

Curriculum Vitae

Dr Jonpaul Nevin, BSc (Hons), MSc, PhD, ASCC, CSCS, FHEA

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Biography

Jonpaul is a Senior Lecturer in Strength and Conditioning and programme director of the [Tactical Athlete Performance Centre \(TAPC\)](#) at Buckinghamshire New University. Following 15 years in the British Army, which included service in the Corps of Royal Engineers and Royal Army Physical Training Corps, Jonpaul moved into Paralympic sport and coached successful athletes at Commonwealth, European, World, and Paralympic levels of competition, a testament to his versatility and adaptability. In 2017 Jonpaul took up an academic teaching position as a Senior Lecturer at Buckinghamshire New University and has gained extensive teaching and curriculum design experience developing and leading both undergraduate and postgraduate programmes of study. Jonpaul is an Accredited Strength and Conditioning Coach with the United Kingdom Strength and Conditioning Association and a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association and has an ardent interest in applied research aimed at developing the physiological, psychological, and cognitive capabilities of those who work *in-extremis* contexts.

Experience

Senior Lecturer in Strength and Conditioning – Buckinghamshire New University	2017 – Present
Lead Strength and Conditioning Coach - Help for Heroes	2012 – 2017
British Army, Royal Army Physical Training Corps, Exercise Rehabilitation Instructor	2006 – 2012
British Army, Corps of Royal Engineers, Combat Engineer/All-Arms Physical Training Instructor	1997 – 2006

Education and Qualifications

Higher Education:

Cardiff Metropolitan University, PhD by Published Work, Optimisation of Handcycling Performance	2018 – 2024
Buckinghamshire New University, Postgraduate Certificate in Academic Practice	2019 – 2021
St. Mary's University, MSc Strength and Conditioning, Merit	2013 – 2017
University of Central Lancashire, BSc Strength and Conditioning, First Class Honours	2008 - 2011
Manchester Metropolitan University, Certificate of Higher Education, Sports Science,	2006 – 2007

Secondary Education:

West Calder High School, Standard Grades Scottish Certificate of Education	1994 – 1997
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Certifications:

Fellowship of the Higher Education Academy (FHEA), Advance HE	2021
Certified Functional Range Conditioning Mobility Specialist (FRCms), Functional Anatomy Seminars	2017
Level I Weightlifting Assistant Club Coach, British Weightlifting	2013
Accredited Strength and Conditioning Coach (ASCC), UKSCA	2013
Certified Strength and Conditioning Specialist (CSCS), NSCA	2012
Functional Movement Screening Level I, Functional Movement Systems	2011
SAQ iDiploma in Speed, Agility and Quickness, SAQ International	2008
Joint Service Exercise Rehabilitation Instructor, Joint Services Medical Board	2007

Diploma in Personal Training, Premier Training International 2005

Awards

Vice Chancellor's Award, Buckinghamshire New University 2020

Commanders Commendation Award, Joint Medical Command 2010

Funding

Buckinghamshire New University, Capital Equipment Funding, £188,000 2022

Activities Associated with Processes of Quality Assurance

Internal Review and Validation Events:

Development and validation of a [MSc in Human Performance Optimisation \(HPO\)](#) 2023

Revalidation of a BSc (Hons) Strength and Conditioning programme 2020

Development, and validation of a [BSc \(Hons\) Strength and Conditioning in Tactical Populations](#) 2020

Validation of MSc Sports Performance 2019

External Review and Validation Events:

Reviewer for *Medicine and Science in Sport and Exercise*; *Journal of Strength and Conditioning Research*, *Journal of Sports Sciences*, and *BMJ Military Health*

Consultancy Work

[Physitrack](#) 2015

[Human Performance Optimisation \(HPO\) Technologies](#) 2024

Social Media Engagement:

[Optimising Human Performance Podcast \(OPHP\)](#), Season 1 – Co-Presenter 2024

Research Activities

Full Peer-Reviewed Publications:

