Dr James Steele, Associate Professor of Sport and Exercise Science - CV
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Open Science Framework: https://osf.io/vjrqk/
GitHub: https://github.com/jamessteeleii
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James is Associate Professor of Sport and Exercise Science at Solent University, and Director of Steele Research Limited. He has extensive research and consultancy experience in physical activity, exercise, and sport; working with elite athletes across a range of sports, the general population across the lifespan, and both those who are healthy and living with disease. His experiences are varied and interdisciplinary with a focus on problem solving across domains; as such he has expertise in a wide range of research methodologies, study designs, and both quantitative, qualitative, and mixed method approaches to data analysis and synthesis. James has led across numerous large research projects both within academia and the public and private sectors, published and provided invited talks across a range of areas relating to physical activity, exercise, and sport, served on a number of national expert panels and working groups, is an editor and reviewer for several journals, and has been involved in the founding of several societies within the field.

Education

Post Graduate Education – Southampton Solent University
2010-2014 PhD - Isolated Lumbar Extension Resistance Exercise as an Intervention for Chronic Low Back Pain
2010-2011 Post Graduate Certificate in Research Methods
2011-2012 PDU in Enhancing Teaching and Learning in Higher Education
University – Southampton Solent University
2007-2010 BSc (Hons) Applied Sport Science Full time degree 1st class with honours

Employment/Work Experience

Employer:	**Steele Research Limited**
Dates:	**January 2021 – Present**
Job Title:	**Director**
Employer:	**Solent University, Faculty of Sport, Health, and Social Sciences**
Dates:	**May 2016 - Present**
Job Title:	**Associate Professor – Sport and Exercise Science**
Employer:	**ukactive Research Institute**
Dates:	**January 2018 – March 2021**
Job Title:	**Principal Investigator**
Employer:	**Southampton Solent University, Research and Innovation Office**
Dates:	**October 2015 - October 2016**
Job Title:	**Research and Innovation Fellow (Sport, Health and Wellbeing Hub Lead)**
Employer:	**Southampton Solent University, School of Sport, Health, and Social Sciences**
Dates:	**July 2014 – May 2016**
Job Title:	**Lecturer – Applied Sport Science**
Employer:	**Southampton Solent University, Centre for Health, Exercise, and Sport Science**
Dates:	**October 2011 – August 2013**
Job Title:	**Associate Lecturer - Sport and Exercise**
Employer:	**Southampton Solent University, Centre for Health, Exercise, and Sport Science**
Dates:	**March 2010 – October 2010**
Job Title:	**Research & Laboratory Assistant (Part Time)**

Peer Reviewed Publications[1]

**undergraduate student co-author; †postgraduate (MSc) student co-author; ‡postgraduate (PhD) student co-author at time of publication*

- †Bergevin, M., **J. Steele,** M. P. de la Garanderie, C. Feral-Basin, S. M. Marcora, P. Rainville, J. G. Caron, and B. Pageaux, 2022. Pharmacological blockade of muscle afferents and perception of effort: a systematic review with meta-analysis. *Sports Medicine*

[1] As *a signatory of the San Francisco Declaration on Research Assessment I have deliberately omitted individual Impact Factors of journals for outputs listed, and not reported here any other metrics such as h-index or i10-index. If these metrics are desired, they can be easily located online (e.g., Google Scholar profile). Though I would discourage assessment based upon these alone. The only additional indications on publications are where co-authors were students.*

- Carlson, L., D. Gschneidner, **J. Steele,** and J. P. Fisher, 2022. The effects of resistance training load during dietary intervention upon fat loss: A randomized cross-over trial. *Research Quarterly in Exercise and Sport.* In press.
- **Steele, J.,** †T. Malleron, †I. Har Nir, ‡P. Androulakis-Korakakis, ‡M. Wolf, J. Fisher, and I. Halperin, 2022. Are trainees lifting heavy enough? Self-selected loads in resistance exercise: a scoping review and exploratory meta-analysis. Sports Medicine. Epub ahead of print.
- Fairman, C., O. L. Owens, K. L. Kendall, **J. Steele,** C. Latella, M. Jones, L. Marcotte, C. J. Peddle-McIntyre, and K. K. McDonnell, 2022. Study protocol: A hybrid delivery of home-based cluster set resistance training for individuals previously treated for lung cancer. *Pilot and Feasibility Studies.* 8, 102
- ‡Budzynski-Seymour, E., M. Jones, and **J. Steele**, 2022. "A physically active experience" Setting the stage for a new approach to engage children in physical activity using themed entertainment experiences. *Sports Medicine.* Epub ahead of print
- **Steele, J.,** J. Fisher, J. Giessing, ‡P. Androulakis-Korakakis, ‡M. Wolf, B. Kroeske, and R. Reuters, 2022. Long-term time-course of strength adaptation to minimal dose resistance training: Retrospective longitudinal growth modelling of a large cohort through training records. *Research Quarterly in Exercise and Sport.* Epub ahead of print.
- Orange, S., A. Hritz, L. Pearson, O. Jeffries, T. Jones, and **J. Steele**, 2022. Comparison of the effects of velocity-based vs. traditional resistance training methods on adaptations in strength, power and sprint speed: a systematic review, meta-analysis and quality of evidence. *Journal of Sport Sciences.* Epub ahead of print, 1-15
- Halperin, I., †T. Malleron, †I. Har Nir, ‡P. Androulakis-Korakakis, ‡M. Wolf, J. Fisher, **J. Steele,** 2022. Accuracy in predicting repetitions to task failure in resistance exercise: a scoping review and exploratory meta-analysis. Sports Medicine. 52, 377-390
- Fisher, J.P., **J. Steele,** and D. Smith, 2022. Intensity of effort and momentary failure in resistance training: Are we asking a binary question for a continuous variable? *Journal of Sport and Health Science.* Epub ahead of print, S2095 – S2546
- Balachandran, T.A., **J. Steele,** D. Angielczyk, M. Belio, B. J. Schoenfeld, N. Quiles, N. Askin, and A. M. Abou-Setta, 2022. Power training vs. traditional strength training on physical function in older adults: A systematic review and meta-analysis. *JAMA Open.* 5(5), e2211623
- Carlson, L., D. Gschneidner, **J. Steele,** and J. P. Fisher, 2022. Short-term supervised virtual training maintains intensity of effort and represents an efficacious alternative to traditional studio-based supervised strength training. *Physiology and Behaviour.* 249, 113748
- Fisher, J. P., **J. Steele,** M. Wolf, P. Androulakis-Korakakis, D. Smith, and J. Giessing, 2022. The role of supervision in resistance training: an exploratory systematic review and meta-analysis. *International Journal of Strength and Conditioning.* 2(1)
- **Steele, J.,** J. Keogh, and J. Loenneke, 2022. Editorial: Understanding and improving performance in strength sports. *Frontiers in Sports and Active Living.* 3, 248
- Giessing, J., B. Eichmann, W. Kemmler, W. L. Westcott, R. Winett, K. Busuttil, **J. Steele,** and J. Fisher, 2021. The effects of adding high intensity of effort resistance training to routine care in persons with type II diabetes: an exploratory randomised comparative interrupted time-series study. *Physiology and Behaviour.* 245, 113677
- **Steele, J.,** †D. Plotkin, †D. Van Every, †A. Rosa, †H. Zambrano, †B. Mendelovits, †M. Mercado, J. Grgic, and B. J. Schoenfeld, 2021. Slow and steady, or hard and fast? A meta-analysis of studies comparing body composition changes between interval training and moderate intensity continuous training. *Sports.* 9(11), 155
- †Silva, M. H., C. A. B. de Lira, **J. Steele,** J. P. Fisher, J. F. Mota, A. C. Gomes, and P. Gentil, 2021. Cycle ergometer training and resistance training similarly increase muscle strength in trained men. *Journal of Sport Sciences.* Epub ahead of print.
- Behm, D., S. Alizadeh, S. Hadjizedah, C. Hanlon, E. Ramsay, M.M.I. Mahmoud, J. Witten, J. P. Fisher, O. Prieske, H. Chaabene, U. Granacher, and **J. Steele,** 2021. Non-local muscle fatigue effects on muscle strength, power, and endurance in healthy individuals: A systematic review and meta-analysis. *Sports Medicine.* 51, 1893-1907
- ‡Androulakis-Korakakis, P., N. Michalopoulos, J. P. Fisher, J. Keogh, J. P. Loenneke, E. Helms, ‡M. Wolf, G. Nuckols, and **J. Steele**, 2021. The minimum effective training dose required for 1RM strength in powerlifters. *Frontiers in Sports and Active Living.* 3, 248
- Schoenfeld, B., J. Fisher, J. Grgic, C. Haun, E. Helms, S. Phillips, **J. Steele,** and A. Vigotsky, 2021. Resistance training recommendations to maximize muscle hypertrophy in an athletic population: Position stand of the IUSCA. *International Journal of Strength and Conditioning.* 1(1), https://doi.org/10.47206/ijsc.v1i1.81
- Moore, J., Z. Merchant, K. Rowlinson, K. McEwan, M. Evison, G. Faulkner, J. Sultan, J. S. McPhee, and **J. Steele,** 2021. Implementing a system-wise cancer prehabilitation programme: Greater Manchester's 'Prehab4Cancer'. *European Journal of Surgical Oncology.* 47(3, Pt A), 524-532
- ‡Budzynski-Seymour, E., K. Milton, H. Mills, M. Wade, C. Foster, D. Vishnubala, B. Baxter, C. Williamson, and **J. Steele,** 2021. A rapid review of communication strategies for physical activity guidelines and physical activity promotion: A review of worldwide strategies. *Journal of Physical Activity and Health.* 18(8), 1014-1027
- **Steele, J.,** ‡P. Androulakis-Korakakis, L. Carlson, D. Williams, S. Phillips, D. Smith, B. Schoenfeld, J. Loenneke, R. Winett, T. Abe, S. Dufour, M. Franchi, F. Sarto, T. Lundberg, P. Gentil, T. Kvorning, J. Giessing, M. Sedliak, A. Paoli, F. Spotswood, A. Lucas, and J. Fisher, 2021. The impact of coronavirus (COVID-19) related public-health measures on training behaviours of individuals previously participating in resistance training: A cross-sectional survey study. *Sports Medicine*. 51, 1335-1351

