

## Associate Professor Justin Keogh

### PhD, FAAG, FISBS

**Research specialisation:** strength and conditioning; biomechanics; motor learning.

**Experience:** 15 years' as an academic in exercise and sports science in Australia and New Zealand. Associate Prof Keogh is a Fellow of the Australian Association of Gerontology and the International Society of Biomechanics in Sport. He was employed at AUT from 2002 – 2011, before returning home to Australia to work at Bond University, where he is currently the Coordinator for the Masters of Sports Science program. His teaching involvement spans postgraduate and undergraduate courses in biomechanics, motor control and learning and some performance analysis. He has worked as a head coach with Paralympic New Zealand (powerlifting) as well as being a strength and conditioning coach and biomechanist with a number of elite and developmental sports in New Zealand and Australia. He is an accredited Pro Scheme Professional Coach via the Australian Strength and Conditioning Association (ASCA) and is a frequent lecturer on ASCA level I and level II courses. He is a former New Zealand under 105 kg strongman Champion and former President/Head Coach of the AUT Powerlifting and Strongman Club. This club has developed a range of national and international level strongman and powerlifting athletes including Colm Woulfe who competed at the 2016 World Strongest Man. After retiring from strongman competitions in 2015, Associate Prof Keogh has started a motor learning project case study by playing Australian Rules football for the first time in his life in the Gold Coast Masters competition.



**Research overview:** Using biomechanical, motor control and motor learning principles to improve sporting performance and reduce injury risk in sports, particularly those as requiring high degrees of muscular strength and power such as strongman, powerlifting and rugby. A new focus of this research is on Australian Rules football, particularly around the interaction between fitness qualities, movement competency, technical ability and decision-making capacity in talent identification and development across adolescent and senior playing groups. He is also becoming interested in educational research, with such research examining the potential applications of tablets with high speed video camera capacity and human movement analysis apps.

**Postgraduate supervision:** 4 Honours, 15 Masters and 7 PhD research students to completion. Currently supervising 1 Masters and 6 PhD students. Current sports involved in these postgraduate projects include AFL, rugby, BMX and golf.

**Research publications:** 141 peer reviewed publications and 4 invited book chapters. Editorial board member of the *Journal of Strength and Conditioning Research*, *Sports Biomechanics*, *Journal of Sports Science and Medicine* and *PeerJ*. Example publications include:

- Keogh, J. W. L., & Winwood, P. W. (in press). The epidemiology of injuries across the weight training sports: a systematic review. *Sports Medicine*. doi: 10.1007/s40279-016-0575-0
- Pritchard, H. J., Tod, D. A., Barnes, M. J., Keogh, J. W., & McGuigan, M. R. (2016). Tapering practices of New Zealand's elite raw powerlifters. *Journal of Strength and Conditioning Research*, 30(7), 1796-1804. doi: 10.1519/SSC.0000000000000125
- Ross, J. A., Wilson, C. J., Keogh, J. W. L., Ho, K. W., & Lorenzen, C. (2015). Snatch trajectory of elite level Girevoy (kettlebell) sport athletes and its implications to strength and conditioning coaching. *International Journal of Sports Science and Coaching*, 10(2&3), 439-452.
- Argus, C. K., Gill, N. D., Keogh, J. W. L., McGuigan, M. R., & Hopkins, W. G. (2012). Effects of two contrast training programs on jump performance in rugby union players during a competition phase. *International Journal of Sports Physiology and Performance*, 7(1), 68-75.
- Keogh, J. W. L., & Hume, P. A. (2012). Evidence for biomechanics and motor learning research improving golf performance. *Sports Biomechanics*, 11(2), 288-309.
- Swinton, P. A., Lloyd, R., Keogh, J. W. L., Agouris, I., & Stewart, A. D. (2012). A biomechanical comparison of the traditional squat, powerlifting squat and box squat. *Journal of Strength and Conditioning Research*, 26(7), 1805-1816. doi: 10.1519/JSC.0b013e3182577067
- Keogh, J. W. L. (2011). Paralympic sport: an emerging area for research and consultancy in sports biomechanics. *Sports Biomechanics*, 10(3), 234-253.



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