

Standardised Curriculum Vitae

1. PERSONAL DETAILS

- Dr Matt Greig
- Senior Lecturer in Sport & Exercise Biomechanics,
Dept. of Sport & Physical Activity,
matt.greig@edgehill.ac.uk (Tel Ext: 4848)

2. TERTIARY/HIGHER EDUCATION

- PhD, The University of Hull, Dept of Sport, Health & Exercise Sciences, 2006
“The influence of fatigue on the mechanisms of soccer injury”
- MPhil, Loughborough University, Sports Biomechanics, 1998
Optimising athletic performance
- BSc, Loughborough University, Phys Ed., Sports Science & Physics, 1993

3. APPOINTMENTS AND EXPERIENCE

- 05/08 – Present (FT)
Senior Lecturer, Sport & Exercise Science – Edge Hill University
Exercise Scientist (PT Itinerant), The Football Association
- 12/06 – 05/08 (FT)
Exercise Scientist, The Football Association Medical & Exercise Science Dept.
- 09/00 – 12/06 (FT)
Lecturer; Sport Health & Exercise Science, The University of Hull
- 09/98 – 09/00 (FT)
Lecturer; Dept. of Sports Sciences, Nottingham Trent University
- 09/93 – 03/98 (PT)
Project Assistant, British Athletics Federation,
Research Student, Sports Biomechanics, Loughborough University

4. CONTRIBUTIONS TO TEACHING AND STUDENT SUPPORT

(a) Organisational responsibilities

- BSc Sport & Exercise Science:
SPT2420 – Sport & Exercise Biomechanics (Level 5) – Module Leader
SPT3420 – Applied Sports Biomechanics (Level 6) – Module Leader
Previously Module Leader and curriculum developer for newly validated BSc:
SPT1426 – Introduction to Applied Sports Science
- MSc Football Rehabilitation (Level 7):
SPT404 – Current concepts in strength & conditioning – Module Leader
Previously Module Leader and curriculum developer for newly validated MSc:
SPT411 – Preparation, Planning & Performance in Football

(b) Contributions to teaching materials

In addition to the Module Leaderships listed previously (individually taught), contributions to:

- BSc Sport & Exercise Science:
SPT1426 – Introduction to Applied Sports Science (Level 4, team taught)
SPT1420 – Introduction to Sport & Exercise Biomechanics (Level 4, team taught)
SPT1428 – Scientific Research Methods (Level 4, team taught)
SPT2426 – Applied Sports Science (Level 5, team taught)
SPT2428 – Research Development (Level 5, team taught)
SPT3200 – Dissertation (Level 6, supervisor)
- MSc Football Rehabilitation (Level 7):
SPT411 – Preparation, Planning & Performance in Football (Level 7, team taught)
SPT403 – Research Design & Analysis (Level 7, team taught)
SPT408 – Research Project (Level 7, supervisor)

(c) Contributions to teaching methods and student support

- Teaching support on the sports biomechanics modules has benefitted from innovation in the development of computer software for the analysis of human motion
- Professional link with the Football Association has facilitated the delivery of applied sports science modules across BSc and MSc programmes
- Undergraduate students have been supported in presenting their dissertation research at the national BASES annual student conference

5. CONTRIBUTIONS TO ADMINISTRATION AND MANAGEMENT

REF2014:

Departmental responsibility for creating the initial REF narrative for the UoA in sport, at the request of the FAS Associate Dean for Research (2010). This involved creating a first draft of the document which has subsequently been developed toward a submission for 2014.

Previously REF Deputy for UoA on University committee.

Member (and representative for Sports Science & Therapy) of the Departmental Research committee, and subsequently REF2014 steering group, since my appointment.

Post Graduate Capacity Development:

Member of the Research Supervisory panel as initiated by the postgraduate school, since my appointment.

Director of Studies for self-funded students registered on PGCert, with a view to transfer to MPhil/PhD registration

Proposed Director of Studies for colleagues in SPA seeking REF funding for PhD registration

Departmental lead for submission to validation panel of a suite of MRes programmes to run across SPA.

Proposed programme leader for MRes, if successfully validated.

Post Graduate Examination:

Internal Examiner for successful PhD examination of colleague from within SPA.

Liaison with external examiners on behalf of the Research Office.

6. RESEARCH INTERESTS

Member of the Sports Performance research group as defined in the 2014 REF UoA submission.

Member of the “Team Sports” and “Sports Biomechanics” special interest groups of the American College of Sports Medicine.