- Oliver, E. J., B. Buckley, C. J. Dodd-Reynolds, J. Downey, C. Hanson, H. Henderson, J. Hawkins., **J. Steele,** M. Wade, and P. M. Watson, 2021. Where next for design, delivery, and evaluation of community-based physical activity prescription? Emerging lessons from the United Kingdom. *Applied Physiology Nutrition and Metabolism*. 46(11), 1430-1434
- Latella, C., C. Peddle-McIntyre, C., †L. Marcotte, **J. Steele**, K. Kendall, and C. Fairman, 2021. Strengthening the case for cluster set resistance training in aged and clinical settings: Emerging evidence, proposed benefits and suggestions. *Sports Medicine*. 51, 1335-1351
- ‡Budzynski-Seymour, E., M. Jones, and **J. Steele**, 2021. Can Earth's mightiest heroes help children be physically active? Exploring the immersive qualities of Les Mills' and Marvel's "Move Like the Avengers" video. *International Journal of Environmental Research and Public Health.* 18(13), 7184
- Wade, M., N. Brown, **J. Steele,** S. Mann, B. Dancy, S. Winter, and A. Majumdar, 2021. The impact of signposting and group support pathways on a community-based physical activity intervention grounded in motivational interviewing. *Journal of Public Health.* Epub ahead of print
- **Steele, J.,** M. Wade, R. J. Copeland, S. Stokes, R. Stokes, and S. Mann, 2021. The National ReferAll Database: An open dataset of exercise referral schemes across the UK. *International Journal of Environmental Research and Public Health.* 18(6), 4831
- ‡Budzynski-Seymour, E., M. Jones, and **J. Steele**, 2021. The influence of Public Health England's Change4Life Disney branded 10-minute shake ups on children's post activity affective response. *Communications in Kinesiology.* 1(2)
- Mackintosh, K. A., M. A. McNarry, S. Berntsen, **J. Steele,** E. Sejersted, and T. Westergren, 2021. Physical Activity and Sedentary Time in Children and Adolescents with Asthma: A Systematic Review and Meta-analysis. *Scandinavian Journal of Medicine and Science in Sports.* 31(6), 1183-1195
- ‡Androulakis-Korakakis, P., P. Gentil, J. Fisher, and **J. Steele,** 2021. Comparison of isolated lumbar extension strength in competitive and non-competitive powerlifters, and recreationally trained males. *Journal of Strength and Conditioning Research.* 35(3), 652-658
- Kemmler, W., M. Shojaa, **J. Steele**, J. Berger, M. Fröhlich, D. Schoene, S. Von Stengel, H. Kleinöder, and M. Kohl, 2021. Efficacy of whole-body electromyostimulation (WB-EMS) on body composition and muscle strength in non-athletic adults: A systematic review and meta-analysis. *Frontiers in Physiology*. 12, 640657
- ‡Willinger, N., **J. Steele**, L. Atkinson, G. Liguori, A. Jimenez, S. Mann, and E. Horton, 2021. Effectiveness of structured physical activity (PA) interventions through the evaluation of PA levels, adoption, retention, maintenance, and adherence rates – A systematic review and meta-analysis. *Journal of Physical Activity and Health.* 18(1), 116-129
- ‡Rowley, N., **J. Steele,** S. Mann, A. Jimenez, and E. Horton, 2021. Delivery approaches within exercise referral schemes: a survey of current practice in England. *Journal of Physical Activity and Health.* 18(4), 357-373
- †Farrow, J., **J. Steele**, M. Skivington, D. Behm, and J. P. Fisher, 2021. Lighter-load exercise produces greater acute- and prolonged-fatigue in exercised and non-exercised limbs. *Research Quarterly in Sport and Exercise.* 92(3), 369-379
- dos Santos, W. D. N., C. A. Vieira, M. Bottaro, V. A. Nunes, R. Ramirez-Campillo, **J. Steele,** J. P. Fisher, and P. Gentil, 2021. Resistance training performed to failure or not to failure result in similar total work, but with different fatigue and discomfort levels. *Journal of Strength and Conditioning Research.* 35(5), 1372-1379
- †Armes, C., *H. Standish-Hunt, ‡P. Androulakis-Korakakis, †N. Michalopoulos, *T. Georgieva, *A. Hammond, J. Fisher, P. Gentil, J. Giessing, **J. Steele,** 2020. "Just one more rep!"- Ability to predict proximity to momentary failure in resistance trained persons. *Frontiers in Psychology*. 11:565416
- †Mason, L., A. Kirkland, J. Wright, and **J. Steele,** 2020. The Relationship between Isometric Mid-Thigh Pull Variables and Athletic Performance Measures: Empirical Study of English Professional Soccer Players and Meta-analysis of Extant Literature. *Journal of Sports Medicine and Physical Fitness.* 61(5), 645-655
- Zenko, Z., **J. Steele,** and J. Mills, 2020. Communications in Kinesiology: A new open access journal from the Society for Transparency, Openness, and Replication in Kinesiology. *Communications in Kinesiology.* 1(1), 1-3
- Gentil, P., E. ‡Budzynski-Seymour, D. Souza, **J. Steele,** J. Fisher, and M. Bottaro, 2020. Evaluating the results of resistance training using ultrasound or flexed arm circumference: a case for keeping it simple? *Journal of Clinical and Translational Research.* 7(6), 61-65
- Sorbie, G. G., A. K. Richardson, J. Glen, S. Hardie, S. Taliep, M. Wade, L. Broughton, S. Mann, **J. Steele,** and D. Lavallee, 2020. The association of golf participation with health and wellbeing: A comparative study. *International Journal of Golf Science.* 9(1)
- **Steele, J.,** J. Fisher, and D. Crawford, 2020. Does increasing an athletes' strength improve sports performance? A critical review with suggestions to help answer this, and other, causal questions in sport science. *Journal of Trainology.* 9(1), 20-32
- *Waller, G., †M. Dolby, **J. Steele,** and J. Fisher, 2020. A low caffeine dose improves maximal strength, but not relative muscular endurance in either heavier- or lighter-loads, or perceptions of effort or discomfort at task failure in females. *PeerJ*. 8, e9144
- Grigoletto, G., G. Marcolin, E. Borgatti, F. Zonin, **J. Steele,** P. Gentil, L. Galvao, and A. Paoli, 2020. Kettlebell training for female ballet dancers: effects on lower limb power and body balance. *Journal of Human Kinetics.* 74, 15-22
- Nuzzo, J. L., and **J. Steele,** 2020. parkrun and the claim of "elitism" in paid-entry run/walk events. *American Journal of Health Promotion.* Epub ahead of print

