JAMIE WHITFIELD, Ph.D.

Level 3, 250 Victoria Parade • East Melbourne, Victoria, 3002 • (+61) 392 308 252 • jamie.whitfield@acu.edu.au

ORCID: 0000-0002-8961-8872
SCOPUS AUTHOR ID: 56118380700

EMPLOYMENT

The Mary Mackillop Institute for Health Research Jan. 2025-Present
Australian Catholic University, Melbourne, VIC
Senior Lecturer

The Mary Mackillop Institute for Health Research Mar. 2017-Dec. 2014
Australian Catholic University, Melbourne, VIC
Postdoctoral Research Fellow

EDUCATION

University of Guelph, Guelph, Ontario Awarded June 2017
Ph.D. Human Health and Nutritional Sciences
Advisors: Prof. Lawrence L. Spriet, Assoc. Prof. Graham P. Holloway

University of Western Ontario, London, Ontario Awarded June 2011
Bachelor of Arts, Honors Specialization Kinesiology

Exercise and Sport Science Australia (ESSA) – Accredited Sport Scientist (ASpS) Level 2
International Society for the Advancement of Kinanthropometry (ISAK) – Level 1 Accreditation
First Aid and CPR Certification – Current, November 2025

AWARDS AND RECOGNITION

- Postdoctoral Research Fellowship, 2020-2022; *Natural Sciences and Engineering Research Council of Canada*
- Faculty of Health Sciences Research Project Grant Scheme, 2018-2019; *Australian Catholic University*
- Dean's Honor List, Faculty of Health Science, 2008-2011, *University of Western Ontario*
- Varsity Athlete, Track and Field and Cross Country, 2006-2009, *University of Western Ontario*
- Academic All-Canadian 2008-2009, *University of Western Ontario*

SUPERVISORY EXPERIENCE

- Mr. Mingyue Yin, Ph.D. Candidate (Co-Supervisor) 2025-Present
- Mr. Kyle Dunlop, Ph.D. Candidate (Co-Supervisor) 2024-Present
- Mr. Declan Tingay, Honours (Co-Supervisor) 2022-2023
- Mr. Mehdi Belhaj, Ph.D. Candidate (Co-Supervisor) Completed May 2023
- Ms. Natalie Janzen, Ph.D. Candidate (Assistant Supervisor) Completed June 2022
- Mr. Lachlan Marshall, Honours (Co-Supervisor) Completed Dec. 2021
- Mr. Baubak Shamim, Ph.D. Candidate (Co-Supervisor) Completed Aug. 2020

PROFESSIONAL SOCIETY MEMBERSHIP

- European College of Science (ECSS) 2025–Present
- Exercise and Sport Science Australia (ESSA) 2021–Present

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- American College of Sports Medicine (ACSM) 2013–Present
- Canadian Society for Exercise Physiology (CSEP) 2013–Present

PROFESSIONAL SERVICE

- Medicine & Science in Sports & Exercise, Associate Editor 2025–Present

RESEARCH AND PUBLISHING METRICS

- *h*-index: 17 (Scopus), Field-Weighted Citation Impact: 2.02 (SciVal)
- 38 pubications (83.8% Q1, 16.2% Q2), >1100 Citations
- 2 published book chapters

RELEVANT RESEARCH PUBLICATIONS

1. **Whitfield J.**, Egan B., Del Coso J., Derave W., Saunders B., Burke L.M., **2025**. UCI Sports Nutrition Project: Considerations and Applications for the Use of Sports Foods and Supplements to Improve Performance in Cycling. *Int J Sport Nutr Exerc Metab.*
2. **Whitfield J.**, McKay A.K.A., Tee N., McCormick R., Morabito A., Karagounis L.G., Fouassier A.M., D'Amico D., Singh A., Burke L.M., Hawley J.A. Evaluating the Impact of Urolithin A Supplementation on Running Performance, Recovery, and Mitochondrial Biomarkers in Highly Trained Male Distance Runners. *Sports Med.* https//doi.org/10.1007/s40279-025-02292-5.
3. Hoffman, N.J., **Whitfield, J.**, Xiao, D., Radford, B.E., Suni, V., Blazev, R., Yang, P., Parker, B.L., Hawley, J.A., **2005**. Phosphoproteomics Uncovers Exercise Intensity-Specific Skeletal Muscle Signaling Networks Underlying High-Intensity Interval Training in Healthy Male Participants. *Sports Med*. https://doi.org/10.1007/s40279-025-02217-2.
4. Burke, L.M., **Whitfield, J.**, Hawley, J.A., **2025.** The race within a race: Together on the marathon starting line but miles apart in the experience. *Free Radic Biol Med* 227, 367–378.
5. Broome, S.C., **Whitfield, J.**, Karagounis, L.G., Hawley, J.A., **2024.** Mitochondria as Nutritional Targets to Maintain Muscle Health and Physical Function During Ageing. *Sports Med* 54, 2291–2309.
6. Burke, L.M., **Whitfield, J.**, **2024**. Ketogenic Diets Are Not Beneficial for Athletic Performance. *Med Sci Sports Exerc* 56, 756–759.
7. **Whitfield J., 2023**. Metabolic Adaptations to Training. In Iñigo Mujika (Ed.) *Endurance Training, Science and Practice, Second Edition* (pp 185-197). Vitoria-Gasteiz, Basque Country: Iñigo Mujika S.L.U.
8. Burke, L.M.*, **Whitfield, J.***, Ross, M.L.R., Tee, N., Sharma, A.P., King, A.J., Heikura, I.A., Morabito, A., McKay, A.K.A., **2023.** Short Severe Energy Restriction with Refueling Reduces Body Mass without Altering Training-Associated Performance Improvement. *Med Sci Sports Exerc* 55, 1487–1498. ***Contributed equally**
9. **Whitfield, J.***, Burke, L.M*., McKay, A.K.A., Heikura, I.A., Hall, R., Fensham, N., Sharma, A.P., **2021**. Acute Ketogenic Diet and Ketone Ester Supplementation Impairs Race Walk Performance. *Med Sci Sports Exerc* 53, 776–784. ***Contributed equally**
10. Burke, L.M.*, **Whitfield, J.***, Heikura, I.A., Ross, M.L.R., Tee, N., Forbes, S.F., Hall, R., McKay, A.K.A., Wallett, A.M., Sharma, A.P., **2020.** Adaptation to a low carbohydrate high fat diet is rapid but impairs endurance exercise metabolism and performance despite enhanced glycogen availability. *J Physiol* 599, 771–790. ***Contributed equally**