

John Owen Osborne

Ph.D.(ExPhys), BENS (Hons), ASpSI, AES, ESSAM, AFHEA



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Medicine and Health Sciences, Office U7.230,
UiT The Arctic University of Norway,
Tromsø, 9037,
Norway

EDUCATION

- 2024 - Present **International Olympic Committee (IOC) – Graduate Diploma in Sports Nutrition**
- 2015 - 2019 **Doctor of Philosophy (Ph.D.) - Exercise Physiology**
Queensland University of Technology, Institute of Health and Biomedical Innovation & School of Exercise and Nutrition Sciences, Australia
[Thesis](#): Gastrointestinal damage, inflammation, and central fatigue during exercise in the heat.
- 2009 – 2013 **Bachelor of Exercise & Nutrition Science – Honours (Class 1)**
University of Queensland, School of Human Movement Studies, Australia
Thesis: Effect of caffeine supplementation on the exercise performance of female cyclists.

CURRENT EMPLOYMENT

- 2022 - Present **[Associate Professor & Research Project Leader](#)** – *School of Sports Sciences, UiT The Arctic University of Norway.*
Project: The Female Endurance Athlete (FENDURA) ([Project link](#)). Lead a \$5M AUD (~3M EUR) multi-institution female athlete research project (>15 members)
- 2025 - Present **[Conjoint Senior Research Fellow \(Allied Health\)](#)** – *Sunshine Coast University Hospital (SCUH) & University of Sunshine Coast (UniSC), Australia.*
[Adjunct Senior Lecturer](#) – *School of Health, University of Sunshine Coast (UniSC)*

PREVIOUS EMPLOYMENT

- 2021 - 2024 **[Postdoctoral Research Fellow](#)** – *School of Sports Sciences, UiT The Arctic University of Norway*
Project: The Female Endurance Athlete (FENDURA) ([Project link](#)).
- 2019 - 2021 **[Senior Policy Officer](#)** - *Alcohol and Other Drugs; Strategic Planning and Partnerships Unit, Mental Health Alcohol and Other Drugs Branch, Clinical Excellence Queensland, Queensland Department of Health.*
- 2020 **[Unit Coordinator & Lecturer](#)** – *School of Health & Wellbeing, University of Southern Queensland (USQ)*
- 2019-2020 **[Senior Project Officer \(Research Data Analyst\)](#)** – *Office of the Chief Psychiatrist, Clinical Excellence Queensland Division, Queensland Department of Health.*
- 2015 – 2020 **[Unit Coordinator, Lecturer, & Tutor](#)** – *School of Exercise & Nutrition Sciences, Queensland University of Technology*

PROFESSIONAL ACCREDITATIONS, MEMBERSHIPS AND SKILL CERTIFICATIONS

- **Accredited Sports Scientist Level 1** ([AspS Lvl1](#)) & **Exercise Scientist** ([AES](#)) – Exercise and Sports Science Australia
- **Associate Fellow** (AFHEA) - Higher Education Academy
- **Member**: ESSA; European College of Sport Science (ECSS); American College of Sports Medicine
 - **ECSS Special Interest Group member**: Sport Nutrition; Environmental Physiology; RED-s.

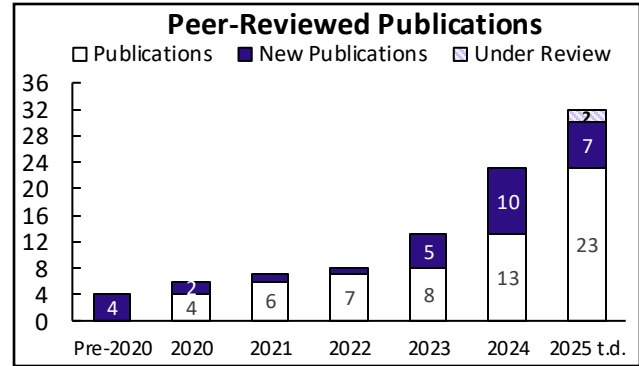
SUCCESSFUL GRANTS AND FUNDING: \$488, 700 AUD Career to Date (~276k EUR)

HIGHER DEGREE RESEARCH (HDR) STUDENT SUPERVISION (11 COMPLETED)

Ph.D. Students (2 completed); Master by Research (9 completed); Master by Research (1 ongoing).

