

Curriculum Vitae – Stuart M. Phillips (current as of 28 October 2024)

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EDUCATION

Ph.D. Human Physiology, University of Waterloo, 1995
M.Sc. Biochemistry, McMaster University, 1991
B.Sc. Biochemistry (Honours), McMaster University, 1989

CURRENT STATUS AT McMASTER UNIVERSITY

Distinguished University Professor and Tier 1 Canada Research Chair, Department of Kinesiology
Associate Member, Graduate Faculty, Medical Sciences (Cell Biology & Metabolism)

EMPLOYMENT and APPOINTMENT HISTORY

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| 2016-2030 | Research Chair | Canada Research Chair (Tier 1) – Skeletal Muscle Health (renewed in 2023) |
| 2016-2024 | Director | Physical Activity Centre of Excellence (PACE) |
| 2014-2017 | Director | McMaster Centre for Nutrition, Exercise, and Health Research (McNEHR) |
| 2009- | Professor (Graduate Faculty) | Dept. of Kinesiology, Faculty of Science McMaster University |

SELECT RECENT PUBLICATIONS

Peer-reviewed Review Papers (all underlined authors were/are trainees from my lab; * indicates joint authorship)

1. J. McKendry, G. Coletta, E.A. Nunes, C. Lim, and S.M. Phillips. **Mitigating disuse-induced skeletal muscle atrophy in ageing: Resistance exercise as a critical countermeasure.** *Exp. Physiol.* 109: 1650–1662, 2024.
2. J.C. Mcleod, * B.S. Currier, * C. Lowisz, and S.M. Phillips. **The influence of resistance exercise training prescription variables on skeletal muscle mass, strength, and physical function in healthy adults: an umbrella review.** *J. Sport Health Sci.* 13(1):47-60, 2024.
3. A.C. D'Souza, M.Wageh, J.S. Williams, L.M. Colenso-Semple, D.G. McCarthy, A.K.A McKay, K.J. Elliott-Sale, L.M. Burke, G. Parise, M.J. MacDonald, M.A. Tarnopolsky, and S.M. Phillips. **Menstrual cycle hormones and oral contraceptives: a multimethod systems physiology-based review of their impact on key aspects of female physiology.** 135(6):1284-1299, 2023.
4. S.M. Phillips, E.K. Rawson, and J.K. Ma. **The coming of age of resistance exercise as a primary form of exercise for health.** *ACSM Health Fit. J.* 27(6): 19-25, 2023.
5. B.S. Currier, * J.C. Mcleod, * L. Banfield, J. Beyene, N.J. Welton, A.C. D'Souza, J.A. Keogh, L. Lin, G. Coletta, A. Yang, L. Colenso-Semple, K.J. Lau, A. Verboom and S.M. Phillips. **Resistance training prescription for muscle strength and hypertrophy in healthy adults: a systematic review and Bayesian network meta-analysis.** *Br. J. Sports Med.* 57(18): 1211-1220, 2023
6. M.D. Roberts, J.J. McCarthy, T.A. Hornberger, S.M. Phillips, A.L. Mackey, G.A. Nader, M.D. Boppart, A.N. Kavazis, P.T. Reidy, R. Ogasawara, C.A. Libardi, C. Ugrinowitsch, F.W. Booth, and K.A. Esser.

Mechanisms of mechanical overload-induced skeletal muscle hypertrophy: current understanding and future directions. *Physiol. Rev.* 103(4):2679-2757, 2023.

Peer-reviewed *Journal* Articles (all underlined authors were/are trainees from my lab; * indicates joint authorship)

1. M. Wageh, S. Fortino, R. Pontello, A. Maklad, C. McGlory, D. Kumbhare, S.M. Phillips, and G. Parise. **The effect of multi-ingredient protein versus collagen supplementation on satellite cell properties in males and females.** *Med. Sci. Sports Exerc.* 56(11):2125-2134, 2024.
2. J. McKendry, C.V. Lowisz, A. Nanthakumar, M. MacDonald, C. Lim, B.S. Currier, and S.M. Phillips. **The effects of whey, pea, and collagen protein supplementation beyond the recommended dietary allowance on integrated myofibrillar protein synthetic rates in older males: a randomized controlled trial.** *Am. J. Clin. Nutr.* 120(1): 34-46, 2024.
3. C. Lim, T.A.H. Janssen, N. Paramanantharajah, J. McKendry, S. Abou Sawan, and S.M. Phillips. **Muscle protein synthesis in response to plant-based protein isolates with and without added leucine versus whey protein in young men and women.** *Curr. Dev. Nutr.* 8(6):103769, 2024.
4. C. Lim, J. McKendry, T. Giacomini, J.C. Mcleod, S.Y. Ng, B.S. Currier, G. Coletta, and S.M. Phillips. **Fortetropin® supplementation prevents the rise in circulating myostatin but not disuse-induced muscle atrophy in young men with limb immobilization: a randomized controlled trial.** *PLoS One.* 18(5):e0286222, 2023.
5. G. Coletta, J. Jakubowski, S.M. Phillips, S.A. Atkinson, A. Papaioannou, J. Pritchard. **Prevalence of sarcopenia indicators and sub-optimal protein intake among elective total joint replacement patients.** *Appl. Physiol. Nutr. Metab.* 48(7):498-506, 2023.
6. C. Lim, D. Traylor, C. McGlory, S. Joannis, J. McKendry, T. Grewal, J. Mcleod, T. Prior, E.A. Nunes, M. Lees, and S.M. Phillips. **Increased protein intake derived from leucine-enriched protein enhances the integrated myofibrillar protein synthetic response to short-term resistance training in untrained men and women: a 4-day randomized controlled trial.** *Appl. Physiol. Nutr. Metab.* 47(11):1104-1114, 2022.
7. A.C Thomas, A. Brown, A.A. Hatt, K. Manta, A. Costa-Parke, M. Kamal, S. Joannis, C. McGlory, S.M. Phillips, D. Kumbhare, G. Parise. **Short-term aerobic conditioning prior to resistance training augments muscle hypertrophy and satellite cell content in healthy young men and women.** *FASEB J.* 36(9):e22500, 2022.
8. M.S. Brook, T. Stokes, S.H.M. Gorissen, J.J. Bass, C. McGlory, J. Cegielski, D.J. Wilkinson, B.E. Phillips, K. Smith, S.M. Phillips, and P.J. Atherton. **Declines in muscle protein synthesis account for short-term muscle disuse atrophy in humans in the absence of increased muscle protein breakdown.** *J. Cachexia Sarcopenia Musc.* 13(4): 2005-20016, 2022.
9. V. Angleri, F. Damas, S.M. Phillips, H.S. Selistre-de-Araujo, A.S. Cornachione, U.S. Stotzer, N. Santaniello, S.D. Soligon, L.A.R. Costa, M.E. Lixandrão, M.S. Conceição, F.S. Vechin, C. Urgrinowitsch, C.A. Libradi. **Resistance training variable manipulations is less relevant than intrinsic biology in affecting muscle fiber hypertrophy.** *Scand. J. Med. Sci. Sports.* 32(5):821-832, 2022.