- Martino, E., J. Fisher, B. Wink, D. Smith, and **J. Steele,** 2020. The 'Lift Big-Get Big' culture: Impact of images of hyper-muscular bodies and training information upon resistance training beliefs in males. *Research Quarterly in Sport and Exercise.* 34(7), 806-807
- Caldwell, A. R., A. D. Vigotsky, M. S. Tenan, R. Radel, D. T. Mellor, A. Kreutzer, I. M. Lahart, J. P. Mills, M. P. Boisgontier, **Consortium for Transparency in Exercise Science (COTES) Collaborators**, 2020. Moving sport and exercise science forward: A call for the adoption of more transparent research practices. *Sports Medicine.* 50(3), 449-459
- ‡Budzynski-Seymour, E., *R. Conway, M. Wade, A. Lucas, M. Jones, S. Mann, and **J. Steele**, 2020. Physical activity, mental and personal wellbeing, social isolation, and perceptions of academic attainment and employability in university students: Pooled analysis of the Scottish and British Active Student Surveys. *Journal of Physical Activity and Health.* 17(6), 610-620
- ‡Rowley, N., **J. Steele,** M. Wade, R. Copeland, S. Mann, G. Liguori, E. Horton, and A. Jimenez, 2020. Are exercise referral schemes effective in increasing physical activity levels? Observational findings using individual patient data meta-analysis from The National Referral Database. *Journal of Physical Activity and Health.* 17(6), 621-631
- ‡Perrin, C., D. Smith, and **J. Steele,** 2020. Estimates of stress between the hamstring muscles. *Muscle, Ligaments, and Tendons Journal.* 10(3), 436-441
- **Steele, J.,** S. Bruce-Low, D. Smith, D. Jessop, and N. Osborne, 2020. Isolated lumbar extension resistance training improves strength, pain, and disability, but not spinal height or shrinkage ('creep') in participants with chronic low back pain. *Cartilage*. 11(2), 160-168
- Fisher, J. P., **J. Steele,** ‡P. Androulakis-Korakakis, D. Smith, P. Gentil, and J. Giessing, 2020. The strength-endurance continuum revisited: a critical commentary of the recommendation of different loading ranges for different muscular adaptations. *Journal of Trainology.* 9(1), 1-8
- Nuzzo, J., and **J. Steele,** 2020. Time for a causal system map of physical activity. *Bulletin of the World Health Organization.* 98(3), 224-225
- Jones, M., E. Defever, A. Letsinger, **J. Steele,** and K. A. Mackintosh, 2020. A mixed studies narrative review of school-based interventions to promote physical activity and/or reduce sedentary time in children. *Journal of Sport and Health Science.* 9(1), 3-17
- ‡Androulakis-Korakakis, P., J.P. Fisher, and **J. Steele,** 2020. The minimum effective training dose required to increase 1RM strength in resistance-trained men: A systematic review and meta-analysis. *Sports Medicine.* 50, 751-765
- Mann, S., M. Wade, M. Jones, G. Sandercock, C. Beedie, and **J. Steele**, 2020. One-year surveillance of body mass index and cardiorespiratory fitness in primary school children in north west England and the impact of school deprivation level. *Archives of Disease in Childhood.* 105(1), 999-1003
- Wade, M., S. Mann, R. J. Copeland, and **J. Steele,** 2019. Effect of exercise referral schemes upon health and wellbeing: Initial observational insights using individual patient data meta-analysis from The National Referral Database. *Journal of Epidemiology and Community Health.* 74(1), 32-41
- **Steele, J.,** ‡P. Androulakis-Korakakis, ‡C. Perrin, J. P. Fisher, P. Gentil, C. Scott, and A. Rosenberger, 2019. Comparisons of resistance training and "cardio" exercise modalities as countermeasures to microgravity induced physical deconditioning: New perspectives and lessons learned from terrestrial studies. *Frontiers in Physiology*. 10, 1150
- *Hammond, A., ‡C. Perrin, **J. Steele,** J. Giessing, P. Gentil, and J. P. Fisher, 2019. The effects of a 4-week mesocycle of barbell back squat or barbell hip thrust strength training upon isolated lumbar extension strength. *PeerJ*. 7, e7337
- Monteiro, E. R., J. L. Vingren, V. G. Correa Neto, E. B. Neves, **J. Steele,** and J. S. Noaves, 2019. Effects of different between test rest intervals in reproducibility of the 10-repetitions maximum load test: A pilot study with recreationally resistance trained men. *International Journal of Exercise Science.* 12(4), 932-940
- *Goncalves, A., P. Gentil, **J. Steele,** J. Giessing, and J. P. Fisher, 2019. Comparison of single- and multi-joint lower body resistance training upon strength increases in recreationally active males and females: a within-participant unilateral training study. *European Journal of Translational Myology.* 29(1), 8052
- *Griffiths, B., J. Grant, L. Langdown, P. Gentil, J. Fisher, and **J. Steele,** 2019. The effect of in-season traditional and explosive resistance training programmes on strength, jump height, and speed in recreational soccer players. *Research Quarterly in Exercise and Sport.* 90(1), 95-102
- dos Santos, W. D. N., C. A. Vieira, M. Bottaro, V. A. Nunes, R. Ramirez-Campillo, **J. Steele,** J. P. Fisher, and P. Gentil, 2021. Resistance training performed to failure or not to failure result in similar total work, but with different fatigue and discomfort levels. *Journal of Strength and Conditioning Research.* 35(5), 1372-1379
- Monteiro, E., J. Novaes, T. Cavanaugh, B. J. Hoogenboom, **J. Steele,** J. K. Vingren, and J. Škarabot, 2019. Quadriceps foam rolling and rolling massage increases hip flexion and extension passive range-of-motion. *Journal of Bodywork and Movement Therapies.* 23(3), 575-580
- Monteiro, E., P. B. Costa, V. G. C. Neto, B. J. Hoogenboom, **J. Steele,** and J. Novaes, 2019. Posterior thigh foam rolling increases knee extension fatigue and passive shoulder range of motion. *Journal of Strength and Conditioning Research.* 33(4), 987-994
- ‡Budzynski-Seymour, E., M. Wade, R. Lawson, A. Lucas, and **J. Steele**, 2019. Heart rate, energy expenditure, and affective responses from children participating in trampoline park sessions compared with traditional extra-curricular sports clubs. *Journal of Sports Medicine and Physical Fitness.* 59(10), 1747-1755
- Carlson, L., B. Jonker, W. Westcott, **J. Steele,** and J. Fisher, 2019. Neither repetition duration, nor number of muscle actions affect strength increases, body composition, muscle size or fasted blood glucose in trained males and females. *Applied Physiology, Nutrition, and Metabolism.* 44(2), 200-207

- Fisher, J. P., *C. Stuart, **J. Steele,** P. Gentil, and J. Giessing, 2018. Heavier- and lighter-load isolated lumbar extension resistance training produce similar strength increases, but different perceptual responses, in healthy males and females. *PeerJ*. 6, e6001
- ‡Rowley, N. Z., S. Mann, **J. Steele,** E. Horton, and A. Jimenez, 2018. The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: A preliminary systematic review. *BMC Public Health.* 18(1), 949
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- **Steele, J,** and J. Fisher, 2018. Effort, discomfort, group III/IV afferents, bioenergetics, and motor unit recruitment. *Medicine and Science in Sport and Exercise.* 50(8), pp 1718
- ‡Androulakis-Korakakis, P., J. P. Fisher, P. Kolokotronis, P. Gentil, and **J. Steele,** 2018. Reduced volume 'daily max' training compared to higher volume periodized training in powerlifters preparing for competition – A pilot study. *Sports*. 6(3), pp 86
- Gentil, P., J. Fisher, **J. Steele,** M. H. Campos, M. H. Silva, A. Paoli, J. Giessing, and M. Bottaro, 2018. Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. *PeerJ*. 6, pp e5020
- Fisher, J., **J. Steele,** D. Smith, and P. Gentil, 2018. Periodization for optimizing strength and hypertrophy; the forgotten variables. *Journal of Trainology*. 7, pp 10-15
- *Conway, R., *J. Behennah, J. Fisher, N. Osborne, and **J. Steele**, 2018. A comparison of isolated lumbar extension strength between healthy asymptomatic participants and chronic low back pain subjects without previous lumbar spine surgery. *Spine.* 43(20, E1232-E1237
- Souza, D. C., R. B. Viana, V. S. Coswig, J. P. Fisher, **J. Steele,** and P. Gentil, 2018. Comment on: Volume for muscle hypertrophy and health outcomes: The most effective variable in resistance training. *Sports Medicine.* 48(5), pp 1281-1284
- Mann, S., A. Jimenez, **J. Steele**, S. Domone, M. Wade, and C. Beedie, 2018. Programming and supervision of resistance training leads to positive effects on strength and body composition: Results from two randomised trials of community fitness programmes. *BMC Public Health*. 18(1), 420
- *Stuart, C., **J. Steele,** P. Gentil, J. Giessing, and J. Fisher, 2018. Fatigue and perceptual responses of heavier- and lighter-load isolated lumbar extension resistance exercise in males and females. *PeerJ.* 6, pp e4523
- Gentil, P., V. A. Marques, J. P. P. Neto, A. C. G. Santos, **J. Steele,** J. Fisher, A. Paoli, and M. Bottaro, 2018. Using velocity loss for monitoring resistance training effort in a real world setting. *Applied Physiology, Nutrition, and Metabolism.* 43(8), 833-837
- **Steele, J.,** *A. Butler, *Z. Comerford, *J. Dyer, *N. Lloyd, *J. Ward, J. Fisher, P. Gentil, C. Scott, and H. Ozaki, 2018. Similar acute responses from effort and duration matched leg press and recumbent cycling tasks. *PeerJ*. 6, pp e4403
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- **Steele, J.,** J. Fisher, ‡C. Perrin, *R. Conway, S. Bruce-Low, and D. Smith, 2018. Does Change in Isolated Lumbar Extensor Muscle Function Correlate with Good Clinical Outcome? A Secondary Analysis of Data on Change in Isolated Lumbar Extension Strength, Pain and Disability in Chronic Low Back Pain. *Disability and Rehabilitation.* 41(11), 1287-1295
- *Androulakis-Korakakis, P., L. Langdown, A. Lewis, J. Fisher, P. Gentil, A. Paoli, and **J. Steele,** 2018. Effects of modality during additional "high-intensity interval training" upon aerobic fitness and strength in powerlifting and strongman athletes. *Journal of Strength and Conditioning Research.* 32(2), pp 450-457
- Monteiro, E. R., **J. Steele,** J. S. Noaves, A. F. Brown, M. T. Cavanaugh, J. L. Vingren, and D. Behm, 2017. Men exhibit greater fatigue resistance than women in alternated bench press and leg press exercises. *Journal of Sports Medicine and Physical Fitness.* 59(2), 238-245
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Notes on Retractions and Retraction Requests:

Some articles on which I am a co-author do not appear in the list above. This is because they have been retracted, or retraction requested, by myself as an author. This related to two separate contexts and these articles have been listed below for transparency with links to explanatory documents provided at the end of this list.

