Anthony Blazevich, FECSS

Professor of Sports Biomechanics, School of Medical and Health Sciences, Edith Cowan University, Australia. Email: a.blazevich@ecu.edu.au

Education

2002 Postgraduate Certificate in Higher Education, Brunel University. London, UK
1997 – 2001 Doctor of Philosophy, Southern Cross University, New South Wales, Australia.
1992 – 1995 Bachelor of Science with Honours, The University of Queensland, Australia.

Researcher Summary

Refereed Journal Publications: 245
Refereed Journal Publications last 5 years: 111
Books and book chapters: 11
Total citations/h-index (GS): 20,201 citations/h-index = 72
Invited academic and industry presentations: 95
Editorial Board/Editor/Section Editor: Scandinavian Journal of Science and Medicine in Sports, Translational Sports Medicine, BMC Sports Science, Medicine & Rehabilitation, Frontiers in Physiology, Sports.
ECSS-relevant: Fellow ECSS, session chair at 13 ECSS conferences, invited/symposium speaker at 4 ECSS conferences

Refereed Journal Publications since 2020, relevant to symposium topic (muscle architecture, function, fascicle behaviour, musckuloskeletal imaging):

1. Nunes, J.P., Nosaka, K. & **Blazevich, A.J.** (2025). The training specificity versus structural adaptation paradox: Differential effects of isokinetic concentric and eccentric resistance training on muscle architecture and function in young men. *Scandinavian Journal of Medicine and Science in Sports*, in press.
2. Brusco, C.M., Pinto, R.S. & **Blazevich, A.J.** (2025). The effect of fatiguing exercise on biceps femoris fascicle behaviors during maximal isokinetic contractions. *Scandinavian Journal of Medicine and Science in Sports*, *35*(10), e70144.
3. Kay, A.D., Baross, A.W., Baxter, B.A. & **Blazevich, A.J.** (2025). Within-session dose-response and between-session carry-over effects of eccentric contractions versus static stretches on range of motion and muscle-tendon mechanics. *European Journal of Applied Physiology*, doi: 10.1007/s00421-025-05979-9.
4. Trezise, J., Lima, R.M., Poppitt, S.D., Fanning, A.C., Devine, A. & **Blazevich, A.J.** (2025). Exercise training following two weeks of step count reduction improves sarcopenia-related phenotypes in 40–60-year-old women regardless of fortified milk supplementation. *Journal of Cachexia, Sarcopenia and Muscle*, doi: 10.1002/jcsm.70080.
5. Kvorning, T., Karkov, D.S., Luno, C.S., Dinesen, N.M., Jorgensen, A.N., Gejl, K.D., **Blazevich, A.J.** & Aargaard, P. (2025). Morning-based resistance exercise improves afternoon jumping performance, stretch-shortening-cycle muscle power, and lower-limb stiffness in top-level ice hockey players. *Journal of Strength and Conditioning Research*, in press.
6. **Blazevich, A.J.**, Herzog, W. & Nunes, J.P. (2025). Triggering sarcomerogenesis: Examining key stimuli and the role attributed to eccentric training - Historical, systematic, and meta-analytic review. *Journal of Sport and Health Science*, 101073.
7. Freitas, S., Cruz-Montecinos, C., Bohn, L., Dias, C., Baptista, F., Tanaka, H., **Blazevich, A.J.**, Nosaka, K., Kawakami, Y, Herzog, W., Ratel, S., & Pinto, R. (2025). Powerpenia: Moving toward the detection of meaningful human "skeletal muscle" power loss. *British Journal of Sports Medicine*, 59(16), 1118-1119.
8. Wilson, C.J., Nunes, J.P., & **Blazevich, A.J.** (2025). The effect of muscle warm-up on voluntary and evoked force-time parameters: A systematic review and meta-analysis with meta-regression. *Journal of Sport and Health Science*, 101024.
9. de Paula de Lima, C., Cassio Victora Ruas, C.V. & **Blazevich, A.J.** (2024). Influence of stretch speed and arousal state on passive ankle joint mechanics. *Scandinavian Journal of Medicine and Science in Sports*, 34(12):e14774.
10. Van Hooren, B., Aagaard, P. & **Blazevich, A.J.** (2024). Optimizing resistance training for sprint and endurance athletes: Balancing positive and negative adaptations. *Sports Medicine*, 54(12), 3019-3050.
11. Van Hooren, B., Aagaard, P., Monte, A. & **Blazevich, A.J.** (2024). The role of pennation angle and architectural gearing to rate of force development in dynamic and isometric muscle contractions. *Scandinavian Journal of Medicine and Science in Sports*, 34(5): e14639
12. Birat, A., Garnier, Y.M., Dupuy, A., Bontemps, B., Dodu, A., Gossoeuvre, C., Dupont, A-C., Rance, M., Morel, C., **Blazevich, A.J.**, Nottin, S. & Ratel, S. (2024). Neuromuscular adaptations in endurance-trained male adolescents versus untrained peers: A 9-month longitudinal study. *Scandinavian Journal of Medicine and Science in Sports*, 34: e14681.
13. Kay, A. D., **Blazevich, A. J.**, Tysoe, J. C., & Baxter, B. A. (2024). Cross-education effects of isokinetic eccentric plantarflexor training on flexibility, strength, and muscle-tendon mechanics. *Medicine and Science in Sports and Exercise*, 56(7):1242-1255.

