

## **Curriculum Vitae: DR BENJAMIN TOBY WALL BSc, PhD, FHEA**

### **Present appointment:**

Professor of nutritional physiology, School of Sport and Health Sciences, College of Life and Environmental Sciences, University of Exeter, UK. (Dec 2021 - present).

### **Previous appointments:**

Associate professor of nutritional physiology, School of Sport and Health Sciences, College of Life and Environmental Sciences, University of Exeter, UK. (Jan 2019 – Dec 2021).

Senior Lecturer, School of Sport and Health Sciences, College of Life and Environmental Sciences, University of Exeter, UK. (Sep 2016 – Dec 2018).

Lecturer, School of Sport and Health Sciences, College of Life and Environmental Sciences, University of Exeter, UK. (Sep 2014 - Aug 2016).

Post-doctoral research fellow, Maastricht University Medical School, Maastricht University, the Netherlands. (Oct 2010 – Aug 2014).

### **Qualifications:**

PhD in muscle metabolism (thesis title: 'Modulating exercise muscle fuel metabolism in healthy humans by increasing co-enzyme A and carnitine availability'). (January 2011).

BSc (hons) in sport and exercise sciences 2:1 University of Birmingham.

Fellow of the higher education association (FHEA).

Post graduate certificate in academic practice (PCAP), University of Exeter (November 2015).

### **Professional memberships:**

The Physiological Society (also act as department society rep), the European College of Sport and Exercise Sciences, fellow of the higher education academy.

### **Current and recent PI research grants:**

July 2022 – June 2025. (PI – Prof Benjamin Wall, Co-I – Prof Francis Stephens) Mycoprotein as a novel low calorie, high protein dietary strategy to induce and maintain weight-loss in overweight and obese individuals. Quorn Foods. **£434,692.**

March 2022 – February 2023. (PI – Prof Benjamin Wall, Co-I – Prof Francis Stephens). Investigating the efficacy of novel and plant based dietary protein formations for stimulating muscle protein synthesis rates in healthy exercising humans. Science In Sport (SIS). **£187,325.**

Jan 2019 - Jan-2023 (PI Benjamin Wall). Exploring the role and mechanisms by which mycoprotein can support skeletal muscle anabolism and insulin sensitivity. **£220,764.**

May 2018 – Oct – 2019. (PI Benjamin Wall). Mycoprotein as the basis of a sustainable diet to support muscle mass maintenance and reconditioning in older adults. **£96,229.**

Sep 2016 - Sep 2010 (PI Dr Benjamin Wall). Novel roles of mycoprotein to support societal health and sports nutrition). Quorn Foods: **£216,878.**

Jan 2015 – Jan 2019 (PI Benjamin Wall). Mechanisms underlying muscle disuse atrophy: developing nutritional countermeasures. Maastricht University/University of Exeter studentship strategic collaboration: **£72,078.**

Aug 2016 - Jan 2018 (PI Benjamin Wall). Defining the role of skeletal muscle amino acid uptake in ageing and insulin resistance related muscle loss. The Physiological Society: **£9,969.**

Mar 2016 – Jul 2017 (PI Benjamin Wall). Characterising the temporal response of muscle protein metabolism during disuse: identifying the underlying mechanisms of muscle disuse atrophy. The Royal Society: **£14,810.**

Jan 2016 – Jan 2017 (PI Benjamin Wall). Mycoprotein to support muscle health: a pilot study. Quorn Foods: **£48,000.**

### **Awards, prizes and markers of esteem**

Contributing author to the upcoming UEFA commissioned consensus paper on 'Nutrition For Football' to be published in British Journal of Sports Medicine.

Associate editor for the International Journal of Sports Nutrition and Exercise Metabolism (ISNEM).

Associate editor for Frontiers in Nutrition.

European College of Sports Science young investigator award 2010.

Awarded the prize for best contributed paper from a post-doctoral scientist at the Rank Prize Symposium 2012 for Sports and Exercise Nutrition.

Member of the Gatorade Sports Science Institute expert reviewing committee (2014-present).

Reviewing committee member for the European Society for Clinical Nutrition and Metabolism.

