Message from the President

Young-Hoo Kwon

Like Hans (Gros) did some 18 years ago, I’d like to encourage our members ... to get involved in various aspects of the Society.

Dear ISBS members,

At the Annual General Meeting at the 35th ISBS Annual Conference in Cologne, Germany I started my two year term as president of the ISBS. It is my great honor to serve for the Society in this capacity. As I look back, my professional development has been always with the ISBS. I joined the ISBS in 1997 when I started my first faculty position at Ball State University, USA. The first annual conference attended was the 1999 Perth Conference which I immensely enjoyed. I fell in love with the ISBS instantly. In Perth I also met Dr. Hans Gros and volunteered to help him edit ISBS newsletters. Naturally, my official involvement in the ISBS started as a member of the Publications Committee. With the encouragement and help of Hans, I was elected VP of Publications in 2002 and served in this capacity until 2007, the year I took over the role of Editor-in-chief of our journal Sports Biomechanics. I edited the journal for eight years (2007-2014) while also serving as a Director (2008-2014). Along the way I became ISBS Fellow in 2008 and Life Member in 2016.

The reason for bringing up my personal involvement in the ISBS is obviously to encourage members to get involved. Like Hans did some 18 years ago, I’d like to encourage our members (young members in particular) to get involved in various aspects of the Society. One way to do it is to join one of the Society’s standing committees.
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## Editorial Board

**Sarah Clarke**  
ISBS Vice President (Publications), Northern Michigan University

**Catherine Tucker**  
Leeds Beckett University
Message from the President (cont.)

Young-Hoo Kwon

We have several committees in operation under the VPs. If interested, express your willingness to help to me or to one of the VPs. I also encourage all of you to actively run for officers (Directors). We need enthusiasm and commitment to continue developing the Society and the field of sport biomechanics. I look forward to your involvements!

I’d like to express my sincere thanks to two particular individuals. Firstly, my gratitude goes to Prof. Gareth Irwin, my predecessor. Under his leadership, several new initiatives were developed and I am excited to continue his legacy. It is such a big shoe to fill but I and the VPs will try our best to continue the momentum for next two years. The second person is Prof. Wolfgang Potthast. As you all recall, the 35th ISBS Annual Conference hosted by Wolfgang and his team at German Sports University was a huge success and left a strong impression. On behalf of the ISBS I’d like to thank Wolfgang for his hard work and successful organization of the conference. The memories will last long.

In Cologne, we welcomed two new Life Members of the Society: Prof. Chenfu (Peter) Huang, National Taiwan Normal University, Taiwan and Prof. Randy Jensen, Northern Michigan University, USA. Peter is the main driving force behind the recent development of sport biomechanics in Taiwan. Peter served as VP of Conferences and hosted the 31st ISBS Conference in Taipei. Randy has served as Society’s Secretary General since 2011 and is the host of the 28th ISBS Conference in Marquette. In addition, three members received the ISBS Fellowship awards in Cologne: Dr. Hiro Nunome of Fukuoka University, Japan, Dr. Neil Bezodis of Swansea University, UK, and Dr. Fred Yeadon of Loughborough University, UK. As an ISBS life member and fellow myself, I welcome and congratulate y’all.

We had some changes in the leadership of the Society. Dr. Laura-Anne Furlong replaced Dr. Wolfgang Potthast as our new VP of Public Relations. Thank you Wolfgang for your service in this capacity for last 7 years and welcome Laura-Anne to the team! Several directors stepped down in Cologne at the end of their 2015-2017 term: Drs. Liz Bradshaw, Roman Farana, Bruce Mason, Justin Keogh, and Kimi Sato. Thank you for your service! Drs. Wolfgang Potthast, Cassie Wilson, and Shinji Sakurai joined the Board of Directors. Notably, this is Shinji’s first appointment as Director in spite of all the years he has been with the Society. Welcome!

