

Dr. Eimear Dolan

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Employment History:

Current: Research Fellow, funded by the FAPESP/UK Academies Young Investigator Program (2019/05616-6), University of Sao Paulo, Brazil.

2015 – 2019: Postdoctoral Research Fellow, Applied Physiology & Nutrition Research Group, School of Physical Education and Sport, University of Sao Paulo, Brazil.

2011 – 2015: Lecturer & Researcher (Applied Sport and Exercise Science), School of Health Sciences/Institute for Health and Well-being Research, Robert Gordon University, UK.

2010: Primary school TEFL (Teaching English as a Foreign Language) teacher; Anuban Kalasin; Kalasin Province, Thailand.

Education:

2014: Postgraduate Certificate in Higher Level Teaching and Learning (HELT), Robert Gordon University. Awarded Distinction.

Thesis Title: *An Evaluation of Online Learning to Teach Practical Competencies in Undergraduate Health Science Students.*

2010: PhD in Applied Exercise Physiology, School of Health and Human Performance, Dublin City University.

Thesis Title: *The Impact of Acute and Chronic Weight Restriction and Weight Regulation on Physiological, Cognitive, Osteogenic and Metabolic Function in Elite Jockeys.*

2006: BSc Sport Science and Health, School of Health and Human Performance, Dublin City University. Awarded First Class Honors Degree One.

Thesis Title: *Bilateral Skill Development; Heart-Rate Response and Perceived Competence and Enjoyment: Response to Different Small-Sided Games in Under-10 Gaelic Footballers.*

Recent Relevant Publications (n = 5)

- Dolan E, Dumas A, Esteves GPE, Takarabe LL, Perfeito LMP, Keane KK, Gualano B, Kelley GA, Burke L, Sale C, Swinton P. The influence of nutrition intervention on the P1NP and CTX-1 response to an acute exercise bout: A systematic review with meta-analysis. *Sports Medicine*. DOI: 10.1007/s40279-024-02087-0.
- Dolan E, Koehler K, Areta JL, Longman D, Pontzer H (2023). Energy constraint and compensation: Insights from endurance athletes. *Comparative Biochemistry and Physiology Part A – Molecular and Integrative Physiology*. DOI: 10.1016/j.cbpa.2023.111500.

- Halsey L, Esteves GP, Dolan E (2023). Variability in variability: Does variation in morphological and physiological traits differ between men and women? *Royal Society Open Science*. DOI: 10.1098/rsos.230713.
- Dolan E, Dumas A, Keane K, Bestetti G, Freitas LHM, Gualano B, Kohrt WM, Kelley G, Pereira RMR, Sale C, Swinton P (2022). The bone biomarker response to an acute bout of exercise: A systematic review with meta-analysis. *Sports Medicine*. DOI: 10.1007/s40279-022-01718-8.
- Shirley MK, Longman DP, Elliott-Sale KJ, Hackney AC, Sale C, Dolan E (2022). A life history perspective on athletes with low energy availability. *Sports Medicine*. DOI: 10.1007/s40279-022-01643-w.

Research and Professional Experience:

- Currently supervising a team of 9 post-graduate research students (4 PhD; 5 MRes), 5 of whom are recipients of research grants from the Sao Paulo Research Foundation (FAPESP).
- Principal Investigator on the Sao Paulo Research Foundation (FAPESP)/UK Academies Young Investigator program, where I lead a multi-study investigation titled “Exercise, Nutrition and Bone: A Translational Research Program Exploring Clinical And Mechanistic Aspects”.
- Previously supervised 8 post-graduate and 18 undergraduate research projects to completion.
- Executive Committee Member and Outreach Committee Chair: Society for Transparency, Openness and Replication in Kinesiology (STORK: www.storkinesiology.org).
- Recently guest-edited a special issue of the journal *Comparative Biochemistry and Physiology Part A*, titled “*Athletes of the Animal Kingdom: Exercise Insights from Comparative and Evolutionary Biology*” (<https://www.sciencedirect.com/journal/comparative-biochemistry-and-physiology-part-a-molecular-and-integrative-physiology/special-issue/10X32VJ7HC1>).
- To date, I have published 72 peer-reviewed journal articles, and 5 book chapters (https://www.cnpq.br/cvlattesweb/PKG_MENU.menu?f_cod=2F0EBE03FFD218B78DFEAA1D35FA2063#).

Recent Presentations at International Conferences and Events:

- The 1st International Interdisciplinary Conference on Health and Lifestyle Transitions in Humans and Wildlife. Talk Title: *Athletes of the Animal Kingdom: Exercise Insights from Comparative and Evolutionary Biology*. Zhengzhou, Henan Province, China. August 2024.
- The European College of Sport Science Annual Congress. Talk Title: *Dietary Factors Influencing the Bone Health of Endurance Athletes*. Glasgow, UK, July 2024.
- The American College of Sports Medicine Annual Meeting. Talk Title: *Energy Trade-Offs, Constraints and Compensation: Insights from Endurance Athletes*. Boston, USA, June 2024.
- The Athletic Ape: Merging Human Evolutionary Biology with Sports Science (Workshop). Talk Title: *Energy Constraint and Compensation: Insights from Endurance Athletes*. The Ettore Majorana Foundation and Centre for Scientific Culture, Erice, Sicily. October 2023.
- The Female Athlete Conference. Talk Title: *Femina Scientia: History, Hormones and Female Athletes*. Boston, USA. June 2023.
- 9^o Congress of Behavioral Nutrition. Talk Title: *Body Weight Regulation – The Role of Physical Activity and Nutrition*. (Talk delivered in Portuguese). São Paulo, Brazil. June 2023.
- American College of Sports Medicine Annual Meeting. Symposium: Protecting Athlete Bone Health – What Do We Know, and What Do We Need to Find Out? Talk Title: *Nutritional Strategies to Mitigate the Risk of Bone Stress Injury*. Denver, USA. June 2022.
- Symposium - Energetic Stress: An Endocrine and Physiological Conundrum for Elite Athletes and Everyday Mortals. Talk Title: *Energetic Trade-Offs in Athletes with Low Energy Availability*. Liverpool John Moore’s University, Liverpool, UK. September 2022.
- 10^o Brazilian Congress on Densitometry, Osteoporosis and Bone Metabolism (BRADOO). Talk Title: *Prevention of Osteoporosis and Sarcopenia in Older Adults*. Rio de Janeiro, Brazil. October 2022