

John Owen Osborne

Ph.D.(ExPhys), BENS (Hons), ASpS1, AES, ESSAM, AFHEA



[0000-0001-8681-8521](https://orcid.org/0000-0001-8681-8521)

M: +47 404 911 53

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 <i>Queensland University of Technology, Institute of Health and Biomedical Innovation & School of Exercise and Nutrition Sciences, Australia</i> <u>Thesis:</u> Gastrointestinal damage, inflammation, and central fatigue during exercise in the heat.
2009 – 2013	Bachelor of Exercise & Nutrition Science – Honours (Class 1) <i>University of Queensland, School of Human Movement Studies, Australia</i> Thesis: Effect of caffeine supplementation on the exercise performance of female cyclists.

CURRENT EMPLOYMENT

2022 - Present	Associate Professor & Research Project Leader – <i>School of Sports Sciences, UiT The Arctic University of Norway.</i> 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 – <i>School of Health, University of Sunshine Coast (UniSC)</i>

PREVIOUS EMPLOYMENT

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

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)

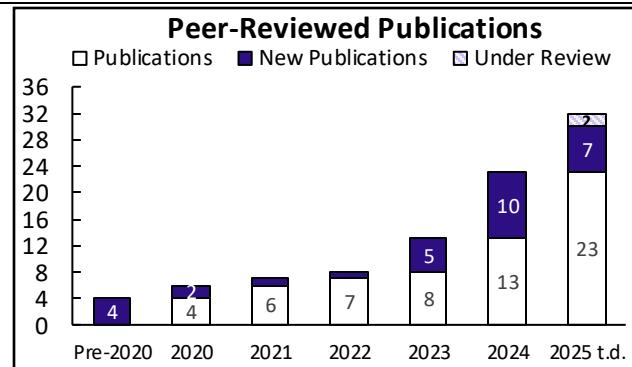
HIGHER DEGREE RESEARCH (HDR) STUDENT SUPERVISION (11 COMPLETED)

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

- 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).
- 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](#)
- 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. *IJSPP*, 20(4), 515-523. [DOI](#)
- 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](#)
- 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](#)
- 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. *IJSPP*, 1(aop), [DOI](#)
- 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. *IJSPP*. [DOI](#)
- 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.