

CURRICULUM VITAE

Joseph I. Esformes, BSc, MSc, PhD, CSCS, FHEA

Dr Joseph Esformes is a Lecturer in Physiology and Discipline Director for Sport Conditioning, Rehabilitation and Massage in the Cardiff School of Sport at the University of Wales Institute, Cardiff and has previously taught exercise physiology and strength and conditioning at the University of Leeds and at the University of West of England. He is a Certified Strength and Conditioning Specialist by the NSCA and has been working as a Strength and Conditioning Coach for more than 12 years. He has provided scientific support to elite athletes at the Hartpury Academy of Sport and at Leeds University and was Lead Strength and Conditioning Coach for the National Scottish Women's Water Polo Team. He is a Fellow of the Higher Education Academy and an accredited member of the National Strength and Conditioning Association.

PERSONAL DETAILS

Work address	University of Wales Institute, Cardiff, Cardiff School of Sport, Cyncoed Road, Cardiff, CF23 6XD, United Kingdom.
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EDUCATION

2007	PhD, Doctor of Philosophy in Physiology of Exercise , Institute of Membrane and Systems Biology, Faculty of Biological Sciences, University of Leeds, UK. Thesis title: <i>Influence of fluctuations in reproductive hormones upon central and peripheral cardiovascular responses to exercise in pre-menopausal women</i> . Supervisors: Dr. K. M. Birch and Prof. K. P. George. External Examiners: Prof. N. T. Cable and Prof. S. A. Ward. Full scholarship awarded by the University of Leeds.
2001	MSc, Master of Science in Sport and Exercise Science (Exercise Physiology) , Department of Exercise and Sport Science, Manchester Metropolitan University, UK. Thesis title: <i>Validation of in vivo human muscle volume measurement using ultrasonography</i> . Supervisor: Prof. C. N. Maganaris.
2000	BSc, Bachelor of Science in Sport Science , College of Sport Sciences, Athens, Greece. Dissertation title: <i>Designing an Annual Training Program – A review</i> . Supervisor: Dr. T. Paxinos. Graduated with specialization in Weightlifting and Strength-Power Development.

PROFESSIONAL ACCREDITATIONS

2007	Higher Education Academy Professional Recognition: Fellow status (FHEA).
2004	Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA).

TEACHING EXPERIENCE

2006 -	<p>Lecturer in Physiology</p> <ul style="list-style-type: none"> ▪ Discipline Director for Sport Conditioning, Rehabilitation, and Massage ▪ Module leader for Level 2 Practical Techniques for Sport Conditioning and Rehabilitation ▪ Teaching exercise physiology at levels 1 - 4 ▪ Supervision of final year undergraduate and postgraduate research projects ▪ Personal tutoring <p>Cardiff School of Sport, University of Wales Institute, Cardiff, UK.</p>
2005 - 2006	<p>Lecturer in Sports Conditioning</p> <ul style="list-style-type: none"> ▪ Human Performance Analysis Centre Laboratory Director ▪ Strand leader for Sports Conditioning ▪ Module leader for Level I Biological Systems in Sport, Level II Fd Sports Conditioning I, Level II Sports Conditioning I, Level III Sports Conditioning II, and Level III Sports Conditioning in Practice ▪ Level II Year tutor ▪ Ethics Committee Member <p>University of West of England, HE Sport Science, Gloucester, UK.</p>
2002 - 2005	<p>Postgraduate Researcher</p> <ul style="list-style-type: none"> ▪ Delivery of theoretical and practical sessions in Level I Sport & Exercise Physiology, Level II Sport & Exercise Physiology, Level III Advanced Exercise Physiology, and Level III Physiological Assessment in Sport ▪ Supervision of final year undergraduate research projects <p>Centre for Sports and Exercise Sciences, University of Leeds, UK.</p>

CONSULTANCY & RELATED PROFESSIONAL EXPERIENCE

2008 -	Book proposal reviewer, Routledge, UK.
2005 - 2006	Sport Science Support Hartpury Academy of Sport, Hartpury College, Gloucestershire, UK.
2004 - 2006	Lead Strength & Conditioning Coach National Scottish Women's Water Polo Team.
2004 - 2005	Strength & Conditioning Coach to Talented Athlete Scholarship Student (TASS) athletes Sport Leeds, University of Leeds, UK.
2002 - 2005	Health & Fitness Instructor, Sports Centre Fitness Advisors' Supervisor University of Leeds Sports Centre, Leeds, UK.
2001 - 2002	Health & Fitness Instructor Entasis Fitness Club, Athens, Greece.
1996 - 2000	Health & Fitness Instructor Joe Weider Fitness Gym, Athens, Greece.

PROFESSIONAL ASSOCIATIONS

- Certified member of the National Strength and Conditioning Association (NSCA)
- Member of the United Kingdom Strength and Conditioning Association (UKSCA)
- Member of the American College of Sports Medicine (ACSM)

RESEARCH INTERESTS

- Physiological responses and adaptations to resistance training.
- Influence of female reproductive hormones upon both health and performance in the female.
- The interaction of female reproductive hormones (endogenous and exogenous) and exercise with cardiovascular health in women.
- Effect of female reproductive hormones (endogenous and exogenous) upon cardiovascular dynamics.