Articles involving Matheus Barbalho:

- The following articles have been retracted, or retraction requested, because after further investigation I no longer had faith in the veracity of the data. The articles are listed, followed by documentation detailing the concerns, and then the retraction and other notices from journals.
    - Articles:
        - Barbalho, M., D. Sousa, V. Coswig, **J. Steele,** J. P. Fisher, O. Abrahin, A. Paoli, and P. Gentil, 2021. The effects of resistance exercise selection on muscle size and strength in trained women. *International Journal of Sports Medicine.* 42(4), 371-376 (REMOVED FROM AUTHOR LIST)
        - Barbalho, M., V. Coswig, R. Raiol, J. P. Fisher, **J. Steele,** A. Bianco, and P. Gentil, 2020. Single joint exercises do not provide benefits in performance and anthropometric changes in recreational bodybuilders. *European Journal of Sport Science.* 20(1), 72-79 (RETRACTED)
        - Barbalho, M., V. S. Coswig, **J. Steele,** J. P. Fisher, J. Giessing, and P. Gentil, 2019. Evidence of a ceiling effect for training volume in muscle hypertrophy and strength in trained men – Less is more?. *International Journal of Sports Physiology and Performance.* 15(2), 268-277 (RETRACTED)
        - Barbalho, M., V. S. Coswig, **J. Steele,** J. P. Fisher, A. Paoli, P. Gentil, 2019. Evidence for an upper threshold for resistance training volume in trained women. *Medicine and Science in Sports and Exercise.* 51(3), 515-522 (RETRACTED)
        - Barbalho, M., P. Gentil, R. Raiol, J. P. Fisher, **J. Steele,** and V. Coswig, 2020. Influence of adding single-joint exercise to a multijoint resistance training program in untrained young women. *Journal of Strength and Conditioning Research.* 34(8), 2214 – 2219 (RETRACTED)
        - Barbalho, M., V. Coswig, R. Raiol, **J. Steele,** J. P. Fisher, A. Paoli, A. Bianco, and P. Gentil, 2018. Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men? *European Journal of Translational Myology.* 28(4), 7827 (RETRACTION REQUESTED)
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        - Barbalho, M., P. Gentil, M. Izquierdo, J. P. Fisher, **J. Steele,** R. Raiol, 2017. There are no no-responders to low or high resistance training volumes among older women *Experimental Gerontology.* 99, 18-26 (RETRACTION REQUESTED)
    - Documentation detailing concerns:
        - White Paper: Improbable data patterns in the work of Barbalho et al. - https://osf.io/preprints/sportrxiv/sg3wm
        - Stronger by Science: Improbable data patterns in the work of Barbalho et al.: An explainer - https://www.strongerbyscience.com/barbalho/

        - Retraction Watch: Calling exercise data "atypical, improbably, and to put it bluntly, pretty weird," sleuths call for seven retractions - https://retractionwatch.com/2020/07/21/calling-exercise-data-atypical-improbable-and-to-put-it-bluntly-pretty-weird-sleuths-call-for-seven-retractions/
        - Retraction Watch: Exercise researcher earns more retractions as investigations mount - https://retractionwatch.com/2021/12/17/exercise-researcher-earns-more-retractions-as-investigations-mount/?fbclid=IwAR1anyXXsTMFCSzs7gsIfgCq9t4yz1Hk34oeJnwDAx5qOczcyiLeMYzUo44
    - Retraction and Other Notices:
        - Retraction notice from Medicine and Science in Sport and Exercise - https://journals.lww.com/acsm-msse/Citation/9000/Upper_Threshold_for_Resistance_Training_Volume_in.96058.aspx
        - Retraction notice from International Journal of Sports Physiology and Performance - https://journals.humankinetics.com/view/journals/ijspp/15/6/article-p914.xml
        - Retraction notice from Journal of Strength and Conditioning Research - https://journals.lww.com/nsca-jscr/Citation/9000/Influence_of_Adding_Single_Joint_Exercise_to_a.93839.aspx
        - Removal of Authorship from International Journal of Sports Medicine - https://www.thieme-connect.de/products/ejournals/abstract/10.1055/a-1400-4290
        - Retraction notice from European Journal of Sport Science - https://www.tandfonline.com/doi/full/10.1080/17461391.2022.2116178

Meta-analysis of high intensity interval training for body composition in British Journal of Sports Medicine

- This article initially received a considerable amount of press coverage worldwide due to misrepresentation of the findings by the journal editorial staff which I attempted to quell through my press interviews, social media, and guest blog post. It has subsequently been retracted by the journal because of errors by co-authors of the manuscript, and insufficient explanations for them. We have now rectified this and have I replicated the specific work myself with a different set of collaborators.
    - Original Article:
        - Viana, R., J. Naves, V. Coswig, C. de Lira, **J. Steele,** J. P. Fisher, and P. Gentil, 2019. Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate intensity continuous training with high intensity interval training (HIIT). *British Journal of Sports Medicine.* 53(10), 655-664
    - Documentation detailing concerns:
        - Weighty Matters – Guest post: The problems with balancing accuracy and reach in science communication: What to do when even journals want to contribute to media hype (HIIT edition) - http://www.weightymatters.ca/2019/02/guest-post-problems-with-balancing.html
        - BJSM Blog – Questions regarding recent BJSM systematic review on interval training and fat loss - https://blogs.bmj.com/bjsm/2019/05/31/questions-regarding-dr-ricardo-borges-viana-et-al-s-paper-on-interval-training-and-fat-loss/
        - Retraction Watch – 'I dropped the ball': Magic bullet falls short of target - https://retractionwatch.com/2020/12/18/i-dropped-the-ball-magic-bullet-falls-short-of-target/
    - Expression of concern and retraction notice:
        - Expression of concern from British Journal of Sports Medicine https://bjsm.bmj.com/content/early/2019/06/27/bjsports-2018-099928eoc1.1
        - Retraction notice from British Journal of Sports Medicine - https://bjsm.bmj.com/content/early/2020/12/15/bjsports-2018-099928.ret
    - Replication of Original Work
        - **Steele, J.,** D. Plotkin, D. Van Every, A. Rosa, H. Zambrano, B. Mendelovits, M. Mercado, J. Grgic, and B. J. Schoenfeld, 2021. Slow and steady, or hard and fast? A meta-analysis of studies comparing body composition changes between interval training and moderate intensity continuous training. *Sports.* 9(11), 155

Pre-print articles not published through peer review

**undergraduate student co-author; †postgraduate (MSc) student co-author; ‡postgraduate (PhD) student co-author at time of publication*

1. **Steele, J.,** J. P. Fisher, D. Smith, B. J. Schoenfeld, Y. Yang, and S. Nakagawa, 2022. Meta-analysis of variation in sport and exercise science: Examples of application within resistance training research. https://sportrxiv.org/index.php/server/preprint/view/214/version/266
2. **Steele, J.,** and M. P. Shaw, 2022. Exploring the value of double marking in dissertation assessments: Classical test theory and item response theory approaches. https://edarxiv.org/ug7yb/
3. Shaw, M. P., S. W. Thompson, J. S. K. W. Nielsen, H. Tonheim, P. A. Myranuet, and **J. Steele**, 2022. Perception of barbell velocity: Can individuals accurately perceive changes in velocity? https://sportrxiv.org/index.php/server/preprint/view/201/version/248

4. ‡Perrin, C., D. Smith, and **J. Steele**, 2022. Replicating lumbar extensor fatigue equivalent to soccer using isolated resistance exercise. https://sportrxiv.org/index.php/server/preprint/view/204/version/251
5. ‡Perrin, C., D. Smith, and **J. Steele**, 2022. The effects of soccer simulation on isolated lumbar extension force and trunk flexor force. https://sportrxiv.org/index.php/server/preprint/view/199
6. ‡Wolf, M., P. Androulakis-Korakakis, J. Fisher, B. Schoenfeld, and **J. Steele**, 2022. Partial vs full range of motion resistance training: A systematic review and meta-analysis. https://sportrxiv.org/index.php/server/preprint/view/198/version/246
7. Nuzzo, L. J., M. D. Pinto, K. Nosaka, and **J. Steele**, 2022. How much stronger are muscles eccentrically than concentrically?: Meta-analysis of the influences of sex, age, joint action, and velocity. *SportRxiv.* https://sportrxiv.org/index.php/server/preprint/view/197/version/243
8. Spotswood, F., **J. Steele,** P. Androulakis-Korakakis, and A. Lucas, 2021. The role of teleoaffective profiles in practice adaptation. https://osf.io/preprints/socarxiv/ug4kq
9. **Steele, J.,** 2021. What is (perceived) effort? Objective and subjective effort during task performance. https://psyarxiv.com/kbyhm
10. *Murphy, J. D., E. Hodson-Tole, A. Vigotsky, J. R. Potvin, J. P. Fisher, and **J. Steele,** 2021. Motor unit recruitment patterns of the quadriceps differ between continuous high- and low-torque isometric knee extension to momentary failure. https://www.biorxiv.org/content/10.1101/2021.04.08.438966v1
11. ‡Budzynski-Seymour, E., ‡S. Tuvey, J. Patterson, M. Jones, and **J. Steele**, 2021. A systematic review, narrative synthesis, and conceptual framework for social marketing and behavioural economics as influencers of health behaviours in children. https://psyarxiv.com/kh37d/
12. ‡Budzynski-Seymour, E., M. Jones, and **J. Steele**, 2020. "You've got a Friend in Me" A Case for using Entertainment Education and Gamification Elements in Children's Physical Activity Sessions: Creating an Immersive Environment to Increase Engagement. https://preprints.jmir.org/preprint/21497
13. Vigotsky, A., G. Nuckols, J. Heathers, J. Krieger, B. Schoenfeld, and **J. Steele,** 2020. Improbable data patterns in the work of Barbalho et al. https://osf.io/preprints/sportrxiv/sg3wm/
14. Mann, S., A. Lucas, M. Wade, J. Shakespeare, ‡E. Budzynski-Seymour, *R. Conway, **J. Steele,** 2019. A cluster randomised controlled trial to assess the impact of physical education training upon movement competency outcomes. https://osf.io/preprints/sportrxiv/nxpr2
15. ‡Budzynski-Seymour, E., J. Fisher, J. Giessing, P. Gentil, **J. Steele**, 2019. Relationships and comparative reliability of ultrasound derived measures of upper and lower limb muscle thickness, and estimates of muscle area from anthropometric measures. https://osf.io/preprints/sportrxiv/ujktq/
16. ‡Tuvey, S., **J. Steele,** X. Mayo, G. Liguori, S. Mann, ‡N. Willinger, and A. Jimenez, 2019. Are changes in cardiorespiratory fitness resulting from physical activity interventions associated with changes in academic performance and executive function in children and adolescents? A systematic review and meta-regression. https://osf.io/preprints/sportrxiv/4j2sa/
17. *Budzynski-Seymour, E., **J. Steele,** L. Langdown, and D. Jessop, 2019. A biomechanical analysis into backstroke start kinematics: The influence of a backstroke start device. https://osf.io/preprints/sportrxiv/2vams/
18. **Steele, J.,** M. Wade, M. Polley, R. J. Copeland, S. Stokes, and S. Mann, 2019. The National Referral Database: An initial overview. https://osf.io/preprints/sportrxiv/rgywq/
19. ‡Perrin, C., and **J. Steele**, 2018. Determining causality in epidemiology: Why observational studies can be misleading and the case for experiments. https://osf.io/preprints/sportrxiv/9q5hm/

