Chris McGlory, Ph.D.
Curriculum Vitae
(Current as of 2025-11-14)

BUSINESS ADDRESS

School of Kinesiology and Health Studies
Queen's University
KHS 302A
28 Division St.
Kingston, ON
L7L 3N6
Tel: +1(905) 921 3388
Email: Chris.McGlory@queensu.ca

EDUCATION

Ph.D. 09/2010 to 04/2014

Nutritional Biochemistry and Metabolism, University of Stirling, UK. Supervisor-Dr. David Lee Hamilton and Prof. Kevin D. Tipton. Thesis: The impact of n-3 PUFA supplementation on human skeletal muscle metabolism.

M.Phil. 09/2009 to 09/2010

Molecular Exercise Physiology, Liverpool John Moores University, UK. Supervisor-Dr. James Morton. Thesis: Molecular responses of human skeletal muscle to hypertrophy-type and strength-type resistance exercise protocols.

B.Sc. 09/2005 to 05/2009

Exercise Physiology (Hons) Liverpool John Moores University, UK. Supervisor-Dr. James Morton. Thesis: The effects of post-exercise consumption of high molecular weight versus low molecular weight carbohydrate solutions on subsequent high-intensity interval running capacity.

EMPLOYMENT

08/2025-Present

Associate Professor, School of Kinesiology and Health Studies, Department of Medicine (cross appointment) Queen's University, Canada.

08/2019-Present

Assistant Professor, School of Kinesiology and Health Studies, Department of Medicine (cross appointment) Queen's University, Canada.

04/2014- 06/2019

Diabetes Canada and ESPEN- funded Postdoctoral Research Fellow, McMaster University, Canada. Supervisor- Dr. Stuart M Phillips.

SELECT ORIGINAL RESEARCH PUBLICATIONS

A. Published Original Research Articles

1. Pufahl C, Smart SE, Bureau J, Ross B, Simpson CA, Metherel AH, Dick JR, **McGlory C**. The influence of biological sex on skeletal muscle phospholipid membrane composition in reponse to omega-3 polyunsaturated fatty acid supplementation and washout in humans. Prostaglandins, Leukot Essent Fatty Acids. 2025 Oct: 206: 102696. Doi: 10.1016/j.plefa.2025. 102696.

2. Ferguson EJ, Pacitti LJ, Bureau J, Pufahl CJ, Menezes E, Stokes T, Gandhi S, Delfinis LJ, Simpson CA, Perry CGR, Gurd BJ, **McGlory C**. Biological sex does not impact intrinsic mitochondrial respiration supported by complexes I and II in human skeletal muscle. Exp Physiol. 2025 Mar. DOI: 10.1113/EPO92551.

3. Kontro H, **McGlory C**, MacInnis MJ. Deuterated water (2H2O) can be used to quantify hemoglobin synthesis and red blood cell lifespan in humans. Acta Physiol (Oxf). 2025 Feb; 241(2): e14259.

4. **McGlory C**, Gorissen SHM, Kamal M, Bahniwal R, Hector AJ, Baker SK, Chabowski A, Phillips SM. Omega-3 fatty acid supplementation attenuates skeletal-muscle-disuse-atrophy during two weeks of unilateral leg immobilization in healthy young women. FASEB J. 2019 Jan 10. Doi:10.1096fj.201801857RRR

5. Pacitti LJ, Laberge J, Shikaze KE, Drouin PJ, Tschakovsky ME, **McGlory C**, Gurd BJ. Physiological and perceptual response to critical power anchored HIIT: a sex comparison study. Eur J Appl Physiol. 2025 Feb; 125(2): 317-326.

6. Wageh M, Fortino SA, Pontello R, Maklad A, **McGlory C**, Kumbhare D, Phillips SM, Parise G. The effect of multi-ingredient protein versus collagen supplementation on satellite cell properties in males and females. Med Sci Sports Exerc. 2024 Nov; 56(11): 2125-2134.

7. McCleod JC, Lim C, Stokes T, Sharif J, Zeynalli V, Wiens L, D'Souza ACD, Colenso-Semple L, McKendry J, Morton RW, Mitchell CJ, Oikawa SY, Wahlestedt C, Chapple JP, **McGlory C**, Timmons JA, Phillips SM. Network-based modelling reveals cell-type enriched patterns of non-coding RNA regulation during human skeletal muscle remodelling. NAR Mol Med. 2024 Oct; 1(4): ugae016.

8. Ross R, John E, **McGlory C**, Davidson LE, Stotz PJ. Does aerobic exercise increase skeletal muscle mass in female and male adults? Med Sci Sports Exerc. 2024 May 1;56(5):776-782. doi: 10.1249/MSS.0000000000003375.