

David John Bishop

DIRECTOR of RESEARCH / INSTITUTE for HEALTH and SPORT



Personal details

Date of Birth: December 3, 1969
Nationality: Australian
Marital Status: Married (3 children)

Languages

English ● ● ● ● ●
Italian ● ● ● ● ○
French ● ● ● ○ ○



Education

1994-1998: Ph.D within the Department of Human Movement Studies, The University of Queensland "Effects of concurrent strength and endurance training on muscle characteristics" Department of Human Movement Studies, The University of Queensland. (Awarded April 29, 1998).

1993: BHMS (Ed) (Honours – 1st Class). Department of Human Movement, The University of Queensland "Effects of strength training on critical power" Department of Human Movement, The University of Queensland.



Employment

2010 to Present Professor (Level E) – Victoria University, AUSTRALIA.
2007 to 2009 Assoc Prof (Level D.4)(Ex Physiology) - University of Verona, ITALY
2006 Scientific Consultant for Fremantle Football Club, AUSTRALIA.
2000 to 2006 Senior Lecturer - The University of Western Australia, AUSTRALIA.
1997 to 2000 Sport Scientist - Western Australian Institute of Sport, AUSTRALIA.



Research and Scholarship

>\$10 million in grant funding (mostly as chief investigator)
300 Peer-reviewed publications (+13 in review)
100 = h-index (> 3500 citations in 2022; Google Scholar)
28 PhD students (since 1999); 20 completions, 8 current
263 Conference abstracts
52 Invited conference presentations
20 Keynote presentations
7 Book Chapters



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Awards

- 2019: Visiting Research Fellow – Loughborough University, UK.
- 2018: Named one of the “Top 25 Influencers of Exercise & Sport Science in Australia”
- 2017: ESSA president’s award for “Service to exercise & sport science in Australia”.
- 2016: European Congress of Sport Science (ECSS) - Presentation Award
- 2015: European Congress of Sport Science (ECSS) - Presentation Award
- 2014: Special Visiting Professor - Brazil
- 2013: Vice Chancellor’s Citation – Research Excellence
- 2008: ACSM Visiting Scholar Award (Canada)
- 2006: ESSA Conference - Best Conference Paper (oral)
- 2002: Sports Medicine Australia - Best Conference Paper (oral)
- 2002: European Congress of Sport Science (ECSS) Young Investigator Award
- 2001: FIMS Inter-continental Travelling Fellowship
- 2000: Young Investigator Award – Pre-Olympic Congress, Brisbane.



Professional Membership

- Director Exercise & Sport Science Australia (2010 – 2014)
- President Exercise & Sport Science Australia (2003 – 2006)
- Fellow Exercise & Sport Science Australia (2006 -)
- Fellow American College of Sports Medicine (2006 -)
- Fellow European College of Sports Sciences (2008 -)
- Assistant Editor Journal of Science and Medicine in Sport (2001 – 2013)
- Assistant Editor Medicine and Science in Sport and Exercise (2013 -)



Research Track Record

Professor David Bishop leads a team focused on optimising the prescription of “Exercise as Medicine” to improve health and performance. His team combines basic laboratory research with randomised controlled trials to address how exercise alters molecular pathways, skeletal muscle adaptations, and whole-body metabolic health, and to translate this new knowledge into recommendations for more individualised exercise prescriptions to better improve fitness and health.

Professor Bishop has more than 300 peer-reviewed articles in the area of exercise and sport science. His research is currently funded by the ARC, the NHMRC, the MRFF, and the Australian Defence force. He is also the past president of Exercise and Sport Science Australia (ESSA).