A group of enthusiastic and capable VPs and officers are working hard behind the scene to move the Society forward. On behalf of the entire membership, I’d like to thanks officers, Directors, and members of various committees for their on-going hard work. Please help our officers by making yourselves available for service and providing suggestions. Your suggestions and inputs will be greatly appreciated!

Prof. Patria Hume and her team at Auckland University of Technology, New Zealand are also working hard preparing for the 36th ISBS Conference in September 2018. The conference website (https://sprinz.aut.ac.nz/isbs-2018) was opened and paper submission already started. I encourage you all to submit your best studies to the Auckland Conference to have another great ISBS Conference and continue the legacy of the Society.

I look forward to seeing y’all in Auckland, New Zealand next year!

Young-Hoo Kwon, President of the ISBS
The city of Cologne is globally known for its lively, open minded and friendly population. Therefore it was an honour to share this liveable feeling with scientist from all over the world which attended the 35th Conference of the International Society of Biomechanics in Sports, which was hosted by the German Sport University in Cologne.

More than 420 participants from all over the world travelled to Cologne to exchange their research and meet within the community. Together with our exhibitors and staff, 540 people enriched this conference with their innovative ideas and interesting research topics. The scientific program offered five key note lectures, more than 181 oral presentations, organised in 34 sessions, but also 114 poster presentations, five applied sessions on swimming biomechanics, pole vaulting, bob sleigh starts, sports applications and tendon biomechanics and six pre-conference workshops.

The richness of this scientific and applied program characterises the ability of the conferences of the ISBS to bridge the gap between scientists and practitioners. The outstanding Geoffrey Dyson lecture of Walter Herzog open the scientific program of the conference and was followed by ground breaking key notes by Caroline Nicol, Hiroaki Hobara, Peter Weyand, Gert-Peter Brüggemann and Marty Shorten who deserve our sincerest thanks.
A special thanks goes to all the reviewers of the Scientific Committee for spending their valuable time to ensure the scientific quality of the conference, the chairpersons for their commitment and their energy to guide the sessions and to initiate interesting discussions. We also would like to thank the exhibitors and sponsors of the conference, which organised interesting workshops and applied sessions and contributed to the success of this conference.

This conference also focused on junior researchers, not only by offering the traditional student mentor program, but also by encouraging key note lectures and the student night that gave young scientist the chance to meet and discuss.

The growing success of the conferences of the ISBS is also based on the exchange of research but also on the social interaction of participants from all over the globe. The social program which gave the participants not only the chance to get closer to each other but also to discover the rich history and cultural features of the city of Cologne offered tours to the famous cathedral, lively urban quarters and an insight into the divers culinary culture of the city, which was round up by a boat trip in front of the Cologne Skyline.

The Olympic Museum, which was chosen as the location of the Closing Ceremony and the Conference Dinner will be remembered as a night full of live music, great conversations, dancing and the joyful anticipation of meeting again in Auckland in 2018!
The Awards Committee announced the following awards for 2017:

**Geoffrey Dyson Award**

The Geoffrey Dyson Award is the most prestigious award of ISBS. It recognizes sport scientists who, throughout their professional careers, have bridged the gap between biomechanics research and practice in sport.

The award is named after one of the founding fathers of Sports Biomechanics, Geoffrey Dyson OBE. (1915-1981). Geoffrey Dyson had a long and strong academic and coaching career. He was the coach of the British Olympic Team in 1952, 1956, and 1960. In 1962, he first published his book on the Mechanics of Athletics. He was a speaker for the International Olympic Academy and conducted athletic courses in 14 countries. According to John Disley, one of Geoffrey Dyson's favourite pupils, “he devoted his life to making coaching a science and to exposing the charlatan whose only effective advice was Do it again, but harder”.

This year’s recipient was **Professor Walter Herzog – University of Calgary**, Professor Herzog gave a fantastic talk entitled ‘From Medals to Muscles to Molecules and back to Medals’, we were privileged to have Walter be part of our Society, and those student he also mentored certainly benefitted from his input also. Professor Herzog’s paper can be accessed [here](#).
The prestigious Geoffrey Dyson Award for ISBS 2018 in Auckland, will be awarded to Professor Hermann Schwameder – University of Salzburg.

