

Aaron J. Coutts, PhD

Distinguished Professor, Head of School
School of Sport, Exercise and Rehabilitation
University of Technology Sydney (UTS)

Contact information

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Bio

Aaron Coutts is a distinguished professor in sport and exercise science. He is the Head of the School of Sport, Exercise and Rehabilitation. His research is focused around developing evidence-based methods to optimise training, health and performance of athletes. He has supervised more than 65 research students, published more than 250 scientific articles and 20 book chapters. Aaron also provides sport science advice to several top-level professional football clubs and sporting organizations.

Aaron has more than 25 year's experience as sport scientist, working in the AFL, NRL and as a consultant to many leading sport organisations globally. He is a member of the International Advisory Board at the Nike Sport Research Laboratory. Aaron is also a director of Exercise and Sport Science Australia, and has been on the editorial boards of several leading international journals in this field.

Education

- Doctor of Philosophy | Central Queensland University, Rockhampton, Australia | 1998 - 2002
- Master of Human Movement Science | Central Queensland University, Rockhampton, Australia | 1997 - 1998
- Bachelor of Applied Science (Human Movement Studies - Exercise Management) | The University of Queensland, Brisbane, Australia | 1992 – 1996

Current Position

- **Distinguished Professor and Head of School** | Sport, Exercise & Rehabilitation | UTS
Leading research initiatives to develop evidence-based methods to enhance athletic training, health, and performance.

Non-Academic Positions

- Sport Science Consultant | Carlton Football Club, Carlton, VIC, Australia | 2010 - 2020
- NIKE Sport Research Laboratory (NSRL) – International Advisory Board | NIKE Inc, Beaverton, Oregon, United States | 2016 - 2016
- NIKE Performance Advisory Council – International Advisory Board | NIKE Inc, Beaverton, Oregon, United States | 2013 - 2016

Professional Appointments

- **Director**, Human Performance Research Centre (HPRC), UTS
Oversees interdisciplinary research in athletic performance and recovery strategies.

Research Interests

- Athlete performance monitoring and optimization.
- Development of evidence-based training and recovery strategies.
- Application of wearable technologies in sports science

Selected Grants

Secured funding for multiple high-impact projects, including collaborations with elite sports organizations and health-focused initiatives to optimize athlete performance | [University of Technology Sydney Profiles](#)

- Individualising physical training for the elite tactical athlete (Special Operating Forces)
Institute for Human and Machine Cognition | 15 Aug 2019 - 1 Jan 2024
People funded by this grant: Coutts A, [Fullagar H](#), [Impellizzeri F](#), McCullough M
- Factors associated with injury and performance in professional rugby league
Penrith Rugby League Club Ltd | 1 Jan 2019 - 31 Jan 2022
People funded by this grant: Coutts A, [Impellizzeri F](#), [Fransen J](#), Lovell T
- Assessing the Physiological and Mechanical Loads Achieved During Small-Sided Games in Elite Youth Soccer
Juventus Football Club | 1 Jul 2018 - 31 Dec 2021
People funded by this grant: Coutts A
- Improving the training process for International rugby 7s players
Australian Rugby Union | 1 Jan 2018 - 30 Jun 2021
People funded by this grant: Coutts A, [Fransen J](#), Poulos N, Harries S, Impellizzeri F

Selected Publications

Authored over 250 peer-reviewed articles on sports science, athletic performance, and recovery strategies. High citation impact within the field of applied sport science and physiology. (Full publication list: [UTS Publications](#))

- Impellizzeri FM, Marcora SM, **Coutts, A. J.** Internal and External Training Load: 15 Years On. *International Journal of Sports Physiology and Performance*, 14(2), 270-273. <https://doi.org/10.1123/ijspp.2018-0935>
- Kutson CW, Russell JL, Strack D, Coutts AJ, McLean BD. External Load Fluctuations Across an Amateur Athletic Union Basketball Season. *Journal of Strength and Conditioning Research* 38(3):p 592-598, March 2024. <https://doi.org/10.1519/JSC.0000000000004657>
- Connolly DR, Stolp S, Gualtieri A, Ferrari Bravo D, Sassi R, Rampinini E, Coutts AJ. How Do Young Soccer Players Train? A 5-Year Analysis of Weekly Training Load and its Variability Between Age Groups in an Elite Youth Academy. *Journal of Strength and Conditioning Research* 38(8):p e423-e429, August 2024. <https://doi.org/10.1519/JSC.0000000000004813>
- Walker JM, Slattery KM, Coutts, AJ (2024). The physical, technical and tactical demands of on-field training drills in professional Rugby league: a systematic scoping review. *Science and Medicine in Football*, 1–20. <https://doi.org/10.1080/24733938.2024.2369526>

Academic Mentorship

- Supervised over 65 postgraduate research students, fostering innovation and excellence in sports science research.