14. Nunes, J.P., **Blazevich, A.J.**, Schoenfeld, B.J., Kassiano, W., Costa, B.D.V., Ribeiro, A.S., Nakamura, M, Nosaka, K. & Cyrino, E.S. (2024). Determining changes in muscle size and architecture after exercise training: One size does not fit all. *Journal of Strength and Conditioning Research*, 38(4): 787-790.
15. Pinto, M.D., Nosaka, K. & **Blazevich, A.J.** (2024). In vivo human medial gastrocnemius fascicle behaviour and belly gear during submaximal eccentric contractions are not affected by concentric, fatiguing exercise. *Journal of Biomechanics*, 162: 111895.
16. Pinto, M.D., Nosaka, K., Wakeling, J. & **Blazevich, A.J.** (2023). Human *in vivo* medial gastrocnemius gear during active and passive muscle lengthening: Effect of inconsistent methods and nomenclature on data interpretation. *Biology Open*, 12 (9): bio060023.
17. **Blazevich, A.J.** & Fletcher, J.R. (2023). More than energy cost: Multiple benefits of the long Achilles tendon in human walking and running. *Biological Reviews*, 98(6): 2210-2225.
18. Brusco, C.M., Pinto, R.S. & **Blazevich, A.J.** (2023). Biceps femoris fascicle behavior during submaximal and maximal slow speed contractions. *Medicine and Science in Sports and Exercise*, 55: 1857-1865.
19. Mavropalias, G., Boppart, M., Usher, K.M., Grounds, M.D., Nosaka, K. & **Blazevich, A.J.** (2023). Exercise builds the scaffold of life: muscle extracellular matrix biomarker responses to physical activity, inactivity, and aging. *Biological Reviews*, 98(2): 481-519.
20. Earp, J.E, Angelino, D., Hatfield, D.L., Colantuono, V., Jackson, E.R., Morgan, K.D., Adami, A., Melanson, K.J. & **Blazevich, A.J.** (2023). Differing hypertrophy patterns from open and closed kinetic chain training affect quadriceps femoris center of mass and moment of inertia in a predictable manner. *Frontiers in Physiology*, 14: 14:1074705.
21. Vial, S., Wilkie, J.C., Turner, M., Scanlan, M. & **Blazevich, A.J.** (2023). Does fatigue influence joint-specific work and ground force production during the first steps of maximal acceleration? *Scandinavian Journal of Medicine and Science in Sports*, 33(6), 894-906.
22. Kay, A.D., Baxter, B.A., Hill, M.W. & **Blazevich, A.J.** (2023). Effects of eccentric resistance training on lower-limb passive joint range of motion: A systematic review and meta-analysis, *Medicine and Science in Sports and Exercise*, 55(4):710-721.
23. Brusco, C.M., Pinto, R.S. & **Blazevich, A.J.** (2022). Reliability and comparison of sonographic methods for in vivo measurement of human biceps femoris long-head architecture. *Medicine and Science in Sports and Exercise*, 54(12):2216-2226.
24. Kellis, E. & **Blazevich, A.J.** (2022). Hamstrings force-length relationships and their implications for angle-specific joint torques: A narrative review. *BMC Sports Science Medicine and Rehabilitation*, 14(1):1-34.
25. Mavropalias, G., Wu, Y.F., Boppart, M.D., **Blazevich, A.J.**, & Nosaka, K. (2022). Increases in integrin-ILK-RICTOR-Akt proteins, muscle mass, and strength after eccentric cycling training. *Medicine and Science in Sports and Exercise*. 54(1): 89-97.
26. Hakkinen, K., Newton, R.U., Walker, S., Hakkinen, A., Krapi, S., Rekola, R., Koponen, P., Kraemer, W.J., Haff, G.G., **Blazevich, A.J.**, Nosaka, K. & Ahtiainen, J. (2022). Effects of upper body eccentric versus concentric strength training and detraining on maximal force, muscle activation, hypertrophy and serum hormones in women. *Journal of Sports Science and Medicine*, 21(2), 200-213.
27. Hernandez-Davo, J.L., Sabido, R. & **Blazevich, A.J.** (2021). High-speed stretch-shortening cycle exercises as a strategy to provide eccentric overload during resistance training. *Scandinavian Journal of Medicine and Science in Sports*, 31(12): 2211-2220.
