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

>$12 million	in grant funding (mostly as chief investigator)
350	Peer-reviewed publications (+13 in review)
108	= h-index (> 3000 citations in 2023; Google Scholar)
30	PhD students (since 1999); 24 completions, 6 current
263	Conference abstracts
52	Invited conference presentations
20	Keynote presentations
7	Book Chapters

+61 0435 962 364 David.Bishop@vu.edu.au P O Box 14428, Melbourne VIC 8001, AU

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 - 2025)
Editor-in-Chief	npj Exercise Medicine and Health (2025 -).

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 400 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).

+61 0435 962 364 David.Bishop@vu.edu.au P O Box 14428, Melbourne VIC 8001, AU