

Dr Amy Elizabeth Harwood

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Statement

I am a Reader in Clinical Exercise Physiology and Deputy Research Lead in the Department of Sport and Exercise Science, Institute of Sport at Manchester Metropolitan University. I completed my PhD on the optimisation and efficacy of a supervised exercise programme for people with peripheral artery disease. During this time, I also qualified as a vascular sonographer and have since become a registered Clinical Exercise Physiologist. My current research focusses on exercise in cardiovascular disease populations, health service delivery, as well as new methods of delivery. I am currently also researching heat therapy as a strategy for those who cannot or do not want to engage with exercise, specifically those patients with vascular disease.

Education	Degree	Completion Date	Field of study
Hull York Medical School	PhD	12/2017	Exercise Physiology, Vascular Physiology
University of Leeds	PgCert	10/2015	Diagnostic and Vascular Imaging
King's College London	MSc	08/2014	Human and Applied Physiology
University of Portsmouth	BSc(hons)	06/2013	Sport and Exercise Science

Academic Positions

Aug 2023 – present: Reader in Clinical Exercise Physiology, Department for Sport & Exercise Sciences, Manchester Metropolitan University, Manchester, UK

August 2023 – present: Honorary Senior Research Fellow in Cardiovascular Science Faculty of Biology, Medicine and Health, University of Manchester, Manchester, UK

May 2020 – July 2023: Assistant Professor in Clinical Exercise Physiology, Centre for Sport and Exercise Life Sciences, Coventry University, Coventry, UK

October 2018 – May 2020: Postdoctoral Research Fellow, Faculty of Medicine and Health Sciences, University of Sydney, Sydney, Australia

October 2018 – May 2020: Honorary Lecturer, Faculty of Health Science, University of Hull, Hull, UK

October 2017 – September 2018: Postdoctoral Research Fellow, Hull York Medical School, Hull Royal Infirmary, Hull, UK

April 2015 – October 201: Vascular Scientist & Exercise Physiologist, Hull Royal Infirmary, Hull, UK

Leadership Positions (selected):

January 2024 – present: Future Research and Innovation Leaders Mentor, Manchester Metropolitan University

October 2023 – present: Deputy Research Lead and Thematic Lead (Interventions for Health) Department of

Sport and Exercise Sciences, Manchester Metropolitan University

August 2021 – July 2023: Research Ethics Lead Centre for Sport, Exercise & Life Sciences, Coventry University, UK

August 2020 – July 2023: Cardiovascular and Lifestyle Medicine Deputy Theme Lead, Centre for Sport, Exercise & Life Sciences, Coventry University, UK

November 2019 – present: Associate Editor, Vascular Medicine journal

September 2019 – present: Senior Associate Editor, British Medical Journal Open, Sport and Exercise Medicine

Honors (selection)

2022 – Coventry University Exceptional Performance Award

2017 - Journal of Vascular Nursing Writing Award for Overall Best Published Paper (doi: 10.1016/j.jvn.2017.03.001)

Invited presentations (selection)

Harwood A.E & Bowden-Davies K (2024): Chronic disease prevention and management, BASES Student Conference, Manchester Metropolitan University, Manchester, UK

Harwood A.E.(2023): The Mechanism by which Exercise improves function outcomes in patients with peripheral artery disease, Royal society of Medicine, London UK.

Harwood A.E. & Lanzi S(2023). Specificities of exercise testing and training for people with peripheral artery disease, Masterclass Presentation, European Society of Vascular medicine, Milan, Italy

Publications (selection)

Mazzolai L, Belch J, Venermo M...**Harwood AE** et al. (2023). Exercise therapy for chronic symptomatic peripheral artery disease: a clinical consensus document of the ESC Working Group on Aorta & Peripheral Vascular Diseases in collaboration with the European Society of Vascular Medicine, and the European Society for Vascular Surgery. *European Heart Journal*

Steward CJ, Menzies C, Clarke ND, **Harwood AE**, Hill M, Pugh CJA, Thake D, Cullen T. (2023). The effect of age and mitigation strategies during hot water immersion on orthostatic intolerance and thermal stress. *Experimental Physiology*, doi:10.1113/EP090993

Burgess L, Babber A, Shalhoub J, Smith A, N de la Rosa...**Harwood AE** et al.(2023). Neuromuscular Electrical Stimulation for Intermittent Claudication (NESIC): multicentre randomised controlled trial. *British Journal of Surgery*, doi: 10.1093/bjs/znda299

Harwood AE, Pugh CJA, Steward CJ, Menzies C, Thake CD, Cullen T. (2021). A systematic review of the role of heat therapy for patients with intermittent claudication due to peripheral artery disease. *Vascular Medicine*, 26(4): 440-447, doi: 10.1177/1358863X20983475

Complete list of published works: <https://www.researchgate.net/profile/Amy-Elizabeth-Harwood>