Lead researcher on successful REF funding bid for the electromyographical measurement of human motion (2012, £24,000)

C0-Researcher on successful REF funding bid for the physical demands of intermittent exercise (2012, £12,000)

Invited Speaker and symposium lead on sports biomechanics in soccer, at the Royal College of Surgeons annual conference (2010)

7. POSTGRADUATE STUDENT SUPERVISION

Successful Completions:

2012 – PhD Internal Examiner, Craig Bridge, Edge Hill University

2008 – PhD Supervisor (2004-2008), Katie Small, Hull University

The aetiology of hamstring injuries in soccer

2006 – MRes Supervisor, Marcus Walker, Sports Biomechanics, University of Hull

Paul Smith, Sports Biomechanics, University of Hull

Catherine Scott, Sports Biomechanics, University of Hull

Rebecca Craven, Sports Biomechanics, University of Hull

Additional supervisory contributions:

2012 – Supervisor, PGCert, Edge Hill University

Brian Gilgeous; Post Activation Potentiation in athletic performance

Pantelis Demopoulos: Quantifying physical loads in elite youth soccer

2004 – 2006 – PhD Supervisor, Hollie Forbes, Sports Therapy, University of Hull

8. EXTERNAL ACADEMIC ACTIVITIES

Invited reviewer for several international journals including:

Journal of Athletic Training, Journal of Strength & Conditioning Research, Journal of Science & Medicine in Sports, Physical Therapy in Sport, International Journal of Sports Medicine, British Journal of Sports Medicine

2006 – 2010: Significant contribution to organisation and delivery of the Football Association Medical & Exercise Science Dept. Fitness Trainers Conference.

Organisation of external speakers and administration of delegates from professional football.

2006 – 2008: Invited speaker (2007 Symposium Chair) at the prestigious annual meeting of the Royal College of Surgeons.

Member of American College of Sports Medicine and British Association of Sport & Exercise Sciences – regular contributor to annual conferences.

Invited to lead the Sports Science programme of the 2012 UEFA Pro-Licence coaching award.

9. OTHER INFORMATION

Exercise Scientist for the Football Association (Full-Time from 2006-2008, and subsequently Part-Time since 2008).

Sports science support to the England youth development squads (U16 – U19)

Sports scientist for the senior International vs Holland at Wembley (29/02/12)

Sports Scientist for the U19 European Championships Finals

Development and delivery of the sports science elements of the FA and UEFA coaching awards (including the Pro-Licence), and the Fitness Trainers award

10. PUBLICATIONS

Chapters in books

Siegler, J., Mermier, C., Amorim, F., Lovell, R.J., **Greig**, MP. and McNaughton, L. (2008) Effects of sports drinks supplements on performance and thermoregulatory responses of soccer players. In *Reilly, T. and Williams, A.M. (eds) Science and Football VI*. Oxford: Routledge.

Journal articles

Greig, M.P., and Yeadon, M.R. (2001). The influence of touchdown parameters on the performance of a high jumper. *Journal of Applied Biomechanics*, **16(4)**, 367-378. (60%)

Greig, M.P., McNaughton, L. and Lovell, R.J. (2006). Physiological and mechanical response to soccer-specific intermittent activity and steady-state activity. *Research in Sports Medicine*, **14**, 29-52. (75%)

Greig, M., Marchant, D., Lovell, R., Clough, P. and McNaughton, L. (2007) A continuous mental task decreases the physiological response to soccer-specific intermittent exercise. *British Journal of Sports Medicine*, **41**, 908-913. (60%)

Greig, M.P. and Walker-Johnson, C.J. (2007). The influence of soccer-specific fatigue on functional stability. *Physical Therapy in Sport*, **8**, 185-190. (80%)

Lovell, R.J., Kirke, I., McNaughton, L. and **Greig**, MP. (2007) Soccer half-time strategy influences thermoregulation and endurance performance. *Journal of Sports Medicine and Physical Fitness*, **47(3)**, 263-269. (25%)

Greig, M. (2008) The influence of soccer-specific fatigue on peak isokinetic torque production of the knee flexors and extensors. *American Journal of Sports Medicine*, **36(7)**, 1403-1409. (100%)

Marchant, DC., **Greig**, M. and Scott, C. (2008) Attentional focusing strategies influence bicep EMG during isokinetic bicep curls. *Athletic Insight*, **10(2)**. (40%)

Greig, M.P. (2009). The influence of soccer-specific activity on the kinematics of an agility sprint. *European Journal of Sports Science*, 9(1), 23-33. (100%)

Greig, M. and Siegler, J. (2009). Soccer specific fatigue decreases eccentric hamstring strength. *Journal of Athletic Training*, 44(2), 180-184. (75%)

Small, K., McNaughton, L., **Greig**, M. and Lovell, R. (2009). Effect of timing of eccentric hamstring strengthening exercises during soccer training: implications for muscle fatigability. *Journal of Strength and Conditioning Research*, **23(4)**, 1077-1083. (20%)

Lohkamp, M., Craven, S., Walker-Johnson, C. and **Greig**, M. (2009). The influence of ankle taping on changes in postural stability during soccer-specific activity. *Journal of Sport Rehabilitation*, **18**, 482-492. (15%)

