

Senior Lecturer Peter Francis

PhD, BSc, BSc

Research specialisation: The role of muscle function in injury, ageing & performance.

Experience: As part of the School of Clinical and Applied Science at Leeds Beckett University, Peter lectures on BSc and MSc courses in Sports and Exercise Therapy, Physiotherapy and Sports Medicine. A background in sport and exercise science from the University of Limerick, Peter is an accredited performance physiologist with the Irish Institute of Sport, twice working there before the Beijing and London Olympics. Peter became interested in overuse injuries from his own experiences as an endurance runner and completed a BSc Physical Therapy, in which he was awarded student of the year in a class of 40. As a result Peter has been involved in the treatment and rehabilitation of a number of European, World and Olympic athletes in the sport of athletics. Peter was awarded the 'Roadbridge Medical Research Scholarship' to undertake a PhD investigating age-related change in muscle quality at the University of Limerick (2010 - 2013). In 2013, Peter was appointed lecturer in Sport and Health Science at the University of St. Mark and St. John, Plymouth. In 2014, Peter was appointed senior lecturer at Leeds Beckett University. Peter will join Professor Patria Hume for a 6 month research sabbatical at the Sports Performance Research Institute New Zealand (**SPRINZ**) commencing in February 2017.



Research overview:

- Age-related change in muscle mass, strength and function across the lifespan.
- Muscle function prior to injury, during rehabilitation and after return to play in professional soccer players.
- Measurement, evaluation and determinants of running economy and injury.
- Kinematic and muscle function changes as a result of barefoot running.

Postgraduate supervision:

PhD Students:

- **Ian O'Sullivan** – Determinants of running economy in national standard distance runners (2015 – 2021).
- **Ashley Jones** - Muscle function prior to injury, during rehabilitation and after return to play in professional soccer players. (2015 – 2021).
- **Hannah Wilson** – The effect of kinesiology tape on pain and muscle function (2015 – 2018)
- **Ian Entwistle** – Musculoskeletal health in retired professional rugby players (2015 – 2021).
- **Lawrence Mayhew** – Injury risk factors in female footballers (2016 – 2022).
- **Priscilla Wittkopf** – Investigations into the effect of distorting the visual appearance of body parts on pain perception.

Research publications:

Francis, P., Ledingham, J., Clarke, S., Collins, D.J. and Jakeman, P. (2016) A Comparison of Stride Length and Lower Extremity Kinematics during Barefoot and Shod Running in Well Trained Distance Runners. *Journal of Sports Science and Medicine*, 15 September, pp. 417-423.

Francis, P., Toomey, C., McCormack, W., Lyons, M. and Jakeman, P. (2016) Measurement of maximal isometric torque and muscle quality of the knee extensors and flexors in healthy 50- to - 70-year-old women. *Clinical Physiology and Functional Imaging*, January.

Francis, P., McCormack, W., Caseley, A., Copeman, J. and Jones, G. (2016) Body composition changes in an endurance athlete using two different training strategies. *The Journal of sports medicine and physical fitness*, July.

Norton, C., Toomey, C., McCormack, W.G., **Francis, P.**, Saunders, J., Kerin, E. and Jakeman, P. (2015) Protein Supplementation at Breakfast and Lunch for 24 Weeks beyond Habitual Intakes Increases Whole-Body Lean Tissue Mass in Healthy Older Adults. *The Journal of Nutrition*, November.



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