

DR ROSS JULIAN

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Personal profile

1. PhD in Sports Science and ten years of research and lecturing experience.
2. Top 5% in teaching quality evaluations (2017-2023).
3. Applied Sport Science experience with West Ham Utd, Borussia Dortmund, German Olympic Training Centre in Saarbrücken, German National football teams, FC Saarbrücken.
4. Over 700 citations, h-index = 10, i10-index = 10

Education

Saarland University, Germany 2013 - 2021

PhD in Sport and Exercise Science (Funded by the German Academic Exchange Service)

Thesis Title: Physiological profiling of the elite female footballer: Special reference to the menstrual cycle

Supervisors: Professor Tim Meyer & Professor Anne Hecksteden

University of Exeter, England 2011 - 2012

Master of Science in Sport and Health Sciences

University of St Mark and St John, England 2008 - 2011

Bachelor of Science with honours in Health, Exercise and Physical Activity

Experience

University of Münster 2017 - present

Researcher, & Senior Lecturer in Sports, Exercise and Human Performance

- Organisation and delivery across BSc & MSc cohorts of several subjects per semester, including Sports Biology, Advanced Theories in Human Performance and Exercise, Physical Training in Elite Sports, Fundamental Aspects of Guiding, Controlling, and Evaluating Physical Training in Elite Sports Groups.
- Module Leader for Professional Acting in Elite Sports and Professional Acting in Health Sports
- Research project leader for the third party funded research: MotLeistSand – Transferring performance testing from laboratory to ecologically valid settings in elite sand sports.
- Supervision of over 30 research projects, BSc and MSc theses.
- Consulting elite male and female football clubs in Sports Science needs – Preußen Münster & S.L. Benfica Women's Football team

University of Gloucester 2020 - present

Visiting Research Fellow

- Conducting research, supporting research projects and conducted research analysis for the
- Deliver guest lectures and faculty seminars.
- Support and develop MSc and PhD candidates in research projects and professionally.

Social Media coordinator

- Creating innovative content to attract new researchers and promote the journal.
- Keeping all readers and followers up to date with all relevant research and information in science and medicine in football.

Institute of Sports and Preventive Medicine

2013 - 2017

Researcher & Sport Scientist

- Conducting physiological and sport-specific testing and providing written and verbal reports to coaches and athletes.
- Conducting fit to play procedures with male and female football players across all stages (youth to adult).
- Conducting health assessments with exercise cardiac monitoring of patients.

Awards and Acknowledgements

German Academic Exchange Centre (DAAD)

- Full scholarship holder (12,000€ per annum), Science and health in football. Physiological profiling of elite female female players.

German Football Association (DFB)

- Financial assistance for research conducted: Menstrual cycle phase and elite female soccer match-play influence various physical performance outputs (~2,000€).

Selected Publications

- McGawley, K., Sargent, D., Noordhof, D., Badenhorst, CE; Julian, R., Govus, AD. (2023). Improving menstrual health literacy in sport. *Journal of Science and Medicine in Sport. Impact factor [4.0]*
- Clarke AC., Govus AD., Bruinvels G., Julian R., Inge P., Pedlar CR. (2021). Hormonal contraceptive use in football codes in Australia. *Frontiers in Sports and Active Living. Impact factor [2.2]*
- Julian R., Sargent D. (2020). Periodisation - Tailoring training based on the menstrual cycle may work in theory but can they be used in practice. *Science and Medicine in Football. Impact factor [3.3]*
- Julian R., Skorski S., Hecksteden A., Pfiesser C., Bradley PS., Schulze E., Meyer T. (2020). Menstrual cycle phase and elite female soccer match-play: influence on various physical performance outputs. *Science and Medicine in Football. Impact factor [3.340]*
- Julian R., Skorski S., Schimpchen., Hecksteden A., Meyer T. (2019). Changes in physical fitness and blood-borne parameters over one season in non-professional female footballers. *Sport Performance & Science Reports.*
- Julian R., Hecksteden A., Fullagar H & Meyer T. (2017). The effects of menstrual cycle phase on physical performance in female soccer players. *PLoS ONE. Impact Factor [3.5]*