

Professor Julien D. Périard, FACSM, FECSS
University of Canberra Research Institute for Sport and Exercise

Academic Qualifications

2011 Doctor of Philosophy, The University of Sydney, Australia
 2003 Master of Arts, The University of Ottawa, Canada
 2000 Bachelor of Education, The University of Ottawa, Canada
 1999 Bachelor of Science, The University of Ottawa, Canada

Academic Appointments

2024 - Present **Deputy Director** - Research Institute for Sport and Exercise
 University of Canberra, Australia

2023 - 2024 **Acting Director** - Research Institute for Sport and Exercise
 University of Canberra, Australia

2021 - 2023 **Deputy Director** - Research Institute for Sport and Exercise
 University of Canberra, Australia

2021 - Present **Research Professor** - Research Institute for Sport and Exercise
 University of Canberra, Australia

2017 - 2021 **Associate Professor** - Research Institute for Sport and Exercise
 University of Canberra, Australia

2015 - 2021 **Adjunct Senior Lecturer** - Discipline of Exercise and Sport Science
 Faculty of Health Sciences, University of Sydney, Australia

2016 - 2017 **Adjunct Assistant Professor** - Physiology Research in Medicine
 Department of Medicine, Weill Cornell Medical College-Qatar, Doha, Qatar

2015 - 2017 **Head of Research Operations** - Athlete Health and Performance Research
 Centre, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar

2011 - 2015 **Research Scientist** - Research and Education Centre
 Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar

2009 - 2010 **Postgraduate Teaching and Research Fellow** - Discipline of Exercise and
 Sport Science, Faculty of Health Sciences, University of Sydney, Australia

Research Areas

Julien's integrative research examines the physiological mechanisms that mediate health and performance during exercise in adverse environments (heat and altitude) and the adaptations that stem from chronic exposure. He has worked with both amateur and professional athletes from various disciplines, along with National (Australian Institute of Sport) and International Federations (FIFA, World Athletics and World Triathlon). His work also examines how regular exercise can build resilience against rising global temperatures.

Publication & Citation Metrics

120 peer-reviewed papers, >5800 citations, *h*-index: 36 (GS), FWCI: 1.62, international collaboration: 68%, articles in top 25% journals: 79%, articles in top 25% citation percentile: 44% (SciVal).

Five Best Publications in Last 10 Years

1. **Périard JD** et al. (2021). Exercise under heat stress: thermoregulation, hydration, performance implications and mitigation strategies. *Physiol Rev.* >210 citations, FWCI: 5.81
2. **Périard JD** et al. (2015). Adaptations and mechanisms of human heat acclimation: applications for competitive athletes and sports. *Scand J Med Sci Sports.* >585 citations, FWCI: 5.46
3. Racinais S ... & **Périard JD** (2015). Consensus recommendations on training and competing in the heat. *Scand J Med Sci Sports, Br J Sports Med, Sports Med.* >540 citations, cumulative FWCI: 9.65

4. Racinais S ... & **Périard JD** (2019). Core temperatures up to 41.5°C during the UCI Road Cycling World Championships in the heat. *Br J Sports Med.* 53, 7:426-429. >95 citations, FWCI: 6.73
5. **Périard JD** et al. (2017). Strategies and factors associated with preparing for competing in the heat: a cohort study at the 2015 IAAF World Athletics Championships. *Br J Sports Med.* >105 citations, FWCI: 5.55

Conference Presentations

Keynote and plenary presentations: 20 (e.g. *Sports Medicine Australia Conference 2023, Sports Dietitians Australia Conference 2019*), Invited symposium presentations: 21 (e.g. *Annual Congress of the European College of Sport Science 2023 and 2020, Annual Meeting of the American College of Sports Medicine 2024 and 2019, Exercise and Sport Science Australia Conference 2024 and 2019*). Refereed conference presentations: 80 (e.g. *Annual Congress of the European College of Sport Science, Annual Meeting of the American College of Sports Medicine, Canadian Society for Exercise Physiology Annual Conference*).

Academic Awards

2023 Open Award for Best Paper, Sports Medicine Australia, ACT Research Awards
 2022 Open Award for Best Paper, Sports Medicine Australia, ACT Research Awards
 2022 Outstanding Team Achievement in Research and Innovation, University of Canberra
 2022 Clint Thompson Award for Clinical Practise Advancement, *J Athl Train* (NATA)
 2021 Fellow of the American College of Sports Medicine (FACSM)
 2021 Distinction in Research Engagement and Impact Commendation, University of Canberra
 2019 Open Award for Best Paper, Sports Medicine Australia, ACT Research Awards
 2017 Fellow of the European College of Sport Science (FECSS)
 2013 First Prize Research Award, STMS World Congress of Tennis Medicine, Argentina
 2012 ESSA Medal, 2011 Most Outstanding PhD Thesis, Exercise and Sports Science Australia
 2010 Young Investigator Award, Best Oral Presentation, ESSA Conference, Australia

Selected Research Funding (2019-2023)

Over \$3.4M in research funding, including from the NHMRC (Project Grant: \$659k), Australian Sports Commission (\$169k), Coca Cola (\$367k), FIFA (\$61,735), Defence Science & Technology (\$247k).

Service to the Research Community

Associate Editor for *J Sci Med Sport* (2024-Present), *Front Physiol* (2015-2024), Guest Editor for *Scand J Med Sci Sports* (2015) and *Br J Sports Med* (2014). Reviewer for >20 journals (e.g. *Med Sci Sports Exerc, J Appl Physiol*).

Research Training & Supervision

Completions: 7 PhD students, 2 Masters, 5 Honours. On-going: 2 Postdoctoral Fellows, 7 PhD students

Professional Affiliations

2019 - Present American Physiological Society (APS)
 2018 - Present Sports Medicine Australia (SMA)
 2018 - Present American College of Sports Medicine (ACSM) - Fellow (2021)
 2010 - Present European College of Sport Science (ECSS) - Fellow (2017)
 2008 - Present Exercise and Sport Science Australia (ESSA)
 2000 - 2017 Canadian Society for Exercise Physiology (CSEP)