

**Summary CV**  
9<sup>th</sup> November 2023

<b>Name:</b> Professor Stuart Galloway	<b>Faculty/Division:</b> Health Sciences and Sport
<b>CAREER SUMMARY</b>	
<b>Present appointment</b> 2020-present Professor of Exercise Physiology, University of Stirling	
<b>Summary of previous relevant appointments</b> 2013-2020 Reader / Associate Professor, University of Stirling 2003-2013 Senior Lecturer, University of Stirling 1999-2003 Lecturer, University of Stirling 1996-1999 Research Fellow, University of Strathclyde	
<b>Academic qualifications</b> 1992-1996 PhD Nutrition and Metabolism, University of Aberdeen, SCOTLAND 1990-1992 MSc Exercise Physiology, University of New Brunswick, CANADA 1986-1990 BSc(Hons) Physiology and Sport Science, University of Glasgow, SCOTLAND	
<b>Postgraduate research student supervision</b> PGR Student completions (awarded): $\frac{16}{7}$ Current PGR Students: $\frac{7}{7}$	
<b>RESEARCH</b>	
<p><b>Research</b> My research focusses on the broad fields of human nutrition and exercise metabolism. My research falls into three main areas:</p> <ol style="list-style-type: none"> <li>1) assessing factors that impact upon metabolism, inflammation, and muscle function at rest and during exercise, in healthy active and clinical populations;</li> <li>2) understanding fluid and electrolyte balance throughout life by examining factors influencing the maintenance of hydration status, and links to health/disease in different population groups;</li> <li>3) exploring the magnitude of metabolic adaptations and responses to exercise interventions and examining sex differences in these physiological responses.</li> </ol> <p>My research spans the health spectrum from working with well-trained athletes, overweight/obese, to patient populations such as those with Type 1 or Type 2 diabetes, and across the life course from young children through to middle-aged and older adults. My research uses a wide range of techniques to assess whole body and muscle tissue physiological responses, and more recently also includes a focus on cell culture methodologies to study mechanistic aspects in more detail. In my career to date I have published over 100 original papers, reviews, book chapters and reports. I currently have an H-index of 37, an i10 index of 66, with over 6000 citations.</p>	
<b>EXTERNAL RECOGNITION</b>	
<ul style="list-style-type: none"> <li>• Member of British Dietetic Association (BDA), Nutrition Society, The Physiological Society, British Association of Sport and Exercise Sciences (BASES), American College of Sports Medicine (ACSM), and European College of Sport Sciences (ECSS).</li> <li>• Fellow of the European College of Sport Sciences (FECSS).</li> <li>• Fellow of The Physiological Society (FTPS).</li> <li>• Fellow of the Higher Education Academy (FHEA).</li> <li>• British Dietetic Association Role of Honour award (2016).</li> <li>• British Dietetic Association IBEX award for professional achievement (2018).</li> </ul>	

## Publications relevant to symposium proposal

Witard OC, Banic M, Rodriguez-Sanchez N, van Dijk M & **Galloway SDR** (2023) Long-chain n-3 polyunsaturated fatty acid ingestion for the stimulation of muscle protein synthesis in healthy older adults. *Proc Nutrition Soc* (in press).

Wardle SL, Macnaughton LS, McGlory C, Witard OC, Dick JR, Whitfield PD, Ferrando AA, Wolfe RR, Kim IY, Hamilton DL, Moran CN, Tipton KD, & **Galloway SD** (2020) Human skeletal muscle metabolic responses to 6 days of high-fat overfeeding are associated with dietary n-3PUFA content and muscle oxidative capacity. *Physiological Reports*. Aug;8(16):e14529. <https://doi.org/10.14814/phy2.14529>

Carboni S, Kaur G, Pryce A, McKee K, Desbois AP, Dick JR, **Galloway SD** & Hamilton DL (2019) Mussel consumption as a "food first" approach to improve omega-3 status [Mussels as a dietary source of omega-3 fatty acids]. *Nutrients*, 11 (6), Art. No.: 1381. <https://doi.org/10.3390/nu11061381>

Philpott JD, Bootsma NJ, Rodriguez-Sanchez N, Hamilton DL, MacKinlay E, Dick J, Mettler S, **Galloway SDR**, Tipton KD, & Witard OC (2019) Influence of Fish Oil-Derived n-3 Fatty Acid Supplementation on Changes in Body Composition and Muscle Strength During Short-Term Weight Loss in Resistance-Trained Men. *Front Nutr*. 2019 Jul 16;6:102. doi: 10.3389/fnut.2019.00102.

Philpott JD, Witard OC, & **Galloway SDR** (2019) Applications of omega-3 polyunsaturated fatty acid supplementation for sport performance. *Res Sports Med*. 2019 Apr-Jun;27(2):219-237. doi: 10.1080/15438627.2018.1550401.

Philpott JD, Donnelly C, Walshe IH, MacKinley EE, Dick J, **Galloway SDR**, Tipton KD, & Witard OC (2018) Adding Fish Oil to Whey Protein, Leucine, and Carbohydrate Over a Six-Week Supplementation Period Attenuates Muscle Soreness Following Eccentric Exercise in Competitive Soccer Players. *Int J Sport Nutr Exerc Metab*. 2018 Jan 1;28(1):26-36. doi: 10.1123/ijsnem.2017-0161.

Jeromson S, Mackenzie I, Doherty MK, Whitfield PD, Bell G, Dick J, Shaw A, Rao FV, Ashcroft SP, Philp A, **Galloway SDR**, Gallagher I, & Hamilton DL (2018) Lipid remodeling and an altered membrane-associated proteome may drive the differential effects of EPA and DHA treatment on skeletal muscle glucose uptake and protein accretion. *Am J Physiol Endocrinol Metab*. 2018 Jun 1;314(6):E605-E619. doi: 10.1152/ajpendo.00438.2015.

Gravina L, Brown FF, Alexander L, Dick J, Bell G, Witard OC, & **Galloway SDR** (2017) n-3 Fatty Acid Supplementation During 4 Weeks of Training Leads to Improved Anaerobic Endurance Capacity, but not Maximal Strength, Speed, or Power in Soccer Players. *Int J Sport Nutr Exerc Metab*. 2017 Aug;27(4):305-313. doi: 10.1123/ijsnem.2016-0325.

McGlory C, Wardle SL, Macnaughton LS, Witard OC, Scott F, Dick J, Bell JG, Phillips SM, **Galloway SD**, Hamilton DL, & Tipton KD (2016) Fish oil supplementation suppresses resistance exercise and feeding-induced increases in anabolic signaling without affecting myofibrillar protein synthesis in young men. *Physiol Rep*. 2016 Mar;4(6):e12715. doi: 10.14814/phy2.12715.

Jeromson S, Gallagher IJ, **Galloway SD**, & Hamilton DL (2015) Omega-3 Fatty Acids and Skeletal Muscle Health. *Mar Drugs*. 2015 Nov 19;13(11):6977-7004. doi: 10.3390/md13116977.

Full list of publications available on:

Google scholar profile: <https://scholar.google.co.uk/citations?user=74-DxjoAAAAJ&hl=en>

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## Recent grants relevant to symposium proposal

### Year, Funder, Title, Amount

2023-2024, BBSRC iNtrilife Proof of concept. Nutritional modification of inflammatory signalling in young and older adults through n-3 PUFA ingestion: a dose response and washout study. £90,000.

2020-2023, Danone Nutricia Research. Omega-3 and skeletal muscle health, £102,000.