Curriculum Vitae - Philip Hurst

Dr Philip Hurst, FHEA 0121 414 1466 philip.hurst@canterbury.ac.uk

Overview

Senior Lecturer in Sport and Exercise Psychology and interdisciplinary researcher with specialism in placebo effects and safeguarding in sport. Research investigates the influence of placebo effects during exercise related outcomes and understanding the psychological antecedents of maladaptive behaviours, such as doping, abuse and harassment in sport. A track record of receiving funding by international and national organisations, such as the World Anti-Doping Agency, UK Active and Sport England to support research. PhD focused on the development of a large-scale controlled design to examine the mediators and moderators of the placebo effect and its impact in preventing drug use. Presented at international and national conferences and published high quality research of international standing, which is eligible for inclusion in the Research Excellence Framework.

Employment history

Date	Employer	Post-title
January 2025 - present	UK Anti-Doping	Chaperone
August 2019 - present	Canterbury Christ Church University	Senior Lecturer
June 2018 – July 2019	Canterbury Christ Church University	Lecturer
May 2017 – June 2018	University of Birmingham	Research Fellow
January 2016 - present	UK Anti-Doping	Anti-Doping Educator
January 2016 - present	British Athletics	Educational representative on the Anti-doping Policy and Support Team
March 2015 - present	Diploma in Sport Excellence (DiSE)	Mentor
October 2013 - August 2017	Canterbury Christ Church University	University instructor

Qualifications

Year	Full award title	Awarding body
2013 – 2018	Ph.D. Sport and Exercise Science	Canterbury Christ Church University
2015 – 2016	Post Graduate Certificate in Applied Practice	Canterbury Christ Church University
2012 – 2013	MSc. Sport & Exercise Science (Distinction)	University of Sunderland
2009 – 2012	BSc. Sports & Exercise Science (1st class)	University of Sunderland

Selected peer-reviewed publications

1. Souza, H., **Hurst, P.,** Oliveira, G., Meireles, A., Arriel, R., Hohl, R., Garcia, M. and Marocolo, M. (2025). Positive and negative verbal instructions associated with sham-ischemic preconditioning moderate improvements of knee-extension resistance exercise in trained men. International Journal of Sports Physiology and Performance
2. Roelands, B. and **Hurst, P.** (2020) The placebo effect in sport: How practitioners can inject words to improve performance. *International Journal of Sports Physiology and Performance,* 1, pp.1-2
3. **Hurst, P.,** Schipof-Godart, L., Hettinga, F., Roelands, B. and Beedie, C. (2020) Improved 1000-m running performance and pacing strategy with caffeine and placebo: a balanced placebo design study. *International Journal of Sports Physiology and Performance*, 1, pp.1-6.
4. **Hurst, P.,** Schipof-Godart, L., Szabo, A., Raglin, J., Hettinga, F., Roelands, B., Lane, A., Foad, A., Coleman, D. and Beedie, C., (2019) The Placebo and nocebo effect on sports performance: A systematic review. *European journal of sport science,* 20(3), pp.279-292.
5. **Hurst, P**., Foad, A., Coleman, D. and Beedie, C. (2017) Athletes intending to use sport supplements are more likely to respond to a placebo. *Medicine and Science in Sport and Exercise*, 49 (9) pp. 1877-1883

For a complete list see**:** https://scholar.google.co.uk/citations?user=SY37_8UAAAAJ&hl=en

Most recent invited symposia

1. Saunders, B., Hettinga, F., O'Connor, P. & **Hurst, P.** (2025) Intervention or placebo effects: What are we measuring and how can we harness it?, Atlanta, United States of America, 27th to 30th May, 2025
2. Ohlert, J., Kavanagh, E., Willson, E., **Hurst, P.** & Lang, M. (2024) Safeguarding II: Approaches to enhancing athlete safety at the European Congress of Sport & Exercise Psychology, Innsbruck, Austria, 15th to the 19th of July 2024
3. **Hurst, P.,** Murofushi., Y. & García-Grimau., E. (2024) Intentional and unintentional doping: what is the risk of using dietary supplements? at the Annual Congress of the European College of Sport Science, Glasgow, Scotland, 3rd to 6th July, 2024
4. **Hurst, P,** Chatziefstathiou., D., Rulofs, B. & Kerr, G. Safeguarding athletes in sport: The past, present and future at the Annual Congress of the European College of Sport Science, Paris, France, 4th to 7th July, 2023
5. **Hurst, P.** and Edwards, A. Overcoming challenges of COVID-19 for sport and exercise scientists: harnessing remote technology to measure sport and exercise outcomes, Annual Congress of the European College of Sport Science, Seville, Spain, 1st to 3rd of September, 2022

External Grants

1. $63,500 (£48,000) grant awarded by the World Anti-Doping Agency, April 2025. Project title: Co-creating anti-doping educational. Role: Principal investigator
2. R$223,048 (£30,000) grant by São Paulo Research Foundation (FAPESP), March 2025. "The impact of altitude expectation on cyclist performance: A balanced placebo study". Role: External supervisor
3. $140,041 (£115,000) grant awarded by the Partnership for Clean Competition and the World Anti-Doping Agency, January 2025. Project title: Toward an ethical sport, Role: Co-investigator
4. $19,576 (£16,000) grant awarded by the World Anti-Doping Agency, July 2022. Project title: Athletes with intellectual impairments and their support personnel: understanding anti-doping policy, provision, and practice. Role: Principal investigator.
5. R$943,522 (£155,000) grant awarded by São Paulo Research Foundation (FAPESP), April 2022. Project title: Placebo in sport and exercise: prevalence, conditioning and open placebo. Role: Co-investigator

References

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