Professor James P Morton: Liverpool John Moores University

EDUCATION

2006 – 2007: **Post-Graduate Certificate in Higher Education and Learning.** Liverpool John Moores University. Grade: **Distinction**.
2003 – 2006: **PhD Exercise Metabolism.** Liverpool John Moores University.
2000 – 2003: **B.Sc. (Hons) Sports Science.** Liverpool John Moores University. Grade: **1st Class**.

ACADEMIC EMPLOYMENT

2018-: **Professor in Exercise Metabolism.** Liverpool John Moores University.
2015-2021: **Subject Head in Physiology.** Liverpool John Moores University.
2014-2018: **Reader in Exercise Metabolism & Nutrition.** Liverpool John Moores University.
2008 - 2014: **Lecturer-Senior Lecturer in Exercise Metabolism & Sports Nutrition.** Liverpool John Moores University.
2007: **Post-Doctoral Research Fellow.** Liverpool John Moores University.
2006 – 2007: **Lecturer in Sports Science.** Liverpool John Moores University.

RESEARCH INCOME

TOTAL INCOME £ > 2 million since 2005

PUBLICATIONS

> 220 research publications since 2005, 3 books, 15 book chapters

Publications listed from 2024

1. Ravikanti, S., Silang, K.G., Martyn, H., Johnson, K., Louis, J.B., Bampouras, T.M., Owens, D.J., Jones, A.M., Morton, J.P. and Pugh, J.N. (2025). ^{13}C labelled glucose-fructose reveal greater exogenous and whole body CHO oxidation and a lower O_2 cost of running at 120 versus 60 and 90 $g.h^{-1}$ in elite male marathoners. *Journal of Applied Physiology,* In Press.
2. Nishimura, Y., Langan-Evans, C., Taylor, H.L., Foo, W.L., **Morton, J.P.,** Shepherd, S., Strauss, J., Burniston, J.G. and Areta, J.L. (2025). Endocrine, metabolic and skeletal muscle proteomic responses during energy deficit with concomitant aerobic exercise in humans. *FASEB Journal*, In Press.
3. Foo, W.L., Hambley, C., Tester, E., Markakis, P., Areta, J.L., Close, G.L., Speakman, J.R. and **Morton, J.P.** (2025). Energy expenditure of male soccer players from an English Premier League team does not differ between one game and two game per week micro-cycles. *Medicine and Science in Sports and Exercise*, In Press.
4. **Morton, J.P.,** Hearris, M., Fell, M.J., Owens, D.J., Halson, S. and Trommelen, J. (2025). Nutritional periodisation: strategies to enhance training adaptation and recovery. *International Journal of Sports Nutrition and Exercise Metabolism,* In Press.
5. Hannon, S.C., McStravick, J., Henthorn, L., Bawden, S., Tang, J., Dunn, R., Makino, R., Smith, K., Gonzalez, J.T., Hodson, N., **Morton, J.P.,** Kennerley, A.J. and Hearris, M.A. (2025). Co-ingesting whey protein with dual source carbohydrate enhances amino acid availability without compromising post-exercise liver glycogen resynthesis. *Journal of Physiology,* In Press.
6. Lun Foo, W.F., Tester, E., Close, G.L., Areta, J. and **Morton, J.P.** (2025). Fueling soccer players: a scoping review and audit of literature related to soccer specific guidelines for carbohydrate intake. *Sports Medicine,* **55**, 1467-1485.
7. Lun Foo, W.F., Tester, E., Markakis, P., Sabou, V., Close, G.L., McCubbin, A.J. and **Morton, J.P.** (2025). Should sport scientists and coaches provide sodium supplementation to professional soccer players? Insights from English Premier League players. *Int J Sports Sci Coaching,* In Press.
8. Bajunaid, R., et al., **Morton, J.P.,** et al., Speakman, J.R. (2025). Prediction equations derived from 6487 doubly labelled water measurements enables the detection of erroneous self-reported energy intake. *Nature Food,* **6**, 58-71.