Sector/Public Facing Reports

1. P. Androulakis-Korakakis, N. Michalopoulos, and **J. Steele**. Are different types of trading a potential form of gambling? Gamban Public Research Report (2021). https://gamban.com/research/4
2. Technogym – Intensity Matters: The Rise of High Intensity Interval Training and The Boutique Sector (2018). https://www.technogym.com/land/en/active-uk-white-paper-boutique/

From ukactive Research Institute during tenure as Principal Investigator

1. Life in our Years: Unlocking physical activity participation for older adults (2021). https://www.ukactive.com/reports/life-in-our-years/
2. Care… About Physical Activity (CAPA) 2 (2020). http://www.capa.scot/wp-content/uploads/2020/04/Final-Evaluation-Report-March-2020-CAPA-2.pdf
3. Golf on Referral: Full pilot evaluation 2017-2019 (2020). https://www.ukactive.com/wp-content/uploads/2020/07/Golf-on-Referral-full-pilot-evaluation-2017-20194.pdf
4. British Active Students Survey: Further Education (2020) https://www.ukactive.com/wp-content/uploads/2020/06/BASS-2019-FE.pdf
5. British Active Students Survey: Higher Education (2020) https://www.ukactive.com/wp-content/uploads/2020/06/BASS-201920-HE.pdf
6. COVID-19 Impact Report: The Fitness and Leisure Sector's Path to Recovery (2020) https://www.ukactive.com/wp-content/uploads/2020/05/ukactive-COVID-19-Impact-Report.pdf
7. British Active Students Survey: Further Education (2019). https://www.ukactive.com/reports/british-active-students-survey-further-education
8. Care…About Physical Activity (CAPA) (2018). https://hub.careinspectorate.com/media/1115/capa-evaluation-report-2017-2018.pdf
9. British Active Students Survey (2018). https://www.precor.com/sites/default/files/BASS%20report%20FINALA.PDF

10. Active Bucks final evaluation report (2018). http://researchinstitute.ukactive.com/projects/more/8263/page/1/active-bucks-evaluation
11. Sanofi – The Power of Prevention (foreword). https://www.sanofi.co.uk/-/media/Project/One-Sanofi-Web/Websites/Europe/Sanofi-UK/Home/media/featured-news/publications/Power-of-prevention-report.pdf

Other Publications

1. **Steele, J.,** 2019. The physical activity mismatch: Can evolutionary perspectives inform exercise recommendations? *This View of Life. Evolution Institute:* https://evolution-institute.org/the-physical-activity-mismatch-can-evolutionary-perspectives-inform-exercise-recommendations/
2. Anderson, N, and **J. Steele**, 2016. Train for life: exercise is medicine. *BJSM blog post*: http://blogs.bmj.com/bjsm/2016/02/23/train-for-life-exercise-is-medicine/
3. **Steele, J.,** 2013. Peer Review: what early-career researchers should know. *Elsevier Connect* :https://www.elsevier.com/connect/peer-review-what-early-career-researchers-should-know (Unedited version available here: http://ssudl.solent.ac.uk/3154/1/Peer%20Review-%20what%20early-career%20researchers%20should%20know%20(unedited%20version).pdf)

Conference Presentations & Workshops Delivered

Keynotes/Invited Presentations

1. **Steele, J.,** 2022. In it for the long-haul: What to expect from resistance training over time. Opening Keynote lecture at the *Resistance Exercise Conference,* Minneapolis, MN, USA
2. Lakens, D., P. Swinton, and **J. Steele** (chair), 2021. STORK Debate: Pros and cons of p values. Invited debate for Society for Transparency, Openness and Replication in Kinesiology (STORK) Fall Series. https://www.youtube.com/watch?v=Lw2X4cXmtkQ&t=3613s
3. **Steele, J.,** 2020. Reflecting on Retractions: Q&A. Invited Q&A talk for Society for Transparency, Openness and Replication in Kinesiology (STORK) Winter Series. https://youtu.be/o4e7ZXLxWRs
4. **Steele, J.,** 2020. Comparisons of Resistance Training and 'Cardio' Exercise Modalities: Does modality matter when effort and duration are similar? Invited lecture at *Congresso Internacional de Treinamento de Força, Esporta e Medicina – Virtual Symposium*, Brazil
5. **Steele, J.,** 2020. Comparisons of Resistance Training and 'Cardio' Exercise Modalities: Does modality matter when effort and duration are similar? Invited lecture at *Exercise Summit 2020 – Virtual Symposium*, Lisbon, Portugal
6. **Steele, J.,** 2019. The National Referral Database: An initial overview, existing work, and future plans. Invited lecture at *Cardiovascular Health Event: A focus on physical activity*, Edinburgh Napier University, UK
7. **Steele, J.,** 2019. The National Referral Database: An initial overview, existing work, and future plans. Invited lecture at *British Association of Sport and Exercise Sciences Physical Activity for Health Division Day*, University Centre Shrewsbury, UK
8. **Steele, J.,** and B. Pageaux, 2019. Understanding the role of effort, and the perception of effort, in physical activity and exercise. Tutorial lecture at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Exercise, Circadian Rhythms, and Sleep,* Orlando, FL, USA
9. **Steele, J.,** 2019. Training for strength vs training for sports performance. Invited lecture at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Exercise, Circadian Rhythms, and Sleep,* Orlando, FL, USA
10. **Steele, J.,** 2018. How much effort does it take for hypertrophy? Understanding the psychobiology of effort and its manipulation in resistance training. Invited lecture at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy,* Minneapolis, MN, USA
11. **Steele, J.,** 2018. Understanding the role of effort in resistance training: Is it really worth the effort? Invited lecture at *Exercise Summit 2018*, Lisbon, Portugal
12. **Steele, J.,** 2017. The role of effort in resistance training. Invited lecture at *International Symposium – Scientific Advances in Strength Training*, Sao Paulo, Brazil.
13. **Steele, J.**, 2017. Understanding the evidence base: Resistance training for health. Invited talk at *Elevate 2017*, Excel, London, UK
14. **Steele, J.,** 2016. The emerging higher effort paradigm in physical activity and exercise for public health: A case for a greater emphasis on resistance training. Invited lecture at *International Symposium – Training and Nutrition*, Belem & Vitoria, Brazil.
15. **Steele, J.,** 2016. The health benefits of resistance training – the bigger picture. Opening Keynote lecture at the *Resistance Exercise Conference,* Minneapolis, MN, USA
16. **Steele, J.,** 2015. Questioning the aerobic/resistance training dichotomy – does exercise mode impact adaptations? Invited lecture at *International Symposium – Scientific Advances in Strength Training*, Sao Paulo, Brazil.
17. **Steele, J.,** 2015. Questioning the aerobic/resistance training dichotomy – does exercise mode impact adaptations? Invited lecture at *Kieser Training Medical Congress*, Deutsches Hygiene-Museum, Dresden. Available at: https://www.youtube.com/watch?v=Q0V1sWVtUnE
18. **Steele, J.,** 2015. Positive health outcomes from resistance training. Invited lecture at *Royal Society of Medicine Exercise Medicine Conference*, Royal Society of Medicine, London.