**Life Member**

A special membership category that is reserved for members who have made outstanding contributions to ISBS. The work of the member should have enabled ISBS to further develop and thrive. This work is typically not academic (research-related) and is therefore not covered by other ISBS awards. A Life member has all of the privileges of membership but does not pay annual membership fees.

This year’s worthy recipients, who have done so much for the Society between them were:

- **Dr Peter Huang**  
  National Taiwan Normal University, Taiwan

- **Dr Randall Jensen**  
  Northern Michigan University, USA

**Fellow**

The Fellow of ISBS award recognises substantial scholarly and service contributions to ISBS and Sports Biomechanics.

This year a Fellowship was awarded to:

- **Prof. Fred Yeadon**,  
  Loughborough University, UK

- **Prof. Hiroyuki Nunome**,  
  Fukuoka University, Japan

- **Dr Neil Bezodis**,  
  Swansea University, UK

PHOTO BY @LAMFurlong
The Hans Gros Emerging Researcher Award recognizes excellence in early career research. This prestigious award is given annually to an individual who has excelled in their early research career (2-5 years post PhD) and has embodied the ISBS philosophy of applied science and ‘bridging the gap’ between research and application in practice.

The award was named to commemorate Hans Gros for his contribution to ISBS. Hans Gros was a founding member of ISBS and was President in 1998-1999. Hans established the first ISBS website and was awarded Life membership in 2001 in San Francisco. He was a faculty member at the University of Stuttgart in Germany and taught biomechanics, skiing, and track and field. His research interests focused on sports equipment design for gymnastics, archery, and the biomechanics of track and field.

This year’s recipient was:

**Dr. Pedro Mororço**  
Polytechnic Institute of Leiria, Portugal

Pedro presented a summary of his vast body of work entitled ‘Novel Insights into an old methodology: Upgrading the use of tethered swimming’.

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**Proceedings**

Read the papers for all our awardees on the ISBS open access proceedings archives.

Papers from 1983-2016 are available [here](#).

Papers from 2017 are available at our new archive [here](#).
This year’s recipients for the oral competition (first to third place) were:

**Paul Felton** | Loughborough University, UK  
*Optimising Individual Performance in Cricket Fast Bowling*

**Gillian Weir** | University of Massachusetts, USA  
*Lower Extremity Coordination Variability during anticipated and unanticipated sidestepping: Implications for ACL Injury Prevention*

**Alex Atack** | St Mary’s University, UK  
*The differences in rugby place kick technique between successful and less successful kickers*

This year’s recipients for the poster competition (first to third place) were:

**Marika Walker** | University of Georgia, USA  
*The Throwing Performance and Trunk Kinematics of Quarterbacks During a Football Throw While Wearing Rib Protector Garments*

**Matthias Konig** | London South Bank University, UK  
*Matching Triceps Surae Muscle Strength and Tendon Stiffness Eliminates Age-Related Differences in Drop-Jump Performance*

**Anna Kleesattel** | University of Heidelberg, Germany  
*Modeling and Optimal Control of Able-Bodied and Unilateral Amputee Running*
ISBS Grants 2017

Tim Exell, ISBS Vice President
(Projects & Research)

ISBS Student Mini Research Grant

The Student Mini Research Grant is open to final year undergraduate students and postgraduate students and is available to fund biomechanics research projects in an environment that provides strong mentorship from an established researcher. The grant is designed to assist the student in the early stages of their professional development to encourage the pursuit of biomechanics research.

This year’s recipients were:

Qipeng Song | Shanghai University of Sport

Project Title: “Effect of Tai Chi Exercise on Body Stability under Dual Task Condition Among the Elderly during Stair Walking.”

