fellows: 3 (past), 3 (on-going)  
PhD students: 10 (completed), 5 (on-going)  
Master's students (research): 2 (completed)  
Honours students: 9 (completed)

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## Professional Activities (current)

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Co-Director (Victoria). Centre for Sex and Gender Equity in Health and Medicine (2024 - present)  
National Secretary. Australian Physiological Society (2023 - present)

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## Research Funding Sources (selected)

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**2025 Weary Dunlop Foundation Grant (CIB).** *A genetic approach to understand sex differences in musculoskeletal ageing* (SAUD 50,000)

**2025 Australian Research Council (ARC) Discovery project (CIA), DP250100932.** *Understanding the role of sex in ageing muscle* (\$AUD 730,000).

**2024 Department of Health and Human Services – Victoria (CIB).** *A review of medical curriculum, policy and research on sex and gender inclusion at the local, national and international levels and map out sex and gender bias in medical and public health research* (\$AUD 327,709).

**2024 World Anti-Doping Agency (WADA), Social Sciences Research Grant (CID).** *Performance and image enhancing drug use among women: Investigating the role support personnel have in facilitating or preventing use* (\$AUD 102,000).

**2024 Australian Institute of Sport (AIS) Research and Development Grant (CID).** *"Beyond Injury Recovery: How Performance Support Practitioners Collaborate to Facilitate Holistic Athlete Wellbeing During the Return to Play Journey"* (\$AUD 35,798).

**2023 Change Our Game Research Grants Program, Victorian State Government (CIF).** *"Menstruation matters for participation in sport and active recreation"* (\$AUD 24,925).

**2023 Perpetual's 2023 IMPACT Philanthropy grant (CIB).** *"Small genes with big potential – mitochondrial non-coding RNAs as new players in the regulation of heart disease"* (\$AUD 80,806)

**2023 Australian Institute of Sport (AIS) Research and Development Grant (CID).** *"Developing an AW&E Toolkit: A qualitative study of athlete wellbeing and engagement (AW&E) management in Australian high-performance sport"* (\$AUD 44,400)

**2021 Australian Research Council (ARC) Future Fellowship (sole CI).** FT210100278, *"Understanding the determinants of age-related muscle wasting in females"* (\$AUD 949,628)

**2020 Australian Physiological Society (AuPS) Education Research Grant Scheme (sole CI).** *"New to an academic position - bridging the gap between researchers and teachers"* (\$AUD 3,000)

**2020 Australian Research Council (ARC) Discovery project (CIC), DP200101830.** *"Can exercise slow down the epigenetic ageing clock?"* (\$AUD 440,000)

**2019 International Olympic Committee Medical and Scientific Research Fund (CIA).** *"Does endogenous testosterone determine athletic performance in females"* (\$AUD 85,893)

**2016 Victorian Fellowship (sole CI).** *"Implementing a GS-MS technique to measure protein synthesis in muscle samples in vivo"* (\$AUD 36,000)

**2015 Australian Research Council (ARC) Discovery Early Career Researcher Award (DECRA) (sole CI), DE150100538.** *"Understanding the role of miRNAs in the biology of ageing muscle"* (\$AUD 353,807)

**2012 Alfred Deakin Post-Doctoral Fellowship (sole CI).** *"A new strategy to enhance skeletal muscle growth in the elderly"* (~ \$AUD 160,000)

**2010 Swiss National Science Foundation (SNSF) Post-Doctoral Fellowship (Prospective Researcher) (sole CI), 131833 and 137051.** *"Erythropoietin as a therapeutic agent to protect against muscle atrophy"* (~ \$AUD 133,860)