Kim Simperingham

PhD Candidate, MSc (Hons), BCom

Research specialisation: Speed and power testing and training, strength and conditioning, sports biomechanics.

Experience: 17 years of strength and conditioning experience in high performance sport. Currently National Training Centre (Auckland) Strength and Conditioning Manager for High Performance Sport New Zealand, All Blacks Sport Scientist, Yachting New Zealand Strength and Conditioning Lead. PhD candidate at AUT University. Former head of strength and conditioning for Auckland Rugby, NZ Blacks Ferns, Kintetsu Rugby (Japan).

Research overview: Enhancing sprint performance in team sport athletes; the effect of wearable resistance on sport training and performance; acute enhancement of power performance.

Postgraduate supervision: One Masters research student to completion. The effects of different wearable resistance loads and placements during vertical jumping and sprint running.

Research publications:

Simperingham, K. D., Cronin, J. B., & Ross, A. (2016). Advances in sprint acceleration profiling for field-based team-sport athletes: utility, reliability, validity and limitations. *Sports Medicine,* 46(11), 1619-1645.

Simperingham, K. D., Cronin, J. B., Pearson, S., & Ross, A. (2016). Acute changes in sprint running performance following ballistic exercise with added lower body loading. *Journal of australian strength and conditioning,* 23(6), 86-89.

Simperingham, K. D., & Cronin, J. B. (2014). Changes in sprint kinematics and kinetics with upper body loading and lower body loading using Exogen exoskeletons: a pilot study. *Journal of australian strength and conditioning,* 22(5), 69-72.

Macadam, P., Cronin, J., & Simperingham, K. D. (2017). The effects of wearable resistance training on metabolic, kinematic and kinetic variables during walking, running, sprint running and jumping: a systematic review. *Sports Medicine,* 47(5), 887-906.

Macadam, P., Simperingham, K. D., Cronin, J. B. et al. (2017). Acute kinecatic and kinetic adaptations to wearable resistance during vertical jumping. *European Journal of Sport Science,* 17(5).

Macadam, P., Simperingham, K. D., & Cronin, J. B. (2016). Acute kinematic and kinetic adaptations to wearable resistance during sprint acceleration. *The journal of strength and conditioning research, 31(5), 1297-1304.*

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