CURRICULUM VITAE
Jonathan Folland

Name	FOLLAND, Jonathan Paul
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EDUCATION & QUALIFICATIONS

1991 – 1994 B.Sc. (Hons) First Class in Physical Education and Sports Science, Loughborough University. Specialising in exercise physiology and sports biomechanics.

1996 – 1999 PhD in Neuromuscular Physiology.
University of Birmingham.
PhD title: "Factors affecting muscular strength in healthy human adults."

2000 – 2001 Postgraduate Certificate in Academic Practice, University of Brighton.

CURRENT POSITION

2004- Professor of Neuromuscular Performance

(Lecturer, 2004-2009; Senior Lecturer 2009-2013; Reader 2013-2017)
School of Sport, Exercise & Health Sciences, Loughborough University

Specialist in Neuromuscular Physiology and Biomechanics

Research:

Publications: 140 published papers in international peer-reviewed scientific journals; H-index 55; 1,400 citations in 2024 (Google Scholar).
Research income: >£1.5 million as Principal Investigator and >£10 million as a Co-Investigator from UK government, industry, sports organisations and health/medical charities.
21 PhD completions, 15 as lead supervisor.

Research in exercise physiology and biomechanics addresses the determinants of, and interventions/adaptations that enhance, neuromuscular performance. Major themes:
- Explosive strength (rate of force development) including measurement methodology, determinants and training adaptations.
- Resistance training adaptation and applications, including training specificity, long-term adaptations
- Neuromechanics of running, running economy measurements and determinants.

Management & Administration:

2025- Academic lead National centre for Sport & Exercise Medicine – East Midlands
2024- Loughborough University lead for Rehabilitation Research
2014-2020 Senior Leadership Team of the School of Sport, Exercise & Health Sciences.
2014-2020 Director of Doctoral Programmes. Co-ordinating the administration, training and supervision of ~200 Research (PhD) Students in the School of Sport, Exercise & Health Sciences.

Consultancy/Innovation:

Total consultancy income >£300,000 from industry and sports organisations, primarily for consultancy projects e.g. BBC, Technogym, Leicester City FC, Leicester Tigers RFC, British Athletics, English Institute of Sport, MAS Holdings.

PREVIOUS POSITIONS

2002 - 2004 Senior Lecturer in Exercise Physiology, Massey University, Auckland, New Zealand.

2000 - 2002 Lecturer in the Physiology of Sport and Exercise, University of Brighton, UK.

1994 – 1996 Clinical and Research Assistant in Biomechanics, University of Salford, UK.

EXTERNAL SERVICE AND SCHOLARSHIP

2020-2025 Deputy Director Versus Arthritis Centre for Sport, Exercise and Osteoarthritis Research

2011- Associate Editor: 'Medicine and Science in Sports and Exercise'

2024- Section Editor: 'Scandinavian Journal of Medicine & Science in Sports'

External Examiner/Reviewer: 12 PhD examinations (11 international).
MSc in Sports Performance, University of Limerick, Ireland 2020-
Academic procedures, promotions and appointments (various international institutes).

Fellow of the American College of Sports Medicine, from May 2012.

Fellow of the Royal Society of Biology, from January 2016.

SELECTED PUBLICATIONS

Willer J, Allen SJ, Burden RJ, **Folland JP** (2024). How Humans Run Faster: The Neuromechanical Contributions of Functional Muscle Groups to Running at Different Speeds. *Scand J Med Sci Sports* 34(8):e14690.

Rice H, Starbuck C, Willer J, Allen S, Bramah C, Jones R, Herrington L, **Folland JP** (2024). Does high-intensity running to fatigue influence lower limb injury risk? *J Sci Med Sport*, 26:S1440-2440.

Maeo S, Balshaw TG, Nin DZ, Mc Dermott EJ, Osborne T, Cooper NB, Massey GJ, Kong PW, Pain MT, **Folland JP** (2024). Hamstrings Hypertrophy is Specific to the Training Exercise: Nordic Hamstring versus Lengthened State Eccentric Training. *Med Sci Sports Exerc* 56(10: 1893-1905.

Miller R, Balshaw TG, Massey GJ, Maeo S, Lanza MB, Haug B, Johnston M, Allen SJ, **Folland JP**. Sex differences in muscle morphology between male and female sprinters. *J Appl Physiol* 136(6):1568-1579.

Miller R, Balshaw TG, Massey GJ, Maeo S, Lanza MB, Haug B, Johnston M, Allen SJ, **Folland JP** (2022). The Muscle Morphology of Elite Female Sprint Running. *Med Sci Sports Exerc*, 54(12):2138-2148.

Willer J, Allen SJ, Burden RJ, **Folland JP** (2021). Neuromechanics of Middle-Distance Running Fatigue: A Key Role of the Plantar Flexors? *Med Sci Sports Exerc* 53(10):2119-2130.

Miller R, Balshaw TG, Massey GJ, Maeo S, Lanza MB, Johnston M, Allen SJ, **Folland JP** (2021). The Muscle Morphology of Elite Sprint Running. Med Sci Sports Exerc, 53(4):804-815.

Del Vecchio A, Negro F, Holobar A, Casolo A, **Folland JP**, Felici F, Farina D (2019). You are as fast as your motor neurons: Speed of recruitment and maximal discharge of motor neurons determine the maximal rate of force development in humans. *J Physiol* 57(9): 2445-2456.