Research Mentor: Prof Dewei Mao, Shanghai University of Sport

Stephanie Moore | Northern Michigan University

Project Title: “Biomechanical Adaptations to an Implemented Heel Lift in Alpine Skiers”

Research Mentors: Dr Gerda Strutzenberger, University of Salzburg & Dr Sarah Clarke, Northern Michigan University

ISBS Internship Grant

The Student Internship Grant will provide funds to pay an intern student to assist with the research project of a full ISBS member. The purposes of the internship are: 1) to support full ISBS members (particularly early career researchers in their research activities by providing student internship support and, 2) to foster the intern student’s interest in biomechanics research and provide them with an opportunity to become familiar with research techniques and collect data under the guidance of an established researcher.

This year’s recipients were:

Adrian Rodriguez Rivadulla | University of Bath

Project Title: “Effect of different types of feedback on the learning of coordination strategies in a sport task”

Research Mentor: Dr Ezio Preatoni, University of Bath
Stephanie Moore | Northern Michigan University

Project Title: “Biomechanical Adaptations to an Implemented Heel Lift in Alpine Skiers”

Research Mentors: Dr Gerda Strutzenberger, University of Salzburg & Dr Sarah Clarke, Northern Michigan University

This grant will provide funds to support full ISBS members (1 x ECR and 1 x developing researcher) to travel to an established ISBS member’s or applied organisation’s lab. The purpose of the visit is to allow the applicant to learn new techniques, collect data, develop research skills, bridge the gap between research and practice and build collaborative sports biomechanics networks. Visits may be to a research lab or applied organisation that utilises sports biomechanics (e.g. National Governing Body or footwear/ equipment manufacturer).

This year’s recipient was:

John Warmenhoven | Australian Sport Commission

Project Title: “Statistical methods for analysis of curves and waveforms in sports biomechanics: A comparison of contemporary approaches.”
Despite a large body of research investigating varying areas surrounding the causes, and treatment of anterior cruciate ligament (ACL) injuries, the results are not always accessible for the recreational sports participant. A report of ACL reconstructions performed in the UK found that, where the funding source was reported, 76% were completed through the National Health Service. Therefore these patients may not be benefiting from the research where large resources are required. This highlights the need to develop research where practices can be adopted with little resource.

My research aimed to address this need by exploring whether biomechanical variables, collected using methods which were suitable for simplification, have potential to improve the prognosis of ACL treatment. This meant taking the equipment which is often restricted to the laboratory, into a clinical setting, specifically to hospitals within a rural setting. The ISBS Student Mini Research Grant made this possible by providing funding for equipment and travel.

ACL deficient participants who had been identified through a surgeon’s caseload were recruited and asked to attend three data collection visits (pre-operative, and four and seven month post-operative). These took place at the hospital in a typical clinic room (2.0×3.5 m). A custom seating rig (Figure 1a) and a four camera motion capture system were used for the data collection (Twitter Image). At each visit, participants completed three types of assessment:

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<td>Bi- and uni-lateral squats and balances</td>
<td>A force matching task through the use of biofeedback</td>
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Analyses of the pre-operative isometric data were presented at the 2017 ISBS conference. The abstract analysed both the peak force and also the characteristics of a period of maintained contraction (Figure 1b). The results suggested that mean force during a prolonged contraction may provide a more sensitive measure for identifying strength deficiencies in ACL deficient participants. A reduction in the complexity (sample entropy) of the adduction trial alluded to potential changes in motor control of the affected knee. Planned further analyses include comparisons between pre- and post-operative data, as well applying entropy analysis to movement function and motor control assessments.

**Figure 1:** a) Adjustable seat, force plate, and foot rig; b) Example normalised horizontal force from an isometric task.
In 2017, the 6th Student Mentor Programme was held at the ISBS conference in Cologne. The programme has continued to be very popular with students attending the conference. In Cologne, the programme involving 54 students representing from 21 different countries who were mentored by 38 leading academics from around the world. Students had the opportunity to meet with their mentors during a lunch session at the conference and then again during the social event. Having spoken to both mentors and mentees, this format offers a valuable opportunity for thinking and reflection in between the two mentor sessions to maximise the benefit of the experience as well as the chance for a more relaxed discussion. Students typically have the opportunity to discuss research, potential career paths and many other prominent topics in academic research, but the experience also provides students with opportunities to discuss their work with established and world-leading experts from our society in a relaxed environment.