- 1) Nevin, JP., Bowling, K., Coussins, C., Bambrough, R., & Ramsdale, M. (2023). The Relationship Between Isometric Mid-Thigh Pull Force-Time Characteristics and 2- km Load Carrying Performance in Trained British Army Soldiers. *Journal of Strength and Conditioning Research*. 38(2): 360 - 366. <https://doi.org/10.1519/JSC.0000000000004633>
- 2) Nevin, JP., Kouwizjer, I., Quittmann, O. J, Stone, B., Hettinga, F. J., Abel, T., & Smith, P. S. (2022). The Science of Handcycling: A Narrative Review. *International Journal of Sports Physiology and Performance*. 17(3): 335 – 342. <https://doi.org/10.1123/ijsp.2021-0458>
- 3) Nevin, JP., & Smith, P. (2021). The Effectiveness of a 30-Week Concurrent Strength and Endurance Training Programme in Preparation for an Ultra- Endurance Handcycling Challenge: A Case Study. *International Journal of Sports Physiology and Performance*. 16(11): 1712 – 1718. <https://doi.org/10.1123/ijsp.2020-0749>
- 4) Nevin, JP., & Smith, P. (2021). The Influence of Absolute and Relative Upper Body Strength Upon Handcycling Performance Capabilities. *International Journal of Sports Physiology and Performance*. 16(9): 1311 – 1318. <https://doi.org/10.1123/ijsp.2020-0580>
- 5) Nevin, JP., & Smith, P. (2021). The Anthropometric, Physiological, and Strength Related Determinants of Handcycling 15-km Time Trial Performance. *International Journal of Sports Physiology and Performance*. 16(2): 259 - 266 <https://doi.org/10.1123/ijsp.2019-086>

- 6) Nevin, JP., Smith, P., Waldron, M., Patterson, S., Price, M., Hunt, A., & Blagrove, R. (2018). The Efficacy of an 8-Week Concurrent Strength and Endurance Training Programme on Handcycling Performance. *Journal of Strength and Conditioning Research*, 32(7), 1861 – 1868. <https://doi.org/10.1519/JSC.0000000000002569>

Articles, Book Chapters and Other Communications:

- 1) Nevin, JP. And Jones, MI (2024). Optimising Human Performance. *The Wavell Room*. <https://wavellroom.com/2024/05/08/optimising-human-performance/>
- 2) Nevin, JP. and Jones, MI (2022). Human Performance Optimisation for the Warfighter: Keeping it Simple in a Complex Age. *Strength and Conditioning Journal*, 45(5): 578 – 586. <http://doi.org/10.1519/SSC.0000000000000766>
- 3) Nevin, JP. (2020). From Soldier to Strength and Conditioning Professional: The Development of a Training Philosophy. *Professional Strength and Conditioning*, 58, 15 – 19.
- 4) Nevin, JP. (2019). Autoregulated Resistance Training: Does Velocity-Based Training Represent the Future? *Strength and Conditioning Journal*, 41(4), 34 – 39. <https://doi.org/10.1519/SSC.0000000000000471>
- 5) Nevin JP. (2017). The Tactical Athlete: Optimising Physical Preparedness for the Demands of Combat. *Professional Strength and Conditioning*, 44, 25 – 34.
- 6) Nevin JP. (2010). Is the British Army Fit to Fight in Afghanistan: Optimising Physical Performance for Dismounted Close Combat? *HQ Land*.

Conference and Invited Presentations:

- 1) Nevin, JP (2023). Human Performance Optimisation (HPO): From Rehabilitation to the Battlefield. *2023 Defence Rehabilitation Conference*.
- 2) Nevin, JP. Suffield, C. & Jones, MI (2023). Human Performance Optimisation (HPO) for the Warfighter: Keeping it Simple in a Complex Age. *6th International Congress of Soldier Physical Performance (ICSPP)*. Thematic Session Chair.
- 3) Nevin, JP., Bowling, K., Coussins, C., Bambrough, R., & Ramsdale, M. (2023). The Relationship Between Isometric Mid-Thigh Pull Force-Time Characteristics and 2- km Load Carrying Performance in Trained British Army Soldiers. *6th International Congress of Soldier Physical Performance (ICSPP)*. Poster Presentation.
- 4) Nevin, JP (2023). Human Performance Optimisation for the Warfighter: The Human Advantage. *2023 RAPTC Commandants Conference*.
- 5) Nevin, JP., & Smith, P. (2021). The Anthropometric, Physiological, and Strength Related Determinants of Handcycling 15-km Time Trial Performance. *VISTA 2021 Paralympic Conference*.
- 6) Nevin, JP., Smith, P., Waldron, M., Patterson, S., Price, M., Hunt, A., & Blagrove, R. (2018). The Efficacy of an 8-Week Concurrent Strength and Endurance Training Programme on Handcycling Performance. *UKSCA Annual Conference*, Poster Presentation.

References

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