CURRICULUM VITAE

John A. Hawley, Ph.D.
Director, Exercise and Nutrition Research Program
Mary MacKillop Institute for Health Research, Australian Catholic University

Professor Hawley is a world leader in the field of exercise metabolism and human health research. He has held Professoriate and Director/Head of Research Program roles at several institutions throughout his academic career, culminating is his current role as Director of the Mary MacKillop Institute for Health Research at the Australian Catholic University, Melbourne, Australia. Professor Hawley has secured over $10 million in external grant funding during the past two decades. He has published extensively in high-impact journals (*Cell, Science, Cell Metabolism*, *Nature Metabolism*) with over 50,000 career citations, an 'h'-index of 91. He is ranked in the top 2% of scientistic globally for his work in several disciplines and serves on the editorial boards of many prestigious international journals. He is a frequently invited speaker at both national and internal conferences, providing testament to his standing is his field.

EDUCATION

- Ph.D., Dept. of Physiology, University of Cape Town Medical School, South Africa (1990-1993)
- M.A., College of Applied Science and Technology, Ball State University, USA (1984-1986)
- Postgraduate Certificate of Education, Loughborough University of Technology, England (1983-1984)
- B.Sc. (Honours), Dept. of Sport Science, Loughborough University of Technology, England (1978-1981)

ACADEMIC APPOINTMENTS AND UNIVERSITY LEADERSHIP ROLES (since 1993)

2017- Current	Director, Mary MacKillop Institute for Health Research, Australian Catholic University, Melbourne, Australia
2015-Current	Director, Exercise and Nutrition Research Program, Mary MacKillop Insitute for Health Research, Australian Catholic University, Melbourne, Australia
2023-2028	Global Chair & Visiting Professor, Manchester Metropolitan University, Manchester, UK
2024-2027	Medical Research Advisory Group, The National Health & Medical Research Council, Australia
2013-2017	Visiting Professor of Exercise Metabolism and Nutrition, Research Institute for Sport and Exercise Sciences, Liverpool John Moore's University, Liverpool, UK
1999-2013	Professor and Head, Exercise Metabolism and Nutrition Research Group, School of Health Sciences, RMIT University, Bundoora, Victoria, Australia
1994-1998	Associate Professor, The Medical Research Council and The University of Cape Town, Bioenergetics of Exercise Research Unit, Dept. of Physiology, University of Cape Town Medical School, South Africa
1993-1994	Post-Doctoral Research Fellow, Post-Doctoral Research Fellow, The Medical Research Council and The University of Cape Town, Bioenergetics of Exercise Research Unit, Dept. of Physiology, University of Cape Town, South Africa

SUPERVISION

Principal supervisor of 34 successful Ph.D theses. Currently supervisor for 5 Ph.D. student (1 as principal supervisor and 4 as co-supervisor).

SELECTED PUBLICATIONS (relevant recent examples from >330 publications)

Hoffman NJ, Whitfield J, Xiao D, Radford BE, Suni V, Blazev R, Yang P, Parker BL, **Hawley JA**. Phosphoproteomics uncovers exercise intensity-specific skeletal muscle signaling networks underlying high-intensity interval training in healthy male participants. ***Sports Med*** 2025;55(8):1983-2004.

Betts JA, Bowden Davies KA, Smith HA, **Hawley JA.** Physiological rhythms and metabolic regulation: Shining light on skeletal muscle. ***Exp Physiol*** 2025;110(7):976-983.

Kahn RE, Zhu P, Roy I, Peek C, **Hawley JA**, Dayanidhi S. Ablation of satellite cell-specific clock gene, Bmal1, alters force production, muscle damage, and repair following contractile-induced injury. ***FASEB J*** 2025 Jan 31;39(2): e70325.

Bravo-Garcia AP, Radford BE, Hall RC, Broome SC, Tee N, Arthur B, Janssens K, Johnston RD, Halson SL, Devlin BL, **Hawley JA**, Parr EB. Combined effects of time-restricted eating and exercise on short-term blood glucose management in individuals with Type 2 Diabetes Mellitus: The TREx study, a randomised controlled trial. ***Diabetes Res Clin Pract*** 2025; 222:112081.

Bravo-Garcia AP, Reddy AJ, Radford BE**, Hawley JA,** Parr EB. Modifying the timing of breakfast improves postprandial glycaemia in people with type 2 diabetes: A randomised controlled trial. ***Diabetes Metab Syndr*** 2024;(11-12):103157.

Kouw IWK, Parr EB, Wheeler MJ, Radford BE, Hall RC, Senden JM, Goessens JPB, van Loon LJC, **Hawley JA**. Short-term intermittent fasting and energy restriction do not impair rates of muscle protein synthesis: A randomised, controlled dietary intervention ***Clin Nutr*** 2024;43(11):174-184.