Other Presentations

19. **Steele, J.,** 2022. Formal modelling to improve research in sport and exercise science. Society for Transparency, Openness and Replication in Kinesiology (STORK) Summit, 2022 (Virtual) - https://osf.io/fc27v/
20. Bergevin, M, Payen de la Garanderie, M., Féral-Basin, C., Caron, J., **Steele, J.** & Pageaux, B. (2021, mars). *Est-ce que les afférances musculaires III-IV sont nécessaires pour percevoir l'effort? Une revue systématique avec méta-analyse*. 26ème congrès de l'AQSAP, Association Québécoise des Sciences de l'Activité Physique
21. Bergevin, M, Payen de la Garanderie, M., Féral-Basin, C., Caron, J., **Steele, J.** & Pageaux, B. (2021, mars). *Est-ce que les afférances musculaires III-IV sont nécessaires pour percevoir l'effort? Une revue systématique avec méta-analyse*. Journée de la recherche, École de kinésiologie et des sciences de l'activité physique, Université de Montréal
22. Willinger, N., **J. Steele,** G. Liguori, L. Atkinson, S. Mann, A. Jimenez, and E. Horton, 2020. Comparing and explaining membership length and attendance behaviour of women in female-only and mixed-gender gyms. 2199 Board #118 May 28. Presented at *American College of Sports Medicine Annual Meeting,* Virtual Experience
23. Vale, A.F., J. A. Carniero, P. C. Jardim, T.S.V. Jardim, **J. Steele,** J. Fisher, and P. Gentil, 2020. Effects of high intensity resistance training protocols on cardiovascular parameters in hypertensive women. 521 Board #337 May 27. Presented at *American College of Sports Medicine Annual Meeting,* Virtual Experience
24. Rowley, N., **J. Steele,** S. Mann, G. Liguori, A. Jimenez, and E. Horton, 2020. Observing key characteristics of exercise referral schemes in the United Kingdom. 1213 Board #339 May 27. Presented at *American College of Sports Medicine Annual Meeting,* Virtual Experience
25. Budzynski-Seymour, E., R. Conway, M. Wade, A. Lucas, M. Jones, S. Mann, and **J. Steele**, 2019. Physical activity, mental and personal wellbeing, social isolation, and perceptions of academic attainment and employability in university students: Pooled analysis of the Scottish and British Active Student Surveys. Poster presented at *SMaRteN Conference, University of Cambridge, UK*
26. **Steele, J.,** W.D.D.S.C. Viera, M. Bottaro, V. Nunes, R. Ramirez-Campillo, J. Fisher, and P. Gentil, 2019. Incongruence of objective measures of actual effort, and subjective perception of effort, during maximal intended velocity resistance training. Poster presented at *British Association of Sport and Exercise Science Conference*, King Power Stadium, UK.
27. Androulakis-Korakakis, P., J.P. Fisher, and **J. Steele,** 2019. The minimum effective training dose required to increase 1RM strength in resistance trained-men: a systematic review. Presented at *British Association of Sport and Exercise Science Conference*, King Power Stadium, UK.
28. Budzynski-Seymour, E., **J. Steele**, and M. Jones, 2019. Eliciting behaviour change in children, the influence of social marketing strategies on children's lifestyle choices: A systematic review and qualitative synthesis. Poster presented at *British Association of Sport and Exercise Science Conference*, King Power Stadium, UK.
29. Tuvey, S, **J. Steele,** E. Horton, S. Mann, and A. Jimenez, 2019. Three-year surveillance of cardiorespiratory fitness in UK primary school children. Presented at 24th *Annual Congress of the European College of Sport Science,* Prague, Czech Republic
30. Willinger, N, **J. Steele,** L. Atkinson, S. Mann, A. Jimenez, and E. Horton, 2019. Predicting retention and attendance behaviour of leisure centres members. Poster presented at 24th *Annual Congress of the European College of Sport Science,* Prague, Czech Republic
31. Rowley, N., **J. Steele,** S. Mann, G. Liguori, A. Jimenez, and E. Horton, 2019 Examining the effects of exercise referral schemes on changes in physical activity levels: 477 Board #315 May29. Presented at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Circadian Rhythms and Sleep,* Orlando, FL, USA
32. Vale, A.F., J.C. Alves, P.C.V. Jardim, T. V. Jardim, **J. Steele,** J.P. Fisher, and P. Gentil, 2019. Effects of high intensity resistance training on cardiac autonomic modulation in hypertensive women: 1866 Board #22 May 30. Presented at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Circadian Rhythms and Sleep,* Orlando, FL, USA
33. Wade, M., N. Brown, **J. Steele**, B. Dancy, and A. Majumdar, 2019. Comparing health improvements achieved through different pathways of a community-based motivational interviewing physical activity programme: 2764 May 31. Presented at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Circadian Rhythms and Sleep,* Orlando, FL, USA
34. Willinger, N.A., **J Steele,** G Liguori, S. Mann, L. Atkinson, A. Jimenez, and E. Horton, 2019. Recommendations for the implementation of physical activity interventions evaluations in leisure centres: 3012 Board #58 May 31. Presented at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Circadian Rhythms and Sleep,* Orlando, FL, USA
35. Lucas, A., M. Wade, S. Mann, and **J. Steele**, 2018. Shaping an environment, shapes our minds: The Care About Physical Activity (CAPA) programme, a qualitative piece on promoting movement change in care services for older people. Oral Poster presented at *7th International Society for Physical Activity and Health Congress*, London, UK
36. Williams, T., M. Wade, N. Price, **J. Steele,** R. Copeland, and S. Mann, 2018. Exploring the impact of exercise referral schemes through the development and interrogation of UK multi-scheme database. Oral Poster presented at *7th International Society for Physical Activity and Health Congress*, London, UK
37. **Steele, J.,** M. Wade, and S. Mann, 2018. Phase angle as an indicator of health and fitness in participants entering an exercise referral scheme. Oral Poster presented at *7th International Society for Physical Activity and Health Congress*, London, UK

38. **Steele, J.,** R. Conway, S. Weber, J. Niblock, J. Fisher, P. Gentil, C. Scott, and H. Ozaki, 2018. Energy expenditure, physiological, and perceptual responses to a brief, simple bodyweight resistance training protocol in previously sedentary adults: A pilot study. e-Poster presented at *7th International Society for Physical Activity and Health Congress*, London, UK
39. Gentil, P., J. Fisher, **J. Steele,** M. Campos, M. Silva, A. Paoli, J. Giessing, and M. Bottaro, 2018. Effects of equal-volume resistance training with different training frequencies in muscle size and strength of trained men. Presented at *23rd Annual Congress of the European College of Sport Science,* Dublin, UK
40. Fisher, J., **J. Steele,** and C. Stuart, 2018. Male and female fatigue responses to heavier- and lighter-load lumbar extension resistance training: 1776 Board #37 May 31 2. Presented at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy,* Minneapolis, MN, USA
41. Gentil, P., M. Bottaro, V. A. Marques, J. P. P. Neto, A. C. G. Santos, **J. Steele,** J. Fisher, A. Paoli, and P. Prudente, 2018. Using velocity loss for monitoring resistance training effort in a real-world setting: 1790 Board #51 May 21 2. Presented at *American College of Sports Medicine Annual Meeting and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy,* Minneapolis, MN, USA
42. **Steele, J.,** J. Fisher, S. Bruce-Low, D. Smith, N. Osborne, and D. Newell, 2017. Variability in strength, pain, and disability changes in response to an isolated lumbar extension resistance training intervention in participants with chronic low back pain. Presented at *Society for Back Pain Research 2017,* Northampton, UK
43. Perrin, C., S. Bruce-Low, J. Arnold, S. Burnet, S. Holloway, **J. Steele,** 2017. Lumbar strength and activation patterns in football players with and without a history of hamstring injuries. Presented at *Society for Back Pain Research 2017,* Northampton, UK
44. Bragança, S., **J. Steele**, S. Gill, M. Carvalho, and P. Arezes, 2017. Sports-wear in wheelchair rugby: establishing the need for wheelchair specific sportswear. Presented at *8th International Conference on Applied Human Factors*, Westin Bonaventure Hotel, Los Angeles, California, USA
45. **Steele, J.,** J. Fisher, A.R. Assunção, M. Bottaro, and P. Gentil, 2016. The role of volume-load in strength and absolute endurance adaptations in adolescents performing high- or low-load resistance training. Presented at *10th International Conference on Strength Training*, Kyoto, Japan
46. Fisher, J., **J. Steele**, and J. Farrow, 2016. The acute fatigue responses to heavier- and lighter-load and advanced technique resistance training. Poster presented at *10th International Conference on Strength Training*, Kyoto, Japan
47. **Steele, J.,** S. Bruce-Low, and D. Smith, 2016. Does change in isolated lumbar extension function correlate with positive clinical outcome? Presented at *9th Interdisciplinary World Congress on Low Back and Pelvic Pain,* Marina Bay Sands, Singapore
48. **Steele, J.,** J. Fisher, S. McKinnon, and P. McKinnon, 2016. Differentiation between perceived effort and discomfort during resistance training: Reliability of trainee ratings of effort and discomfort, and reliability and validity of trainer ratings of trainee. Presented at *21st Annual Congress of the European College of Sport Science*, Vienna, Austria
49. Gentil, P., M. Pereira, R.P.M. Castanheira, **J. Steele,** A. Paoli, and M. Bottaro, 2016. Comparison of upper body strength gains between men and women after 10 weeks of resistance training. Poster presented at *21st Annual Congress of the European College of Sport Science*, Vienna, Austria
50. Fisher, J., L. Carlson, and **J. Steele**, 2016. The effects of muscle action, repetition duration and loading strategies of a whole body progressive resistance training programme on muscular performance and body composition in trained persons. Presented at *21st Annual Congress of the European College of Sport Science*, Vienna, Austria
51. **Steele, J.,** J. Giessing, B. Eichmann, and J. Fisher, 2015. A comparison of two ecologically valid resistance training methods upon strength, body composition, and subjective assessments of training. Poster presented at *British Association of Sport and Exercise Science Conference*, St. George's Park, UK.
52. Hill, A., and **J. Steele,** 2015. A pilot study for inter-user variability of dietary analysis with MyFitnessPal by exercise professionals. Poster presented at *British Association of Sport and Exercise Science Conference*, St. George's Park, UK.
53. Fisher, J., **J. Steele**, and D. Jessop, 2015. Muscle Activation and Force production for a novel resistance training approach in trained males, suitable for Space Flight and Micro-Gravity environments. Poster presented at *British Association of Sport and Exercise Science Conference*, St. George's Park, UK.
54. Giessing, J., C. Teigland, **J. Steele,** J. Fisher, and B. Eichmann, 2015. Reduction of visceral fat with high intensity training. *4th Congress of the European College of Sport and Exercise Physicians*, Barcelona, Spain
55. Teigland, C., B. Eichmann, J. Fisher, J**. Steele,** J. Giessing, 2015. Muscle hypertrophy and strength increases for men and women after 10 weeks of high intensity training. Presented at *4th Congress of the European College of Sport and Exercise Physicians*, Barcelona, Spain
56. **Steele, J.,** 2014. A synthesis of modern exercise physiology and evolutionary theory. Presented at the *Ancestral Health Symposium*, University of California, Berkeley. Available at: https://www.youtube.com/watch?v=8YFdL7D65Ng
57. **Steele, J.** S. Bruce-Low, D. Smith, D. Jessop, and N. Osborne, 2013. Isolated lumbar extension resistance reduces lumbar kinematic variability during gait in chronic low back pain participants. Presented at *8th Interdisciplinary World Congress on Low Back and Pelvic Pain*, Dubai Intercontinental and Crowne Plaza Hotels
58. **Steele, J.**, 2013. An Ancient Perspective on Deconditioning in Low Back Pain. Presented at *Ancestral Health Symposium*, Atlanta Sheraton Hotel
59. **Steele, J.**, S. Bruce-Low, D. Smith, and D. Jessop, 2012. Limited Range of Motion Lumbar Extension Resistance Exercise in Chronic Low Back Pain Participants. Presented at *Physiology,* Edinburgh International Conference Centre