### Selected publications

Monteyne AJ, Coelho MOC, Murton AJ, Abdelrahman DR, Blackwell JR, Koscienc CP, Knapp KM, Fulford J, Finnigan TJA, Dirks ML, Stephens FB, **Wall BT**. Vegan and Omnivorous High Protein Diets Support Comparable Daily Myofibrillar Protein Synthesis Rates and Skeletal Muscle Hypertrophy in Young Adults. *J Nutr*. Feb 22:S0022-3166(23)12680-0. 2023.

van der Heijden I, Monteyne AJ, Stephens FB, **Wall BT**. Alternative dietary protein sources to support healthy and active skeletal muscle aging. *Nutr Rev*. Jan 10;81(2):206-230. doi: 10.1093/nutrit/nuac049. 2023.

West S, Monteyne AJ, Whelehan G, Abdelrahman DR, Murton AJ, Finnigan TJA, Blackwell JR, Stephens FB, **Wall BT**. Mycoprotein ingestion within or without its wholefood matrix results in equivalent stimulation of myofibrillar protein synthesis rates in resting and exercised muscle of young men. *Br J Nutr*. Sep 29:1-13. 2022

Pavis GF, Jameson TSO, Dirks ML, Lee BP, Abdelrahman DR, Murton AJ, Porter C, Alamdari N, Mikus CR, **Wall BT**, Stephens FB. Improved recovery from skeletal muscle damage is largely unexplained by myofibrillar protein synthesis or inflammatory and regenerative gene expression pathways. *Am J Physiol Endocrinol Metab*. 1;320(2):E291-E305, 2021.

Kilroe SP, Fulford J, Jackman S, Holwerda A, Gijsen A, van Loon L, **Wall BT**. Dietary protein intake does not modulate daily myofibrillar protein synthesis rates or loss of muscle mass and function during short-term immobilization in young men: a randomized controlled trial. *Am J Clin Nutr*. 11;113(3):548-561, 2021.

Jameson TSO, Pavis GF, Dirks ML, Lee BP, Abdelrahman DR, Murton AJ, Porter C, Alamdari N, Mikus CR, **Wall BT**, Stephens FB. Reducing NF- $\kappa$ B signalling nutritionally is associated with expedited recovery of skeletal muscle function after damage. *J Clin Endocrinol Metab*. Online ahead of print, 2021.

Coelho MOC, Monteyne AJ, Dunlop MV, Harris HC, Morrison DJ, Stephens FB, **Wall BT**. Mycoprotein as a possible alternative source of dietary protein to support muscle and metabolic health. *Nutr Rev* 78(6):486-497, 2020.

Collins J, Maughan RJ, Gleeson M, Bilsborough J, Jeukendrup A, Morton JP, Phillips SM, Armstrong L, Burke LM, Close GL, Duffield R, Larson-Meyer E, Louis J, Medina D, Meyer F, Rollo I, Sundgot-Borgen J, **Wall BT**, Boulosa B, Dupont G, Lizarraga A, Res P, Bizzini M, Castagna C, Cowie CM, D'Hooghe M, Geyer H, Meyer T, Papadimitriou N, Vouillamoz M, McCall A. UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research. *Br J Sports Med*, epub ahead of print, 2020.

Stokes KA, Jones B, Bennett M, Close GL, Gill N, Hull JH, Kasper AM, Kemp SPT, Mellalieu SD, Peirce N, Stewart B, **Wall BT**, West SW, Cross M. Returning to Play after Prolonged Training Restrictions in Professional Collision Sports. *Int J Sports Med* 41(13):895-911, 2020.

Monteyne AJ, Coelho MOC, Porter C, Abdelrahman DR, Jameson TSO, Finnigan TJA, Stephens FB, Dirks ML, **Wall BT**. Branched-Chain Amino Acid Fortification Does Not Restore Muscle Protein Synthesis Rates following Ingestion of Lower- Compared with Higher-Dose Mycoprotein. *J Nutr*. 19;150(11):2931-2941, 2020.

Monteyne AJ, Dunlop MV, Machin DJ, Coelho MOC, Pavis GF, Porter C, Murton AJ, Abdelrahman DR, Dirks ML, Stephens FB, **Wall BT**. A mycoprotein-based high-protein vegan diet supports equivalent daily myofibrillar protein synthesis rates compared with an isonitrogenous omnivorous diet in older adults: a randomised controlled trial. *Br J Nutr*. 11:1-11, 2020.

Monteyne AJ, Coelho MOC, Porter C, Abdelrahman DR, Jameson TSO, Jackman SR, Blackwell JR, Finnigan TJA, Stephens FB, Dirks ML, **Wall BT**. Mycoprotein ingestion stimulates protein synthesis rates to a greater extent than milk protein in rested and exercised skeletal muscle of healthy young men: a randomized controlled trial. *Am J Clin Nutr*. 1;112(2):318-333, 2020.