Parr EB, Radford BE, Hall RC, Steventon-Lorenzen N, Flint SA, Siviour Z, Plessas C, Halson SL, Brennan L, Kouw IWK, Johnston RD, Devlin BL, **Hawley JA**. Comparing the effects of time-restricted eating on glycaemic control in people with type 2 diabetes with standard dietetic practice: A randomised controlled trial. ***Diabetes Res Clin Pract*** 2024;217:111893.

Skarstad HMS, Haganes KL, Sujan MAJ, Gellein TM, Johansen MK, Salvesen KÅ, **Hawley JA**, Moholdt T. A randomized feasibility trial of time-restricted eating during pregnancy in people with increased risk of gestational diabetes ***Sci Rep*** 2024;14(1):22476.

Kahn RE, Lieber RL, Meza G, Dinnunhan F, Lacham-Kaplan O, Dayanidhi S, **Hawley JA.** Time-of-day effects on *ex vivo* muscle contractility following short-term satellite cell ablation. ***Am J Physiol Cell Physiol*** 2024;327(1):C213-C219.

Kahn RE, Dayanidhi S, Lacham-Kaplan O, **Hawley JA**. Molecular clocks, satellite cells, and skeletal muscle regeneration. ***Am J Physiol Cell Physiol*** 2023 ;324(6):C1332-C1340.

Furrer R, **Hawley JA**, Handschin C. The molecular athlete: exercise physiology from mechanisms to medals. ***Physiol Rev*** 2023;103(3):1693-1787.

Moholdt T, Parr EB, Devlin BL, Giskeødegård GF, **Hawley JA.** Effect of high-fat diet and morning or evening exercise on lipoprotein subfraction profiles: secondary analysis of a randomised trial. ***Sci Rep*** 2023;13(1):4008.

Parr EB, Steventon-Lorenzen N, Johnston R, Maniar N, Devlin BL, Lim KHC, **Hawley JA.** Time-restricted eating improves measures of daily glycaemic control in people with type 2 diabetes. ***Diabetes Res Clin Pract***. 2023; 197:110569.

Parr EB, Kouw IWK, Wheeler MJ, Radford BE, Hall RC, Senden JM, Goessens JPB, Van Loon LJC, **Hawley JA**. Eight-hour time-restricted eating does not lower daily myofibrillar protein synthesis rates: A randomized control trial. ***Obesity (Silver Spring)*** 2023;Suppl 1(Suppl 1):116-126

Apovian CM, Guo XR, **Hawley JA**, Karmali S, Loos RJF, Waterlander WE. Approaches to addressing the rise in obesity levels. ***Nat Rev Endocrinol***. 2022;19(2):76-81.

Morrison M, Halson SL, Weakley J, **Hawley JA**. Sleep, circadian biology and skeletal muscle interactions: Implications for metabolic health. ***Sleep Med Rev*** 2022;66:101700.

Haganes KL, Silva CP, Eyjólfsdóttir SK, Steen S, Grindberg M, Lydersen S, **Hawley JA**, Moholdt T. Time-restricted eating and exercise training improve HbA1c and body composition in women with overweight/obesity: A randomized controlled trial. ***Cell Metab*** 2022;34(10):1457-1471.e4.

Moholdt T, Parr EB, Devlin BL, Debik J, Giskeødegård G, **Hawley JA**. The effect of morning vs evening exercise training on glycaemic control and serum metabolites in overweight/obese men: a randomised trial. ***Diabetologia*** 2021;64(9): 2061-2076.

Lundell LS, Parr EB, Devlin BL, Ingerslev LR, Altıntaş A, Sato S, Sassone-Corsi P, Barrès R, Zierath JR, **Hawley JA**. Time-restricted feeding alters lipid and amino acid metabolite rhythmicity without perturbing clock gene expression. *Nature Communications*. 2020;11(1):4643.

Hawley JA, Sassone-Corsi P, Zierath JR. Chrono-nutrition for the prevention and treatment of obesity and type 2 diabetes: from mice to men. **Diabetologia** 2020;63(11):2253-9.

Parr EB, Heilbronn LK, **Hawley JA**. A Time to Eat and A Time to Exercise. ***Exerc Sport Sci Rev*** 2020;48(1):4-10.

Burke LM, **Hawley JA**. Swifter, higher, stronger: What's on the menu? ***Science*** 2018;362(6416):781-7.

Hawley JA, Hargreaves M, Joyner MJ, Zierath JR. Integrative biology of exercise. ***Cell*** 2014;159(4):738-49.