Hans Von Lieres Und Wilkau (Cardiff Metropolitan University, UK) was part of the mentor programme for the third year running in Cologne and had the following to say about his experiences:

As a research student, I have been in the fortunate position to attend three ISBS conferences during my PhD. A highlight of the annual ISBS meetings is the friendly and open atmosphere and this extends to the student mentoring sessions. In 2015, I signed up to the student mentoring session, as it would provide me with an opportunity to engage with a world leader in my area. Initially, I was nervous discussing my work with a world leader in the field. However, my mentor was friendly, passionate about their work and very engaging. I was particularly surprised how open my mentor was to discussing aspects of their own research and their own academic journey. I found that talking about my work with an experienced researcher hugely beneficial as this allowed me to focus my thoughts and practice on explaining my ideas in a clear and concise manner. Following my first successful ISBS conference, I was motivated to participate in the student mentoring sessions at the 2016 and 2017 conferences.

Overall, these sessions provided me with the opportunity to talk about my research, have my ideas challenged and introduce me to alternative approaches. Furthermore, my mentors offered helpful tips when preparing for thesis submission and future career prospects. Perhaps one of the biggest advantages of these sessions is that you as the student direct the topic of conversation. Therefore ensuring that the mentoring sessions are tailored to your needs. This is beneficial as you progress through your postgraduate studies and your focus changes from developing your research, planning experiments to preparing for thesis completion and life after the PhD. Over the last three years, I have had the pleasure of being mentored by Professors JB. Morin, Hermann Schwameder and Peter Weyand. All my mentors were very generous with their time and their advice and guidance has provided me with great insights that not only benefited my work but also allowed me to identify specific attributes needed to be a successful researcher. I would recommend these sessions to all ISBS student members.
This winter the England Men’s cricket team will head to Australia to defend ‘The Ashes’ with the two most successful English fast bowlers of all time within their ranks. Although the success of these two players may be a coincidence, their careers coincide with a partnership between Loughborough University (Dr Mark King, School of Sport, Exercise and Health Sciences) and the England and Wales Cricket Board (ECB; Kevin Shine ECB Lead Fast Bowling Coach) over the last 14 years. The aim of this partnership was simple: to establish an understanding of the relationships between fast bowling technique and improvements in performance and the likelihood of injury.

Initially a PhD by Craig Ranson focussed on lumbar spine injuries, the biggest time loss injury in the sport, and their relationship with fast bowling technique. The results of this research quite possibly saved England’s leading test match wicket taker’s career in its infancy. Initially, his technique displayed characteristics at back foot contact which were linked to lumbar spine injuries and this resulted in a preventative move to remodel his action. A loss of form and a spell of injuries followed. During this time the new research suggested a move away from focussing on traditional back foot contact characteristics and a move towards focussing on the front foot contact phase of the delivery stride where spinal postures are most extreme and loading on the lower back is greatest. He reverted back to his old action and the rest is history.

The second major research project, a PhD by Peter Worthington, attempted to establish the link between technique characteristics, ground reaction forces and ball speed. This research aimed to identify technique characteristics common among the fastest bowlers, and whether this technique was linked to higher ground reaction forces. The results suggested that the fastest bowlers have four common characteristics: a faster run-up, a straighter front leg, a larger amount of trunk flexion and delayed circumduction of the bowling arm. This leads to a technique in which the fastest bowlers maximise their horizontal braking impulse during front foot contact as opposed to their peak ground reaction forces and loading rates. While this approach contradicted the common beliefs of cricket coaches at the time, it was comparable to the optimal technique used in javelin throwing to maximise throw distance. A direct consequence of these studies has been the introduction of...
Bridging the gap between Science and Practice

Paul Felton

annual biomechanical screenings for fast bowlers coming through the international development pathway. This process allows the ECB to assess player technique for performance potential and injury risk.