Marchant, DC., **Greig**, M. and Scott, C. (2009) Attentional focusing instructions influence force production and muscular activity during isokinetic elbow flexions. *Journal of Strength & Conditioning Research*, **23(8)**, 2358-2366. (40%)

Small, K., McNaughton, L., **Greig**, M., Lohkamp, M. and Lovell, R. (2009). Soccer fatigue, sprinting and hamstring injury risk. *International Journal of Sports Medicine*, **30**, 573-578. (15%)

Small, K., McNaughton, L., **Greig**, M. and Lovell, R. (2010). The effects of multidirectional soccer-specific fatigue on markers of hamstring injury risk. *Journal of Science & Medicine in Sport*, **13(1)**, 120-125. (15%)

Marchant, DC., **Greig**, M.P., Bullough, J. and Hitchen, D. (2011) Attentional Focusing Instruction Influence Muscular Endurance. *Research Quarterly for Exercise and Sport*, **82(3)**, 466-473. (15%)

(Selected) Refereed conference contributions

Greig, M.P. and McNaughton, L. (2005). Applications in sports biomechanics: Sensitivity of Optimum Performance. *Medicine & Science in Sports & Exercise*, **36(5)**, S166. ACSM Conference, Indianapolis.

Greig, M.P. and McNaughton, L. (2005). Decrease in eccentric hamstring strength during simulated soccer match-play. *Medicine & Science in Sports & Exercise*, **37(5)**, S121. ACSM Conference, Nashville.

Lovell, R., **Greig, M.**, Kirke, I. and McNaughton, L. (2005). Active and passive re-warm-up at half-time: thermoregulatory and soccer-specific endurance responses. *Medicine & Science in Sports & Exercise*, **37(5)**, S85. ACSM Conference, Nashville.

Greig, M.P. and McNaughton, L. (2005). Fatigue increases the risk of hamstring strain injury during simulated soccer match-play. *Journal of Sports Sciences*, **23(11-12)**, 1190-1191. BASES Conference, Loughborough.

Greig, M.P. and McNaughton, L. (2006). Progressive decrease in dynamic postural control during simulated soccer match-play. *Medicine & Science in Sports & Exercise*, **37(5)**, S118. ACSM Conference, Denver.

Greig, M.P., Lovell, R.J. and Siegler, J. (2007). The influence of soccer-specific fatigue on knee joint kinematics during dynamic landings. *Journal of Sports Science & Medicine*, **6(10)**, P-061. World Congress of Science in Football, Antalya, Turkey.

Greig, M.P., Lovell, R.J. and Siegler, J. (2007). The influence of soccer-specific fatigue on the kinematics of kicking. *Journal of Sports Science & Medicine*, **6(10)**, P-062. World Congress of Science in Football, Antalya, Turkey.

Lovell, R.J., **Greig**, M.P. and Siegler, J. (2007). Comparison of a new soccer-specific aerobic fitness test to other field and laboratory tests: preliminary data. *Journal of Sports Science & Medicine*, **6(10)**, P-024. World Congress of Science in Football, Antalya, Turkey.

Lovell, R.J., **Greig**, M.P. and Siegler, J. (2007). Playing standard and position-specific differences in performance of a soccer-specific aerobic fitness test: preliminary data. *Journal of Sports Science & Medicine*, **6(10)**, P-025. World Congress of Science in Football, Antalya, Turkey.

Siegler, J., Mermier, C., Amorim, F., Lovell, R., **Greig**, M., and McNaughton, L. (2007). Effects of sports drinks supplements on performance and thermoregulatory responses of soccer players. *Journal of Sports Science & Medicine*, **6(10)**, O-046. World Congress of Science in Football, Antalya, Turkey.

Marchant, D., **Greig**, M., Scott, C. Interaction of movement speed and attentional focusing instructions on force production and muscular activity. BPS Division of Sport and Exercise Psychology Inaugural Conference 2008, London.

Greig, M.P., Craven, R. and McNaughton, L. (2009). Balance and strength changes following injury prevention protocol in female soccer players. *Medicine & Science in Sports & Exercise*, **37(5)**, S518. ACSM Conference, Seattle.

Marchant, D., **Greig**, M., Scott, C. Attentional focusing instructions' influence force production, fatigue and muscular activity during knee extensions. European College of Sport Sciences Annual Congress, 2009, Oslo.

Greig, M.P. (2010). A biomechanical rationale for soccer half-time re-warm-up strategies. *Medicine & Science in Sports & Exercise*, **37(5)**, S26. ACSM Conference, Baltimore.

11. REFEREES

Ian Beasley MBBS, MRCP, MSc, Dip Sports Med, FFSEM(UK)
Head of Medical Services, Football Association
Medical Adviser to the Royal Ballet Company at Covent Garden
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