60. **Steele, J.,** and S. Bruce-Low, 2010. Effect of training with and without pelvic restraints, on development of lumbar extension strength and lumbar muscle activity. Presented at *British Association of Sport and Exercise Science Student Conference,* University of Aberystwyth
61. **Steele, J.,** and S. Bruce-Low, 2009. Effect of training with and without pelvic restraints, on development of lumbar extension strength and lumbar muscle activity – A Research Proposal. Presented at *British Association of Sport and Exercise Science Student Conference,* University of Hull

Grants/Funding/Tenders/Consultancy Research – Applied for, and Awarded (PI = Principal Investigator; CoI = Co-Investigator)

2021

- **NIHR Crossprogramme Programme, 20/142 Prehabilitation: Living with and beyond cancer (£1,893,486.00, - unsuccessful, CoI)**
    - STrengthening Exercise Prehabilitation during Treatment of OEsophageal cancer (STEPTOE study) - a multicentre randomised trial investigating the impact of resistance training prehabilitation on physical performance and outcomes during treatment for oesophageal cancer.
- **NIHR Crossprogramme Programme, 20/142 Prehabilitation: Living with and beyond cancer (£707,819.00, - unsuccessful, CoI)**
    - "Levelling-up prehabilitation" – A mixed methods evaluation of five cancer prehabilitation services in the North of England.

2020

- **John Templeton Foundation – Science of Purpose Outline Application (£672,194.00 – unsuccessful, PI)**
    - Understanding Effort
- **Miha Bodytech – Consultancy Research (£8,000.00 – AWARDED, PI)**
    - Narrative review of electromyostimulation (EMS).
- **Sense – Tender (£36,477.00 – AWARDED, PI)**
    - Understanding the complex needs of families with disabled children.
- **The British Academy - Special Research Grants: COVID-19 (£9,958.50 – unsuccessful, PI)**
    - The impact of government measures to limit the spread of Coronavirus (COVID-19) on resistance training practices and experiences of individuals previously engaged in these behaviours.
- **UKRI-MRC - COVID-19 Rapid Response Rolling Call (£69,601.00 – unsuccessful, PI)**
    - Active Lockdown: The Role of Physical Activity in Wellbeing During and Beyond COVID-19, and The Impact of Sector Strategies to Keep the UK Active
- **Royal Osteoporosis Society – Consultancy Research (£2,500.00 – AWARDED, PI)**
    - Leisure operators understanding of, and provision for, bone health and those with osteopenia/osteoporosis
- **Chartered Society of Physiotherapists – Tender (£98,000.00 – unsuccessful, PI)**
    - Strength Messaging Insight Project
- **World Cancer Research Fund (£319,268.00 – unsuccessful)**
    - The effectiveness of prehabilitation and rehabilitation services in cancer patients undergoing elective curative surgery: Pragmatic evaluation of the Prehab4Cancer and Recovery programme
- **England Golf – Consultancy Research (£11,630.00 – AWARDED, PI)**
    - Golf participation, health and wellbeing
- **Research England: Policy through evidence funding call (£1950,00 – AWARDED, PI)**
    - Supporting the Chief Medical Officers Expert Working Group for Communications of the Physical Activity Guidelines: A rapid review of communication strategies for physical activity guidelines and physical activity promotion

2019

- **British Universities and Colleges Sport, AoC Sport and Matrix Fitness – Consultancy Research (£20,000.00 - AWARDED, PI)**
    - British Active Students Survey (2019-2020)
- **England Golf and Mytime Active – Consultancy Research (£10,000.00 – AWARDED, PI)**
    - Golf on Referral pilot 2 evaluation
- **Mytime Active – Tender (£73,091.00 – unsuccessful, PI)**
    - Assessing and Evaluating Impact
- **Sport England – Project grant (£672,000.00 – AWARDED, PI)**
    - The impact of a toolkit for healthcare professionals to support physically active pregnancies upon physical activity levels in pregnant women and new mothers: This Mum Moves
- **Premier Education – Consultancy Research (£26,500.00 – AWARDED, PI)**
    - Premier Kids do Better – Evaluation of Premier Educations Primary School Delivery upon Children's Fitness and Wellbeing
- **Sainsbury's – Consultancy Research (£32,765.00 – AWARDED, PI)**
    - Active Kids Summer Camps Evaluation – Year 2

- **Serco – Consultancy Research (£6,732.00 – AWARDED, PI)**
    - Fitness instructor engagement to understand requirements of training disabled individuals.
- **Innovate UK, Industrial Strategy Challenge Fund, Health Ageing Trailblazers (£97,950.00 – stage 1 application, unsuccessful, PI)**
    - Towards an active ageing society
- **Wellcome Trust – Biomedical Resource and Technology Grant (£893,410.80 – unsuccessful, PI)**
    - The National Referral Database

2018

- **AoC Sport and Matrix Fitness – Consultancy Research (£15,000.00 – AWARDED, PI)**
    - British Active Students Survey (2018-2019)
- **Sainsbury's – Consultancy Research (£12,000.00 – AWARDED, PI)**
    - Active Kids Summer Camps Evaluation – Year 1
- **Sport England – Project grant (£130,000.00 – AWARDED, PI)**
    - Type 2 Diabetes Care Pathway Development
- **Scottish Care Inspectorate - Tender (£61,800.00 – AWARDED, PI)**
    - Provision of a measurement framework and the evaluation of impact for Care About Physical Activity 2 (CAPA2; and improvement programme promoting physical activity with older people)
- **Sport England – Tender (£21,987.90 - unsuccessful, PI)**
    - Attitudes and Behaviours Multivariate Analysis
- **Inspired Villages Group – Consultancy Research (£25,701.60 – AWARDED, PI)**
    - Development and implementation of Health MOTs to evaluate physical and mental health and wellbeing in Later Living Villages
- **Richmond Group of Charities - Tender (£80,000.00 – unsuccessful, PI)**
    - Movement for All Programme Evaluation
- **Sport England – Tender (£178,950.00, - unsuccessful, PI)**
    - Tackling Inactivity Programme Evaluation
- **Oomph! Wellness and Bournemouth University Matched PhD Studentship (£51,000.00 – AWARDED, PI)**
    - The physical and psychological effects of a whole systems wellness intervention for older adults living in care homes
- **Dunhill Medical Trust (£147,817.00 – Invited for full application, unsuccessful, PI)**
    - A Pilot Study of The Effects of Isolated Lumbar Extension Resistance Training Upon the Lumbar Intervertebral Disc and Vertebral Bodies in Older Adults with Chronic Low Back Pain as Assessed by Magnetic Resonance Imaging and Quantitative Fluoroscopy
- **Oxygen Freejumping (£12,000.00 – AWARDED, PI)**
    - Energy expenditure estimates and affective responses from children participating in a trampoline park session compare with traditional extra-curricular sports clubs: A replicated crossover study.

2017

- **NIHR Public Health Research, Researcher Led (£961,242.00 - Stage 1 application unsuccessful, PI)**
    - Development and evaluation of an intervention for initiation and maintenance of self-managed, home- or community centre-based resistance exercise in community dwelling adults: The **R**esistance **E**xercise **A**nd **C**ommunity **H**ealth (**REACH**) Project
- **Sport England Active Ageing Fund (£120,634.00 – unsuccessful)**
    - Piloting the use of local radio to promote healthy behaviour change in the inactive 55+ population of Andover in Hampshire
- **North American Spine Society – Nontraditional, Nonsurgical Treatment Grant (£47,044.96 – unsuccessful, PI)**
    - The Effects of Isolated Lumbar Extension Resistance Training Upon the Lumbar Intervertebral Disc and Vertebral Bodies in Participants with Chronic Low Back Pain as Assessed by Magnetic Resonance Imaging and Quantitative Fluoroscopy

2016

- **Alzheimer's Society PhD Studentship (£66,380.00 – unsuccessful, PI)**
    - Efficacy and effectiveness of an innovative approach to exercise in residential care homes
- **Chartered Society of Physiotherapists (£24,697.50 – unsuccessful)**
    - Measurement of advanced motor skills using the challenge module for children with cerebral palsy participating in a group exercise program
- **Southampton Solent University Research, Innovation and Knowledge Exchange (£8,475 – AWARDED, PI)**
    - **R**esistance **E**xercise **A**nd **C**ommunity **H**ealth (**REACH**): The efficacy of a simple bodyweight resistance exercise intervention in producing improvements in putative markers of health and longevity in currently sedentary adults – Pilot Trial
- **Southampton Solent University Research, Innovation and Knowledge Exchange (£6609.82 – AWARDED, PI)**
    - **R**esistance **E**xercise in **P**rimary **S**chools (**REPS**) - Efficacy and effectiveness of a simple bodyweight resistance exercise intervention in primary school children – Pilot Trial

- **North American Spine Society – Nontraditional, Nonsurgical Treatment Grant (£34,219.39 – unsuccessful, PI)**
    - The Effects of Isolated Lumbar Extension Resistance Training Upon the Lumbar Intervertebral Disc in Participants with Chronic Low Back Pain as Assessed by Magnetic Resonance Imaging

2015

- **Innovate UK, Innovation Voucher, Wellbalancer Ltd – Consultancy Research (£6,453.20 – AWARDED, PI)**
    - Investigation of the effects upon muscle performance of a device designed to mitigate the impact of non-ionising radiation.
- **Southampton Solent University Research, Innovation and Knowledge Exchange (£6,000 – AWARDED)**
    - An investigation to consider the relationship between low-back pain, lumbar strength, and posture in clerical and manual University Staff with and without low back pain.