Although the biomechanical screening provides the ECB with plentiful data on an individual bowler’s technique, it does not provide a golden ticket to optimise their performance. It allows the coach to incorporate an evidence-based approach based on an elite group of fast bowlers but the individual’s optimal technique will have variations due to differences in anthropometry and physiology between bowlers. The third major research project undertaken by the partnership, in the form of a PhD with a continuing Post-Doc by Paul Felton, aimed to investigate the factors limiting individual fast bowling performance in attempt to provide bowler specific coaching recommendations. To do this a subject-specific computer simulation model of the fast bowling action was developed, validated and then optimised for a pre-specified bowler. The results indicated that a much larger performance increase was possible by improving technique (20%) rather than strength (1%). These recommendations were subsequently implemented within the individuals coaching plan and a significant increase in ball release speed has been observed (>10%). The goal is to use this model to supplement the coaching of all the players who enrol on the international pathway.

The success of this partnership has been based on the ability of the practice to question the discipline to understand fast bowling technique and its effect on performance and injury. At times however, the science has disproved the current thinking. This is more often than not, the biggest challenge in bridging the gap between science and practice. From experience it is important to remember that as scientists our job is to aid the practice and not replace coaches. Gain their trust, ask for their ideas, discuss what the scientific evidence suggests as simply as possible and remember both science and practice are not 100% fool proof. Finally once a plan has been put in place, let the coach do his job. The fact England head to Australia with their two most successful and most capped fast bowlers in their history, and with a programme specifically for fast bowling development, suggests that the ECB has been rewarded in their attempts to bridge the gap between science and practice.

References
1. Ranson et al., 2008. JSS 26, 267-276.
2. Worthington et al., 2013. JSS 31, 434-441.
The society would like to thank the corporate sponsors of ISBS: Sensix, Kistler & Vicon. These sponsors provide important support to the mission of ISBS thorough their quality products and financial support to the society. Remember to consider these fine vendors of sports biomechanics research equipment and software when updating your lab. Contact Laura-Anne Furlong, Vice President (Public Relations) for more information about ISBS sponsorship.
**ISBS Proceedings Archive**

ISBS proceedings from the ISBS 2017 conference are available on the new ISBS archive hosted at Northern Michigan University. [http://commons.nmu.edu/isbs/]. Papers presented prior to 2017 are still available at the previous archive [https://ojs.ub.uni-konstanz.de/cpa].

**Call for hosting the 39th ISBS Conference**

1st call for hosting the 39th Conferences (2021) of the International Society of Biomechanics in Sports

The annual ISBS conference is a key-event for the international scientific exchange and networking within the field of sports biomechanics. At this time of the year, we are seeking for ISBS members interested in hosting this attractive event in the year 2021.

This first call is open to interested ISBS members in the preferred region Australasia, with the **deadline 30st of April, 2018**.

If no proposals are received from the preferred region, a 2nd call for hosting will be made on the 1st of May 2018, **opening the invitation to all global regions**. The deadline for submission will then be 1st of June 2018.

**Preparation of bid:**

In case of your interest in hosting the 39th ISBS conference 2021, please prepare your bid according to the ‘**Policy Manual for Planning and Preparation of the ISBS Annual Conference**’ to be found at the ISBS homepage. This document contains all relevant information to prepare and organize the ISBS Conference.

**Submission of bid:**

Submit the electronic file of the application to the VP of Conferences (gerda.strutzenberger@sbg.ac.at) by the **31st of March, 2018**.

Please don’t hesitate to contact me in case of your interest or if any further information is needed. I am looking forward to receiving your bid.

**Gerda Strutzenberger**

ISBS Vice President (Conferences and Meetings)
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