**Professor Liam Kilduff**

**Swansea University**

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**Research specialisation:** Performance Science, Strength & Conditioning, Applied Sports Physiology

**A person with a beard

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**Experience:** Professor Kilduff obtained his PhD from Glasgow University examining the effects of Creatine supplementation in sport, health and diseases. He has worked for the last 18 years as a professor of performance science at Swansea University where his research interests focus on elite athlete preparation strategies. He is currently

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**Liam Kilduff (Ph.D.)**

Professor of Performance Science

Head of the Applied Sports, Technology, Exercise and Medicine Research Centre (A-STEM)

<https://www.swansea.ac.uk/sports-science/astem/>  
Chair: Research Steering Group and Strategic Management Board of the Welsh Institute of Performance Science

<https://www.swansea.ac.uk/sports-science/astem/wips/>

Applied Sports, Technology, Exercise, and Medicine Research Centre (A-STEM)

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Head of the Applied Sports, Technology, Exercise and Medicine Research Centre (A-STEM)(<https://www.swansea.ac.uk/sports-science/astem/>) and chairs both the Research Steering Group and Strategic Management Board of the Welsh Institute of Performance Science(<https://www.swansea.ac.uk/sports-science/astem/wips/>). He has published in excess of 160 peer reviewed papers and has secured over £3m in research income. He sits on the editorial board of 3 Sports Science journals.

**Research overview:** Professor Kilduff has worked with various professional rugby organisations for over 15 years, these research collaborations have resulted in numerous publications, PhD completions and grant awards. His current ongoing programme of research involves a number of PhD students who are embedded in professional clubs (e.g., Ospreys and Scarlets) and international teams (e.g., FFR and SRU) to conduct research that has a direct impact of performance.

**Postgraduate supervision:** 15 Masters by research and 6 PhD research students to completion. Currently supervising 5 Masters by research and 5 PhD, students are sponsored by and embedded in elite and professional sports. Topics contribute to research and practice in understanding competition demands, recovery, training modalities and competition day preparation strategies.

**Research publications:** 164 peer reviewed publications (https://pubmed.ncbi.nlm.nih.gov/?term=kilduff+l) and 7 invited book chapters. 84 of these papers are in rugby related topics (<https://pubmed.ncbi.nlm.nih.gov/?term=kilduff+l+and+rugby>) Editorial board member of the *European Journal of Sports Science and the International Journal of Sports Physiology and Performance.*

Example publications:

[Predicting performance at the group-phase and knockout-phase of the 2015 Rugby World Cup.](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F32174244%2F&data=04%7C01%7CL.Kilduff%40Swansea.ac.uk%7Ccf4a8d641e6843aa7b4a08d95d0029bc%7Cbbcab52e9fbe43d6a2f39f66c43df268%7C0%7C0%7C637643077537614844%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=cyRiUEeNWSl1dosOwTxBHeNNeulWfEhz93OivP0A04k%3D&reserved=0) Bennett M, Bezodis NE, Shearer DA, Kilduff LP. Eur J Sport Sci. 2021 Mar;21(3):312-320. doi: 10.1080/17461391.2020.1743764.

[Assessing the whole-match and worst-case scenario locomotor demands of international women's rugby union match-play.](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F31882327%2F&data=04%7C01%7CL.Kilduff%40Swansea.ac.uk%7Ccf4a8d641e6843aa7b4a08d95d0029bc%7Cbbcab52e9fbe43d6a2f39f66c43df268%7C0%7C0%7C637643077537624801%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=PQW9D0sx7TK16YgA%2B0rz2eD288pJ2mNbwfqUcjYSOOA%3D&reserved=0" \o "Original URL: https://pubmed.ncbi.nlm.nih.gov/31882327/. Click or tap if you trust this link." \t "_blank)

Sheppy E, Hills SP, Russell M, Chambers R, Cunningham DJ, Shearer D, Heffernan S, Waldron M, McNarry M, Kilduff LP.

J Sci Med Sport. 2020 Jun;23(6):609-614. doi: 10.1016/j.jsams.2019.12.016.

[Movement Demands of Elite Under-20s and Senior International Rugby Union Players.](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F27824865%2F&data=04%7C01%7CL.Kilduff%40Swansea.ac.uk%7Ccf4a8d641e6843aa7b4a08d95d0029bc%7Cbbcab52e9fbe43d6a2f39f66c43df268%7C0%7C0%7C637643077537624801%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Vcgm%2B4Ejp0TpFxVqxZ9zZ%2F4pRDcw%2Bh4tm6VLkEwHnFY%3D&reserved=0) Cunningham DJ, Shearer DA, Drawer S, Pollard B, Eager R, Taylor N, Cook CJ, Kilduff LP. PLoS One. 2016 Nov 8;11(11):e0164990. doi: 10.1371/journal.pone.0164990.

[Performance indicators during international rugby union matches are influenced by a combination of physiological and contextual variables.](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F31706825%2F&data=04%7C01%7CL.Kilduff%40Swansea.ac.uk%7Ccf4a8d641e6843aa7b4a08d95d0029bc%7Cbbcab52e9fbe43d6a2f39f66c43df268%7C0%7C0%7C637643077537634755%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=CbD4hrVMmnOJ%2F6%2FeBLOxUb50vpxq%2FoHQbs1IeVx96SE%3D&reserved=0) Crewther BT, Potts N, Kilduff LP, Drawer S, Cook CJ. J Sci Med Sport. 2020 Apr;23(4):396-402. doi: 10.1016/j.jsams.2019.10.011.