28. **Blazevich, A.J.**, Collins, D.F., Millet, G.Y., Vaz, M.A. & Maffiuletti, N.A. (2021). Enhancing adaptations to neuromuscular electrical stimulation training interventions. *Exercise and Sports Sciences Reviews*, 49(4), 244-252.
29. Chalatzoglidis, G., **Blazevich, A.J.**, & Arabatzi, F. (2021). An adaptive model of Achilles tendon mechanical properties during adolescence: Effect of sex. *Muscles, Ligaments & Tendons Journal (MLTJ)*, 11(2): 281-291.
30. Cossich, V.R.A., Laett, C.T., Gavilão, U.F., **Blazevich, A.J.**, de Oliveira, C.G. (2021). Faster intrinsic rate of torque development in elbow flexors than knee extensors: Effect of muscle architecture? *Journal of Electromyography and Kinesiology*, 102570.
31. Huygaerts, S., Cos, F., Cohen, D. D., Calleja-González, J., Pruna, R., Alcaraz, P. E., & **Blazevich, A. J.** (2021). Does Muscle–Tendon Unit Structure Predispose to Hamstring Strain Injury During Running? A Critical Review. *Sports Medicine*, 51(2), 215-224.
32. Lau, W.Y., **Blazevich, A.J.**, Newton, M.J., Wu, S.S.X. & Nosaka, K. (2021). Effects of wrist position on eccentric exercise-induced muscle damage of the elbow flexors. *Scandinavian Journal of Medicine and Science in Sports,* 31(6): 1290-1300.
33. Pinto, M.D., Wilson, C.J., Kay, A.D., **Blazevich, A.J.** (2021). Reliability of isokinetic tests of velocity-and contraction intensity-dependent plantar flexor mechanical properties. *Scandinavian Journal of Medicine and Science in Sports.* 31(5): 1009-1025.
34. Rubias-Arias, J.A., Ramos-Campo, D.J., Alcaraz, P.E., Jiménez Díaz, J.F. & **Blazevich, A.J.** (2021). Effects of whole-body vibration training on calf muscle function during maximal isometric voluntary contractions. *Scandinavian Journal of Medicine and Science in Sports,* 31(6): 1268-1275.
35. Gumpenberger, M., Wessner, B., Graf, A., Narici, M., Fink, C., Braun, S., Hoser, C., **Blazevich, A.J.** & Csapo, R. (2020). Remodeling the skeletal muscle extracellular matrix in older age – Effects of acute exercise stimuli on gene expression. *International Journal of Molecular Science*, 21(19): 10.3390/ijms21197089.
36. Walker, S., Trezise, J., Haff, G.G., Newton, R.U., Häkkinen, K., & **Blazevich, A.J.** (2020). Increased fascicle length but not patellar tendon stiffness after accentuated eccentric-load strength training in already-trained men. *European Journal of Applied Physiology*, 120(11): 2371–2382.
37. Kay, A.D., Fraser, M., Ashmore, L, Hill, M.W. & **Blazevich, A.J.** (2020). Isokinetic eccentric exercise substantially improves mobility, muscle strength and size, but not postural sway metrics in older adults, with limited regression observed following a detraining period. *European Journal of Applied Physiology*, 120(11): 2383–2395.
38. Huygaerts, H., Cos, F., Cohen, D.D., Calleja-González, J., Guitart, M., **Blazevich, A.J.** & Alcaraz, P.E. (2020). Mechanisms of hamstring strain injury: Interactions between fatigue, muscle activation and function. *Sports*, 8, 65; doi:10.3390/sports8050065.
39. **Blazevich, A.J.**, Alcaraz, P.E., Wilson, C. & Arias, J. (2020). Effects of resistance training movement pattern and velocity on muscular rate of force development – A systematic review with meta-analysis and meta-regression. *Sports Medicine*, 50(5):943-963.
40. Kay, A.D., Dixon, J., Bligh, L.D. & **Blazevich, A.J.** (2020). The external validity of a novel contract-relax stretching technique on knee flexor range of motion. *Scandinavian Journal of Medicine and Science in Sports,* 31(1): 74-82.