CURRICULUM VITAE

Martin Joseph Gibala
Department of Kinesiology, McMaster University
1280 Main Street West, Hamilton, ON L8S 4K1 Canada

EDUCATION

1997-1999	Postdoctoral Fellow, Copenhagen Muscle Research Centre, Denmark
1994-1997	Ph.D. (Nutrition, Exercise, and Metabolism), Department of Human Biology & Nutritional Sciences, University of Guelph, Guelph, ON Canada
1991-1994	M.Sc. (Human Biodymanics), Department of Kinesiology, McMaster University, Hamilton, ON Canada
1987-1991	Bachelor of Human Kinetics (Honours Kinesiology), Faculty of Human Kinetics, University of Windsor, Windsor, ON Canada

CURRENT APPOINTMENT

Professor and Faculty of Science Research Chair in Integrative Exercise Physiology
McMaster University, Hamilton, ON, Canada

EMPLOYMENT HISTORY

2009-	Professor, Department of Kinesiology, McMaster University
2003-2009	Associate Professor, Department of Kinesiology, McMaster University
1999-2003	Assistant Professor, Department of Kinesiology, McMaster University

RESEARCH INTEREST

I am broadly interested in the physiology of exercise including applications to enhance human health and performance. This includes basic studies at the molecular to whole body level and applied research on the effects of physical training and nutrition in both healthy individuals and people with cardiometabolic diseases.

SUPERVISORYSHIPS

Current: 4 PhD, 1 MSc, 1 undergraduate thesis
Lifetime: 2 Postdoctoral fellow, 10 PhD, 17 MSc, 30 undergraduate thesis

RECENT RELEVANT RESEACH FUNDING

2024-2027	Little JP, **Gibala MJ** (Co-PI), and 3 others. Heart & Stroke Foundation Grant-in-Aid. $270,184. “Exercise Snacks in Obesity: A Pilot RCT”.
2022-2025	Little JP, **Gibala MJ**, and 4 others J. Diabetes Canada Operating Grant. $297,310. “Feasibility of exercise ‘snacks’ in people living with type 2 diabetes: A pilot randomized control trial.”
2022-2023	Little JP, **Gibala MJ** (Co-PI), and 3 others. Canadian Cancer Society / Canadian Institutes of Health Research Action Grants: Proof-of-Concept Interventions in Primary Cancer Prevention. $199,984. “Exercise snacks as a novel strategy in primary cancer prevention”.

2020-2026 **Gibala MJ**. Natural Sciences and Engineering Research Council Discovery Grant, $390,000. “Regulatory mechanisms of skeletal muscle responses to exercise in humans.”

RECENT RELEVANT PUBLICATIONS

Renwick JRM*, Crukley J, Kudsi M, Binet ER, Bone J, Mulkewich NJ, Babir FJ, Gurd BJ, **Gibala MJ**. Six weeks of low-volume sprint interval training improves peak oxygen uptake compared to a non-exercise control: A randomized controlled trial. Scandinavian Journal of Medicine & Science in Sports. 35(9):e70130, 2025. doi: 10.1111/sms.70130.

Babir FJ, Islam H, McCreary S, Vaz E, Falkenhain K, Cranston K, Jung M, Singer S, Sandilands R, Marcotte-Chénard A, Stamatakis E, Richards DL, **Gibala MJ**, Little JP. Technology-enabled exercise “snacks” are feasible to perform in a real-world setting: a randomized controlled trial. Scandinavian Journal of Medicine and Science in Sports. 35(8):e70117, 2025. doi: 10.1111/sms.70117.

Poon ET, Li HY, **Gibala MJ**, Wong SH, Ho, RS. High-intensity interval training and cardiorespiratory fitness in adults: An umbrella review of systematic reviews and meta-analyses. Scandinavian Journal of Medicine and Science in Sports 34(5):e14652, 2024. doi: 10.1111/sms.14652.

Coates AM*, Joyner MJ, Little JP, Jones AM, **Gibala MJ**. A perspective on high-intensity interval training for performance and health. Sports Medicine 53: 85-96, 2023. doi: 10.1007/s40279-023-01938-6.

Bostad W, Williams JS, Van Berkel EK, Richards DL, MacDonald MJ, and **Gibala MJ**. Biological sex does not influence the peak cardiac output response to twelve weeks of sprint interval training. Scientific Reports 13:22995, 2023. doi: 10.1038/s41598-023-50016-4.

Babir FJ, Riddell MC, Adamo LM, Richards DL, **Gibala MJ**. The effect of brief bodyweight exercise on 24-hour glycemic responses determined by continuous glucose monitoring in healthy inactive adults: A randomized crossover study. Scientific Reports 13:20884, 2023. doi: 10.1038/s41598-023-48063-y.

Stamatakis E, Ahmadi MN, Gill JMR, Thøgersen-Ntoumani C, **Gibala MJ**, Doherty A, Hamer M. Association of wearable device-measured vigorous intermittent lifestyle physical activity with mortality. Nature Medicine. 28: 2521-2529, 2022. doi: 10.1038/s41591-022-02100-x.

Gibala MJ, MacInnis MJ. Physiological basis of brief, intense interval training to enhance maximal oxygen uptake: A mini-review. American Journal of Physiology-Cell Physiology 323: C1410-C1416, 2022. doi: 10.1152/ajpcell.00143.2022.

Islam H, **Gibala MJ**, Little JP. Exercise snacks: A novel strategy to improve cardiometabolic health. Exercise and Sports Sciences Reviews 50: 31-37, 2022. doi: 10.1249/JES.0000000000000275.

Skelly LE, Gillen JB, Frankish B, MacInnis MJ, Godkin F, Tarnopolsky MA, Murphy R, **Gibala MJ**. Human skeletal muscle fiber type-specific responses to sprint interval and moderate-intensity continuous exercise: acute and training-induced changes. Journal of Applied Physiology 130: 1001-1014, 2021. doi: 10.1152/japplphysiol.00862.2020.