2014

- **Southampton Solent University Research & Enterprise (£1,737 – AWARDED, PI)**
    - The *'Lift big-get big'* culture and the mass media: an interdisciplinary approach.
- **Chiropractic Research Council (£69,000 – unsuccessful)**
    - Development and validation of a predictive screening tool to identify which patients are more likely to respond to either functional motor control or isolated lumbar extension resistance training exercise.
- **The Henry Smith Charity (£42,405 – unsuccessful, PI)**
    - The Effects of Isolated Lumbar Extension Resistance Training Upon the Lumbar Intervertebral Disc in Participants with Chronic Low Back Pain as Assessed by Magnetic Resonance Imaging

Other Academic Activity/Professional Membership

- **Expert Advisory Positions**
    - Expert Reviewer for UK Physical Activity and Exercise Rapid Review Service
        - http://www.bristol.ac.uk/sps/research/projects/physical-activity/new-resource/
    - Member of Expert Group for the Communications of the Chief Medical Officers UK Physical Activity Guidelines
    - Member of Expert Working Group revising the Chief Medical Officers UK Physical Activity Guidelines for Adults, 2018
        - Working Group paper available here: http://www.bristol.ac.uk/media-library/sites/sps/documents/cmo/adults-technical-report.pdf
        - UK Chief Medical Officers Physical Activity Guidelines available here: https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report
    - Member of Steering Group for NIHR Dissemination Centre Themed Review on Physical Activity
        - Available here: https://discover.dc.nihr.ac.uk/content/themedreview-03898/moving-matters-interventions-to-increase-physical-activity
    - Member of Steering Group for British Association of Sport and Exercise Sciences, Special Interest Group for Sport, Exercise, and Health Analytics
        - https://members.bases.org.uk/spage-special_interest_groups-sport__exercise_and_health_analytics.html
    - Member of Expert Panel – Emerging Themes for the Review of Everybody Active Every Day (EAED) - Five Years On.
        - https://www.icf.com/-/media/files/icf/reports/2020/report-a-review-of-everybody-active-every-day-five-years-on-icf.pdf
    - Member of Versus Arthritis Physical Activity Expert Advisory Group and Expert Evaluation Group

- **Professional Membership**
    - The Society for Transparency, Openness, and Replication in Kinesiology (*Founding Member*)
    - Strength and Conditioning Society (*Founding Member*)
    - American College of Sports Medicine (Professional Member)
    - British Association of Sport and Exercise Sciences (Professional Member)
    - Fellow of the Higher Education Academy

- **Teaching & Supervision**:
    - Postgraduate Supervision
        - Completions
            - Ph.D. DOS (Emily Budzynski-Seymour) – A physically active experience (2022)
            - Ph.D. DOS (Patrokolos Androulakis-Korakkakis) – Minimum effective training dose required to increase 1RM strength in powerlifters (2021)
            - Ph.D. DOS (Craig Perrin) – Lumbar extensor fatigue in soccer and its impact upon sprint kinematics (2020)
            - Ph.D. External at Coventry University (Samuel Tuvey) – Surveillance of children's fitness levels and association with academic attainment (2020)

        - Ph.D. External at Coventry University (Nikita Price) – The effects of exercise referral schemes upon physical activity (2019)
    - Current
        - Ph.D. (Milo Wolf) – Effects of range of motion on muscle hypertrophy in resistance training
        - Ph.D. (Tom Gray) – The effects of upper body carrying on running
        - Ph.D. External at Coventry University (Nadja Willinger) – Member retention strategies in the UK physical activity sector
- ERAMUS+ Internships
    - Cedrik Armes, Vrije Universiteit Amsterdam, Netherlands (MSc - 2018)
    - Nick Michalopolous, University of Patras, Greece (MSc - 2018)
    - Sarah Weber, University of Konstanz, Germany (MSc - 2016)
- Undergraduate teaching, Solent University (2021 - onwards)
    - Applied Research and Study Design in Health and Exercise – Lv5
    - Research Project – Lv6
- Undergraduate teaching, Southampton Solent University (2011-2017)
    - Introduction to Physiology of Exercise - Lv4
    - Applied Physiology of Testing and Training (unit leader) – Lv5
    - Applied Principles of Biomechanics – Lv5
    - Research Methods in Sport and Exercise – Lv5
    - Professional Practice in Physiology of Exercise – Lv6

- **External Examiner/Subject Advisor**
    - External Examiner – BSc (Hons) Sport and Exercise Science at University of Wolverhampton 2017 – 2021
    - External Examiner – MSc by Research in Exercise Physiology at Canterbury Christ Church University 2016 – 2018
    - External Subject Advisor – FDSc Sport and Exercise Science at Leicester College (Awarded by De Montfort University) 2015 – 2018

- **Journal Involvement – Editorial and Reviewer Roles**
    - Managing Editor and Section Editor (Physical Activity, Health, and Disease) – Registered Reports in Kinesiology - https://storkjournals.org/index.php/rrik/about/editorialTeam (from 2020 to 2022)
    - Managing Editor and Section Editor (Physical Activity, Health, and Disease) – Communications in Kinesiology - https://storkjournals.org/index.php/cik/about/editorialTeam (from 2020 to 2022)
    - Associate Editor (Exercise Physiology) – Journal of Evolution and Health - http://jevohealth.com/
    - Research Topic Editor – Frontiers in Neuroscience and Frontiers in Psychology – "Effort-Based Decision-Making and Cognitive Fatigue" - https://www.frontiersin.org/research-topics/12400/effort-based-decision-making-and-cognitive-fatigue
    - Research Topic Editor – Frontiers in Sports and Active Living – "Understanding and Improving Performance in Strength Sports" - https://www.frontiersin.org/research-topics/14314/understanding-improving-performance-in-strength-sports
    - Guest Editor – Biomed Research International - special issue "Exercise for Health and Disease: Time to Move Ahead" - https://www.hindawi.com/journals/bmri/si/498937/
    - Reviewer for several journals, see Publons - https://publons.com/author/1263412/james-steele#profile
    - Signatory of the Peer Reviewer Openness Initiative - https://www.opennessinitiative.org/

- **University Committee positions held**
    - Solent University, Faculty of Sport, Health, and Social Sciences Research Advisory Group 2019 - current
    - Solent University Professoriate, 2016 - current
    - Southampton Solent University Research Degrees Committee 2011 – 2013
    - Southampton Solent University Research & Enterprise Committee 2011 – 2013

- **Media and Public Outreach**
    - TV appearances
        - How to Get Fit Fast – aired 25/05/2018 on Channel 4
    - Research featured in
        - The Washington Post – "Super short workouts can be surprisingly effective" by Christie Aschwanden - https://www.washingtonpost.com/health/2022/05/07/short-exercise-health/
        - Medium – "The best strength training workout is surprisingly easy" by Christie Aschwanden - https://elemental.medium.com/the-best-strength-training-workout-is-surprisingly-easy-a7c7eb095a6f
        - Runner's World – "The minimalist guide to running and S&C" https://www.runnersworld.com/uk/health/a36117586/strength-and-conditioning/
        - Outside Online - "The Data Behind the Once-a-Week Strength Routine" by Alex Hutchinson https://www.outsideonline.com/2420657/ultra-minimalist-strength-workout-research

        - New York Times - “How to Get Strong” guide by Anahad O’Connor, 2018 - https://www.nytimes.com/guides/year-of-living-better/how-to-build-muscle-strength
    - Public talks
        - “Resistance training for endurance performance: it may not work the way you think” delivered at ABP Southampton Marathon Meet the Experts Event 2018
        - “What’s the best way to exercise?” delivered at The Science Room 2016 - https://sciroomsouthampton.wordpress.com/
    - Podcast Interviews
        - Better Movement Podcast - https://www.bettermovement.org/blog/2021/podcast-with-james-steele
        - Discover Strength Podcast
            - https://www.discoverstrength.com/podcast/predicting-proximity-to-failure/
            - https://www.discoverstrength.com/podcast/intervals-vs-steady-state-cardio/
        - Research in Exercise And Cancer Health (REACH) podcast - http://reachformore.libsyn.com/ep-53-dr-james-steele-minimal-dose-approach-to-resistance-training-can-we-actually-measure-effort
        - High Intensity Business
            - Episode 340 - https://highintensitybusiness.com/340-dr-james-steele-inter-individual-variation-in-response-to-resistance-training-the-truth-about-effect-sizes-and-other-exercise-science-flaws/
            - Episode 283 - https://highintensitybusiness.com/podcast/283-dr-james-steele-does-increasing-an-athletes-strength-improve-sports-performance-part-1/
            - Episode 273 - https://highintensitybusiness.com/podcast/273-james-steele-exercise-efficacy-vs-effectiveness/
            - Episode 167 - https://highintensitybusiness.com/podcast/james-steele-effort/
            - Episode 119 - https://highintensitybusiness.com/podcast/dr-james-fisher-and-dr-james-steele-workout-nihilism-vs-workout-optimisation/
            - Episode 61 - https://highintensitybusiness.com/podcast/james-steele-maximizing-muscle-gain/
            - Episode 16 - https://highintensitybusiness.com/podcast/james-steele-2/
            - Episode 10 - https://highintensitybusiness.com/podcast/james-steele-phd-no-such-thing-as-cardio/
        - Fazlifts podcast - https://soundcloud.com/fazlifts/training-to-failure-volume-and-gym-pet-peeves-with-dr-james-steele
        - Age Stronger - http://agestronger.fit/dr-james-steele-easy-cardio-isnt-enough-time-public-health-advice-strength-training/