BOOK CHAPTERS

- Birch, K.M. and **Esformes, J.I.** (2008). The exercising female. In *Exercise Physiology in Special Populations* (edited by J. Buckley). Elsevier.

PUBLICATIONS (peer-reviewed)

- **Esformes, J. I.**, Hill, C. and Bampouras, T. M. (In Press). Post-activation potentiation following different modes of exercise. *J Strength Cond Res*.
- **Esformes, J.I.** and Birch, K.M. (2008). Blood Pressure and Central Haemodynamic Responses to Isometric Exercise: Influence of Endogenous Versus Exogenous Female Reproductive Hormonal Variation. [Abstract]. Proceedings, 6th International Conference on Strength Training, Colorado Springs, Colorado, U.S.A, p. 261-262.
- **Esformes, J. I.** George, K. P. & Birch, K. M. (2007). Gender Differences in Postexercise Hypotension: Influence of Phase of Oral Contraceptive Use. [Abstract]. *Med. Sci. Sports Exerc*, 39 (5) p S165-S166.
- **Esformes, J.I.**, Norman, F., Sigley, J. & Birch, K.M. (2006). The influence of menstrual cycle phase upon postexercise hypotension. *Med. Sci. Sports Exerc*, 38(3): 484-91.
- **Esformes, J. I.**, Bird, K., Cornes, J., Norman, F., Roberts, A., Sigley, J. & Birch, K. M. (2005). Influence of menstrual cycle phase upon gender differences in post exercise hypotension. [Abstract]. *Med. Sci. Sports Exerc*, 37(5) p S216.
- **Esformes, J. I.**, Narici, M. V. & Maganaris, C. N. (2002). Measurement of human muscle volume using ultrasonography. *Eur J Appl Physiol* 87: 90-92.
- **Esformes, J. I.**, Narici M. V. & Maganaris, C. N. (2002). Human muscle volume estimation using ultrasonography. [Abstract]. Proceedings, 7th Annual Congress of the European College of Sport Science, Athens, Greece, pp. 518.

CONFERENCE PRESENTATIONS

- **Esformes, J.I.** and Birch, K. M. Cardiac Stress during Aerobic Exercise is Lower in Oral Contraceptive Pill Users than in Nonusers. Oral presentation at the 5th International Conference on Fitness, Health & Active Living of the Athens Institute for Education and Research, Athens, Greece, 9-12 July, 2009.
- **Esformes, J. I.**, Keenan, M. and Bampouras, T. M. Effects of Different Upper Body Conditioning Contractions upon Postactivation Potentiation. Poster presentation at the

5th Annual Conference of the UK Strength & Conditioning Association, Bedfordshire, UK, 5–7 June, 2009.

- **Esformes, J. I.**, Hill, C. and Bampouras, T. M. Effect of Type of Muscle Contraction upon Postactivation Potentiation in the Lower Limbs. Poster presentation at the 5th Annual Conference of the UK Strength & Conditioning Association, Bedfordshire, UK, 5–7 June, 2009.
- **Esformes, J. I.**, Hill, C. and Bampouras, T. M. Post-Activation Potentiation Effects of Different Conditioning Contractions upon Force and Power Performance. Poster presentation at the 17th International Congress of Physical Education and Sport, Department of Physical Education and Sport Sciences, Democritus University of Thrace, Komotini, Greece, 22-24 May 2009.
- **Esformes, J.I.** and Birch, K.M. Blood Pressure and Central Haemodynamic Responses to Isometric Exercise: Influence of Endogenous Versus Exogenous Female Reproductive Hormonal Variation. Poster presentation at the 6th International Conference on Strength Training of the National Strength and Conditioning Association and the International Society of Sports Nutrition, Colorado Springs, Colorado, U.S.A., October 2008.
- **Esformes, J. I.** George, K. P. & Birch, K. M. Gender Differences in Postexercise Hypotension: Influence of Phase of Oral Contraceptive Use. Poster presentation at the 54th Annual Meeting of the American College of Sports Medicine, New Orleans, Louisiana, U.S.A. , May 2007.
- **Esformes, J. I.**, Cameron, N., Bampouras, T. M. Acute Effects of Resistance Exercise upon Countermovement Jump Performance. Poster presentation at the 15th International Congress in Physical Education and Sport, Komotini, Greece, Democritus University of Thrace, May 2007.
- **Esformes, J. I.**, Bird, K., Cornes, J., Norman, F., Roberts, A., Sigley, J. & Birch, K. M. Influence of menstrual cycle phase upon gender differences in post exercise hypotension. Poster presentation at the 52nd Annual Meeting of the American College of Sports Medicine, Nashville, Tennessee, U.S.A. , June 2005.
- **Esformes, J. I.**, Narici M. V. & Maganaris, C. N. Human muscle volume estimation using ultrasonography. Poster presentation at the 7th Annual Congress of the European College of Sport Science, Athens, Greece, July 2002.

KEY SKILLS

- Team player with strong interpersonal skills.
- Capable of turning ideas into practical actions.
- Excellent verbal and written communication skills.
- Languages: Fluent in English and Greek (read, write, speak).
- Computer literate: experienced in the use of Microsoft Office applications (MS Word, MS Excel, MS PowerPoint). Experienced in the use of database and statistical analysis packages.

REFERENCES

Available upon request