

Dr Jacky Forsyth

Associate Professor of Exercise Physiology,
School of Science, Health & Wellbeing, Staffordshire University

<http://www.staffs.ac.uk/staff/profiles/jjf1.jsp>

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Education & Qualifications

BA (Hons) and QTS University of Warwick (Physical Education and Geography)

MPhil: University of St. Andrews (Exercise Physiology)

PhD: Liverpool John Moores University (Exercise Physiology)

Current employment

Staffordshire University, UK Associate Professor, 2018 to current

Senior Lecturer, 2007 to 2018

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Selected, relevant publications

Forsyth, J. J., Sams, L., Blackett, A. D., Ellis, N., & Abouna, M. -. (2022). Menstrual cycle, hormonal contraception and pregnancy in women's football: perceptions of players, coaches and managers. *Sport in Society*, 0(0), 1-16. 10.1080/17430437.2022.2125385

Babatunde, O. O., Bourton, A. L., Hind, K., Paskins & **Forsyth, J. J.** (2020). Exercise interventions for preventing and treating low bone mass in the forearm: A systematic review and meta-analysis. *Archives of Physical Medicine and Rehabilitation*, 101(3), 487-511. <https://doi.org/10.1016/j.apmr.2019.07.007>

Forsyth, J. J., & Roberts, C. (2019). *The exercising female: Science and its application*. Routledge.

Forsyth, J., & Reilly, T. (2005). The combined effect of time of day and menstrual cycle effects on blood lactate concentration during incremental rowing exercise. *Medicine and Science in Sport and Exercise*, 37, 2046-2053. <https://doi.org/10.1249/01.mss.0000179904.47765>.

Also: <https://orcid.org/0000-0002-9646-9246>

Selected, relevant projects/grant applications

Erasmus+ Sport, European Women in Sport (**E-Wins**), 2020, €499,000 in total.

The Federation of University Sports of China (FUSC) and China School Sports Federation (CSSF), 2016: UK **Football** Study Programme, £355,200.

Staffordshire University, Small Research Grants Scheme, 2016: Opportunities and barriers that **females** face for study and employment in **sport**, £2000.

North Wales Research Committee/North East Wales NHS Trust 2002: Effect of **menstrual cycle** and time of day on exercise performance in women, £6500.

Other relevant experience, qualifications and activities

Sub-editor, Women in Sport and Physical Activity Journal, 2023

Co-founder/director Women in Sport and Exercise Academic Network (<https://www.wisean.net/>)

Invited guest speaker at various conferences; media work