



Professor, Dr Andrew Mark Edwards, FECSS, FBASES - Curriculum Vitae

Professor Andrew Edwards is Head of School for Psychology & Life Sciences and Associate Pro Vice-Chancellor for Research at Canterbury Christ Church University, UK. With a substantial record of high-quality research publications, he has an respected background in sports science, particularly in time perception and pacing in sport and exercise. His academic and professional journey spans the UK, New Zealand, and Australia, where he has worked closely with high-performance teams and elite athletes, drawing on his own experiences as a nationally ranked 400m hurdler and also a competitor at Henley Royal Regatta in rowing.

As a Fellow of both the European College of Sport Science (ECSS) and the British Association of Sport and Exercise Sciences (BASES), Professor Edwards has authored *Pacing in Sport & Exercise*, a significant contribution to the field, offering insights into athletes' time perception under varying performance conditions.

QUALIFICATIONS

Dates	Qualification	Subject	Institute
1999 - 2003	PhD	Exercise Physiology	Sheffield Hallam University

AWARDS

2021 – present	Principal Fellow of Higher Education Academy (PFHEA)
2019 – present	Fellow of the British Association of Sport & Exercise Sciences (FBASES)
2017 – present	Fellow of the European College of Sport Sciences (FECSS)

EMPLOYMENT HISTORY

CURRENT: Professor, Head of School, Psychology & Life Sciences (PLS) AND Associate Pro Vice-Chancellor Research & Enterprise, Canterbury Christ Church University, Canterbury, Kent, UK

Previous position (Dec 2014- August 18): Professor, Dean of the Faculty of Sport, Health & Wellbeing AND University Director of Research. Plymouth Marjon University, Derriford Road, Plymouth, Devon, UK

Previous position (2009 – Dec 2014): James Cook University, AUSTRALIA

The Director of the Institute of Sport & Exercise Sciences (2011-2014)

AND

**Deputy Head of School, Public Health, Tropical Medicine & Rehabilitation Sciences (2012-2014),
James Cook University.**

SELECTED RECENT JOURNAL PUBLICATIONS

- 1 Edwards AM, Coleman D, Fuller J, Kesisoglou A, Menting SG. Time perception and enjoyment of professional soccer players in different training sessions: implications for assessment of session-RPE and training load. *The Journal of Strength & Conditioning Research*. 2024. ONLINE FIRST
- 2 Edwards AM, Menting SG, Elferink-Gemser MT, Hettinga FJ. The perception of time is slowed in response to exercise, an effect not further compounded by competitors: behavioral implications for exercise and health. *Brain and Behavior*. 2024 Apr;14(4):e3471.
- 3 Edwards AM, Hettinga FJ. Virtual reality exercise platforms and the possibility for novel, engaging research in sport, exercise and health. *Performance Enhancement & Health*. 2023 Jun;11(2):100253.
- 4 Menting SG, Edwards AM, Hettinga FJ, Elferink-Gemser MT. Pacing Behaviour Development and Acquisition: A Systematic Review. *Sports Medicine*. 2022 Dec 9;8(1):143.
- 5 Matta G, Edwards AM, Roelands B, Hettinga F, Hurst P. Reproducibility of 20-min Time-trial Performance on a Virtual Cycling Platform. *International Journal of Sports Medicine*. 2022 Dec;43(14):1190-5.
- 6 Edwards AM, Abonie Ulric S., Hettinga Florentina J, Pyne David B, Oh Tomasina M. and Polman Remco CJ. Practical and clinical approaches using pacing to improve self-regulation in special populations such as children and people with mental health or learning disabilities. *Journal of Rehabilitation Medicine – Clinical*. 2021.
- 7 Abonie US, Edwards AM, & Hettinga FJ. Optimising activity pacing to promote a physically active lifestyle in medical settings: A narrative review informed by clinical and sports pacing research. *Journal of Sports Sciences*, 2020; 1: 1-7.
- 8 Menting S, Edwards AM, Hettinga FJ. Effect of experience, tactics and opponents on 2-km cycling performance and pacing behaviour in novice youth. *Research Quarterly for Exercise and Sport*, 2020: 609-618.