9. Hannon, M.P., Carter, J.L., North, M., Cole, M. and **Morton, J.P.** (2025). Fuel 90: validation of a questionnaire to assess players' knowledge of carbohydrate guidelines for soccer. *Sport Sciences for Health,* In Press.
10. Wong, W., et al., **Morton, J.P**., et al. (2024). Dilution space ratio declines above the age of 60 years, potentially impacting estimates to total energy expenditure by the doubly labelled water method. *Journal of Nutrition,* **154**, 3824-3831.
11. Lun Foo, W.F., Tester, E., Close, G.L., Cronin, C. and **Morton, J.P.** (2024). Professional male soccer players' perspectives of the nutrition culture within an English Premier League football club: a qualitative exploration using Bourdieu's concepts of habitus, capital and field. *Sports Medicine,* **55**, 1009-1022.
12. Stables, R.G., Anderson, L., Sale, C., Hannon, M.P., Dunn, R., Tang, J.C.Y., Fraser, W.D., Costello, N.B., Close, G.L. and **Morton, J.P.** (2024). Training with reduced carbohydrate availability affects markers of bone resorption and formation in male academy soccer players from the English Premier League. *European Journal of Applied Physiology,* **124**, 3767-3780.
13. Kirk, C., Cronin, C., Langan-Evans, C., Clark, D.R. and **Morton, J.P.** (2024). From early explorers to restricted practitioners: a qualitative analysis of coaches' development, context and practices within UK mixed martial arts. *International Sports Coaching Journal,* In Press.
14. Sampson, G., **Morton, J.P.** and Areta, J. (2024). A broken link: knowledge of carbohydrate requirements do not predict carbohydrate intake around competition in endurance athletes. *European Journal of Sports Sciences,* **24**, 1395-1404.
15. McHaffie, S.J., Langan-Evans, C., Strauss, J.A., Areta, J.L., Rosimus, C., Evans, M., Waghorn, R., Grant, J., Cuthbert, M., Hambly, C., Speakman, J.R. and **Morton, J.P.** (2024). Energy expenditure, intake and availability of female soccer players via doubly labelled water: are we misrepresenting low energy availability? *Experimental Physiology*, In Press.
16. Kasper, A.M., Allan, J., Hodges, D., Catterson, P., Mason, L., Fitzpatrick, J., Grantham, N., **Morton, J.P.** Hearris, M., and Close, G.L. (2024). Nutritional habits of professional team sports athletes: an insight into the carbohydrate, fluid and caffeine habits of English Premier League football players during match play. *Journal of Sports Sciences,* **42**, 1589-1596.
17. Van de Heijden, I., Monteyne, A.J., West, S. **Morton, J.P.**, Langan-Evans, C., Hearris, M.A., Abdelrahman, D.R., Murton, A.J., Stephens, F.B. and Wall, B.T. (2024). Plant protein blend ingestion stimulates post-exercise myofibrillar protein synthesis rates in resistance-trained adults. *Medicine and Science in Sports and Exercise,* **56**, 1467-1479.
18. O'Donnell, A., Murray, A., Nguyen, A., Salmon, T., Taylor, S., **Morton, J.P.** and Close, G.L. (2024). Nutrition and golf performance: a systematic scoping review. *Sports Medicine,* **54**, 3081-3095.
19. Carney, D., Hannon, M.P., Murphy, R.C, Close, G.L. and **Morton, J.P.** (2024). Perspectives on the role of nutrition in influencing academy soccer player development and performance: A qualitative case study of key stakeholders from an English category one soccer academy. *Journal of Sports Sciences,* **42**, 61-72.
20. Ellis, D.G., **Morton, J.P.,** Close, G.L. and Donovan, T. (2024). An observational case series measuring the energy expenditure of elite tennis players during competition and training using doubly labelled water. *International Journal of Sports Nutrition and Exercise Metabolism,* **34**, 172-178.

INVITED CONFERENCE PRESENTATIONS

> 90 since 2005

RESEARCH SUPERVISION

> 40 PhD supervisions since 2012

PROFESSIONAL PRACTICE

Practitioner Support and Consultancy Roles:

- INEOS Sport
- Team Sky
- Liverpool Football Club
- English Institute of Sport / UK Sport Institute
- FA Premier League
- Science in Sport
- Football Association