# Matthew Blair MPhEd (Dist.) BPhEd BSc Dip Tour

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**Research specialisation:** Physical conditioning.

**Experience:** Principle Lecturer, Coordinator, Academic Leader - Postgraduate Diploma Applied Science (Physical conditioning), Otago Polytechnic. Consultant for World Rugby High Performance (2011-2019). Currently working with Club Rugby in Dunedin as a volunteer.

**Research overview:** Matt’s rugby research includes performance technology, wellness profiling and load measurement with fifteens, sevens players and match officials.

**Postgraduate supervision:** *Facilitator Master of Professional Practice (MPP)*

Naca Cawanibuka (Fiji 7s Lead S&C) - The Fiji 7s Road to Gold - A Reflective Summary of the Fiji 7s Rugby Team Golden Journey at the 2016 Summer Olympic Games in Rio de Janeiro, Brazil and Toyo, Japan (Current).

Semisi Fonua (Tonga Rugby Lead S&C) – Training Load for Ikale Tahi Leading into RWC 2019 (Current).

*Lead Supervisor Master of Applied Science (MAS)*

Jawad Al-attar – Original Scientific Research Study: Cohort Study – Training Load and its progression from amateur to semi-professional rugby (Completed).

**Research publications:**

1. Elsworthy, N., Blair, M., & Lastella, M. (2021). On-field movements, heart rate responses and perceived exertion of lead referees in Rugby World Cup matches, 2019. *Journal of Science & Medicine in Sport, 24*, 386-390.
2. Blair, M., Manuel-Hepi, N., Newman, L., Smith, T., & Elsworthy, N. (2019). Physical demands of international lead rugby union referees. *Journal of Australian Strength and Conditioning, 27*(03), 25-32.
3. Bester, C., Coetze, D., Schall, R., & Blair, M. (2019). Physical demands on elite lead rugby union referees. *International Journal of Performance Analysis in Sport*. doi:10.1080/24748668.2019.1593097
4. Blair, M., Elsworthy, N., Rehrer, N., Button, C., & Gill, N. (2018). Physical and physiological demands of elite rugby union officials. *International Journal of Sports Physiology and Performance*.

**Mat Blair (PhD)**

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1. Blair, M., Cronin, J., Rehrer, N., Button, C., & Gill, N. (2018). Contextual review of physical requirements of refereeing rugby union at an elite level. *Journal of Strength & Conditioning, 40*(2), 17-30.
2. Blair, M., Body, S., & Croft, H. (2017). Relationship between physical metrics and game success with elite 7s rugby sevens players. *International Journal of Performance Analysis in Sport*.
3. Blair, M., Body, S., & Croft, H. (2017). The Physical metrics of world series sevens tournament matches. *Scope (Activity & Health), 1*. doi:10.1080/24748668.2017.1348060
4. Blair, M. (2017). Considerations for Rugby Sevens-specific training schedules. *Scope (Activity & Health), 1*.