Associate Professor Mike Hamlin

PhD, MHMS, BPhED

Research specialisation: Sport and Exercise Science.

Experience: Michael J. Hamlin (Mike) is Associate Professor of Exercise and Sport Science, Department of Tourism, Sport and Society, Lincoln University, Christchurch, New Zealand as well as Sport Scholarship Academic Advisor, and Director of the Lincoln University Sport and Exercise Science Laboratory. Mike has over 19 years' experience in teaching and research working with professional groups and individuals. Dr Hamlin is the author of a popular Sports Medicine book, along with over 90 published research articles and book chapters. Dr Hamlin has also presented over 100 conference papers. A member of numerous professional societies including fellowships with the American College of Sports Medicine and the European College of Sports Science, Mike received his BPhEd degree (1990) in exercise prescription from Otago University, Dunedin, his MHMS degree (1995) in exercise physiology from the University of Queensland, Brisbane, and his PhD degree (1999) from Otago University Dunedin. Mike's research areas include exercise physiology, the health effects of physical activity and performance-related aspects of elite athletes, in particular the use of altitude and hypoxic training to enhance performance. Mike has been involved in a number of altitude training projects (both real and simulated), with a number involving rugby players. More recently, Mike has conducted a number of projects on athletes using intermittent hypoxic training.

Research overview: Mike has conducted research on many different team and individual athletes including Professional Netball players, Professional cyclists, members of the New Zealand Triathlon elite training squad, members of the Netherland women's Triathlon squad, and well-performing multi-sports athletes, along with elite rugby and hockey athletes. Mike's research has been sponsored by a number of agencies including Sport and Recreation New Zealand, the New Zealand Academy of Sport, the New Zealand Health Research Council, the Ministry of Education, Partnership Health, and the Canterbury Medical Research Foundation. Mike has worked closely with local and national sport organisations in New Zealand on a multitude of research projects.

Postgraduate supervision: 5 Masters and 6 PhD research students to completion. Currently supervising 3 Masters and 5 PhD. Topics include injury prediction models in rugby, the effects of yoga on rugby injury and performance, blood flow restriction training, altitude and hypoxic training, maintenance of health and wellbeing in elite athletes and GPS monitoring in rugby.

Research publications: 80 peer reviewed publications and 10 book chapters. Editorial board member of the *Slovak Journal of Sport Science.* Example publications:

Hamlin, MJ. Olsen, PD. Marshall, HC, Lizamore, CA. Elliot, CA. Hypoxic repeat sprint training improves rugby player's repeated sprint but not endurance performance. *Frontiers of Physiology* Volume 8, Article 24 1-10, (2017), DOI: 10.3389/fphys.2017.00024

Boobpachat D. Manimmanakorn N. Manimmanakorn, A. Hamlin, M.J. Effects of elastic taping, non-elastic taping and static stretching on recovery after intensive eccentric exercise. *Research in Sports Medicine* (2017), DOI: 10.1080/15438627.2017.1282360

George, T.M. Olsen, P.D. Kimber, N.E. Shearman, J.P, Hamilton, J. Hamlin, M.J. The effect of altitude and travel on rugby union performance: Analysis of the 2012 Super Rugby competition. *Journal of Strength and Conditioning Research* 29 (12): 3360-3366, 2015. doi 10.1519/JSC.0000000000001204.

Hamlin, M.J. Hollings, S.C. Hopkins, W.G. Effects of altitude on performance of elite track-and-field athletes. *International Journal of Sports Physiology and Performance*, 10, 881-887, 2015.

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