PEER-REVIEWED RESEARCH PUBLICATIONS (N=30)

- **Published 30 peer-reviewed papers (2018-2025)**
 - Topics: female health, applied sports science, population health, human physiology, thermal stress, metascience, and research methodology.
 - For paper details: [Google Scholar](#) or [ResearchGate](#)
 - Citations: 349 to date
 - H-index: 10; i10-index: 10



SELECTION OF RECENT PUBLISHED PEER-REVIEWED ARTICLES RELEVANT TO SYMPOSIUM

1. Larsen, B., Greet, T., Bird, S.P., Quinn, K., McNamara, A., & **Osborne, J.O.** (2025). The development of a valid and reliable questionnaire to measure menstrual cycle and hormonal contraceptive knowledge amongst athletes and sports performance support staff. *SJMSS* (Accepted Nov 2025).
2. **Osborne, J.O.**, Storvand, J.H., Engseth, T.P., Solli, G.S., Morseth, B., Taylor, M., Welde, B., Elliott-Sale, K.J., Andersson, E.P., Sandbakk, Ø., & Noordhof, D.A. (2025). Prevalence of Hormonal Contraceptive Use and Self-Reported Symptomatic Experiences Attributed to the Menstrual Cycle or Hormonal Contraceptive Use in Norwegian Women: The Effect of Training Categories and Age Groups - The FENDURA Project. *SJMSS*, 35, no. 7 (2025): e70096. [DOI](#)
3. **Osborne, J.O.**, Andersson, E.P., Pedersen, S., Welde, B., Petterson, S.A., Emaus, A., Solli, G.S. & Engseth, T.P. (2025). Hormonal contraceptive use and self-reported menstrual cycle-related symptom frequency and severity in Norwegian team handball players of different competition levels. *IJSP*, 20(4), 515-523. [DOI](#)
4. Docter, H., Taylor, M., Müller, A.L., **Osborne, J.O.**, Sandbakk, Ø., de Koning, J.J., Noordhof, D.A. Running economy after a low- and high intensity training session in naturally menstruating endurance-trained female athletes: The FENDURA project. (2025). *SJMSS*. [DOI](#)
5. Engseth, T.P., **Osborne, J.O.**, Solli, G.S., Morseth, B., Andersson, E. P., Tropranin, V. dM., Taylor, M., Noordhof, D.A., Sandbakk, Ø., & Welde, B. (2024). Influence of menstrual- and hormonal contraceptive cycle on self-reported symptom severity and recovery measures across an annual season in female endurance athletes: The FENDURA project. *Journal of Sports Sciences*. [DOI](#)
6. Noordhof, D.A., Taylor, M., Tropranin, V.dM., Engseth, T.P., Sandbakk, Ø., & **Osborne, J.O.** (2024). Agreement Between the 2- and 3-Step Methods for Identifying Subtle Menstrual Disturbances. *IJSP*, 1(aop), [DOI](#)
7. 2024 Taylor, M. Y., Hrozanova, M., Nordengen, L., Sandbakk, Ø., **Osborne, J.O.**, & Noordhof, D. A. Influence of Menstrual-Cycle Phase on Sleep and Recovery Following High- and Low-Intensity Training in Eumenorrheic Endurance-Trained Women: The Female Endurance Athlete Project. *IJSP*. [DOI](#)
8. Taylor, M. Y., **Osborne, J.O.**, Topranin, V. D. M., Engseth, T. P., Solli, G. S., Valsdottir, D., Andersson, E., Øistuen, G. F., Flatby, I., Welde, B., Morseth, B., Haugen, T., Sandbakk, Ø., & Noordhof, D. A. (2024). Menstrual Cycle Phase has no Influence on Performance-Determining Variables in Endurance-Trained Athletes: The FENDURA Project. *MSSE*. [DOI](#)

SELECTION OF ACADEMIC CONFERENCE PRESENTATIONS AS LEAD AUTHOR/PRESENTER

- 2024 *5th World Congress in Sports Physiotherapy. Oslo, Norway.
- 2024 Women in Sport Congress. Sydney, Australia.
- 2023 Female Athlete Conference. Boston, USA.
- 2023 American College of Sports Medicine (ACSM) Annual Meeting. Denver, USA.
- 2023 *Amsterdam Institute of Sport Science – ‘Women in Sport’. Vrije Universiteit, Netherlands.
- 2023 International Congress on Science and Skiing. Saalbach-Hinterglemm, Austria.
- 2022 Transnational Working Group for the Study of Gender and Sport Conference. Bodø, Norway.
- 2022 European College of Sports Science (ECSS) International Conference. Sevilla, Spain.
- 2021 Exercise and Sports Science Australia (ESSA) National Conference. Perth, Australia.
- 2018 Institute of Health and Biomedical Innovation (IHBI) Conference. Brisbane, Australia.
- 2018 Exercise and Sports Science Australia (ESSA) National Conference. Brisbane, Australia.
- 2017 International Conference on Environmental Ergonomics (ICEE). Kobe, Japan.