

# Flaminia Ronca, PhD

Associate Professor, Exercise Physiology & Neuroscience, UCL

## Employment History

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### Associate Professor (Teaching) – Sport and Exercise Medical and Sciences

Jul 2018 → current (Tenured) | Division of Surgery and Interventional Science, University College London (UCL), UK.

- Academic Lead on the establishment of a new department with 20 staff (14 to be recruited), a suite of academic degrees (BSc, MSc) and a new facility (UCL Sport East, on the UCL East campus – pending construction, delayed).
- Reached RIBA 3 approval for UCL Sport East (above) (£800,000 of capital equipment funding spent, £850,000 planning cost obtained and spent on architectural planning, construction cost pending: ~ £15m) (2021-current)
- Developed a new BSc in Sport and Exercise Medical Sciences (clinical/performance routes), (approved in 2021)
- Divisional Tutor for the Division of Surgery and Interventional Sciences (2024-current)
- Programme Director for the ISEH Doctoral programme (2022-current)
- Programme Director of two UG programmes (BSc, iBSc) in Sport and Exercise Medical Sciences. (2020-current)
- Research Group Lead - Exercise Neuroscience Research Group. (2019-current)
- Research supervision of 2 Postdocs, 4 PhD, 10 research assistants, 149 MSc, iBSc & BSc students. (2018-current)
- Module lead between 2017 - 2023: Research Project module (iBSc, BSc Y3); Exercise Physiology (MSc) (2018-2021); Exercise Physiology (iBSc); Exercise Medicine (iBSc, BSc Y3); Health & Physical Activity (MSc); Cardiopulmonary Exercise Physiology (BSc Y1); Muscle Physiology, Strength & Conditioning (BSc Y2).

### Exercise Physiologist

Jan 2020 → 2022 | Various: University College London Hospitals (UCLH) and HCA Healthcare

Patient investigations, including Cardiopulmonary Exercise Tests (CPET), Pulmonary Function Tests (PFT) etc.

### CEO and Founder of ARCA generation (Voluntary)

Aug 2011 → Mar 2021 | ARCA generation, Registered charity n. 1161984, London, UK.

Reached 600+ young people in 7 years supporting them through mentorship, leadership development, academic and employment guidance, supported by partnerships with government agencies, Universities and other charities.

### Postgraduate Teaching Assistant in Higher Education

Sep 2014 → May 2018 | Kingston University, London, UK.

Teaching on the BSc in Sport and Exercise Science – Research Methods, Physiology, Biomechanics.

### PhD Researcher

Sep 2014 → May 2018 | Kingston University, London, UK.

Human physiology and biomechanics, focusing on muscular activation patterns during elastic resistance training.

### Physical Rehabilitation and Fitness Coach

Feb 2011 → Jun 2014 | Self Employed, London, UK.

### Administrator and Case Worker at Legal Advisor's Office

Jan 2011 → May 2011 | UK Immigration Advisory Centre, London, UK.

### Taekwondo WTF and K1 Instructor & Gym Manager

Oct 2008 → Oct 2010 | Anaconda Fight Club, Barcelona, Spain.

### Nanobiology and Biochemistry Lab Assistant

Jan → Jun 2008 | INQUIMAE, Universidad de Buenos Aires, Argentina.

### Elementary School Teacher Assistant

Aug → Dec 2007 | Asociación Escuelas Lincoln, Buenos Aires, Argentina

## Education

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### PhD in Human Biomechanics and Physiology

Kingston University, London, UK. March 2018

A biomechanical and physiological analysis of muscular activation profiles during elastic resistance exercise.

### First Class BSc (Honours) in Sport and Exercise Science

Kingston University, London, UK. June 2013

## Main Grants & Fellowships

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**TOTAL GRANT INCOME SECURED TO DATE: £1,646,250** (see long CV for details)

Sport East, UCL business case for the establishment of a new department (awaiting construction) ~ £ 15 million  
Capital Equipment Funding for new brain imaging and physiological monitoring equipment, UCL - Apr 2022 - £ 800,000  
The Compass Group, Consultancy and Sponsored Research on workplace wellbeing & cognition - Dec 2023 - £ 302,000  
Global Challenges, UCL Active Minds: supporting student wellbeing and cognition - Oct 2024 - £ 50,000  
Ministry of Defence, PhD Studentship to focus on officer cognitive performance and wellbeing - £130,000  
Greenhouse Sports & Impact on Urban Health, PhD Studentship on child cognitive development - Jan 2022 - £ 105,000  
Metropolitan Police, Consultancy and Sponsored Research, various projects – Sep 2019 to Dec 2023 - £ 48,600  
Education funding – various UCL grants for education innovation projects – Sep 2018 - current - £24,850  
Charitable Funding (various funders e.g. Mayor of London, Sport England, details available on request) - £ 212,800  
CIES - FIFA Research Scholarship – Cognitive effects of head impacts in female athletes – Jan 2023 - \$ 25,000

## Research Supervisory Roles

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Group Lead · Exercise Neuroscience Research Group · September 2019 – current  
Postdoc · Effects of nutrition and exercise on brain health. Isla Jones. 2024-26  
Postdoc · Cognitive determinants of injury risk and head impacts in female athletes. Megan Lowery. 2023-24  
PhD Studentship · Primary · Child cognitive development and exercise. Evie Watson. 2022-25  
PhD Studentship · Secondary · Exercise and brain health. Ashley Slanina-Davies. 2023-26  
PhD Student · Secondary · Exercise on executive function and prefrontal cortex activity. Cian Xu. 2022-25  
Research Assistant: Effects of nutrition and physical activity on brain health. Melvina Premathilaka. 2024-25  
Research Assistant: Effects of nutrition and physical activity on brain health. Arron Tonks. 2024-25  
Research Assistant: Identifying fitness requirements for fast roping specialist officers. Joseph Warwick. 2021-24  
Research Assistant: Identifying fitness requirements firearms training instructors. Sophie Cooper. 2021-24  
Research Assistant: Exercise on convergent & divergent thought, memory, metacognition. Sarah Bartlett. 2023-24  
Research Assistant: Chronotype, physical activity patterns and cognition. Evie Holt. 2023-24  
Research Assistant: Perceived exertion. Isabel Metcalf. 2022-23  
Research Assistant: Cognitive development in children. Billy Hohnen-Ford. 2022-23  
Research Assistant: Effects of differing exercise modalities on mood. Chris Dyke. 2022-23  
Research Assistant: Effects of an exercise intervention on prefrontal cortex activity in adults. Cian Xu. 2021-22  
MSc, BSc and iBSc students: Primary supervisor to a total of 149 students between 2018-2024

## Prizes & Awards

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UCL Outstanding Leadership, Division of Surgery and Interventional Sciences June 2024  
Best conference presentation, British Psychological Society, Division of Sport & Exercise Psychology – November 2023  
UCL Provost Education Award – nominee, June 2021  
UCL Education Success for All – June 2021  
UCL Amazing Support Staff - Student Award – June 2021  
UCL Outstanding Internal Public Engagement – November 2019  
EUREKA Translational Medicine Fellowship (nominee) – Nov 2019

## Committees & Boards

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UCL Academic Board · Sep 2020-current  
Founding Chair UK, International Society for Exercise Neuroscience (ISENS) · May 2024 - current  
College of Policing, Reviewer · May 2024  
Metropolitan Police, Fitness Working Group · Jun 2021 – current  
Metropolitan Police, Officer Safety Board · Jan 2021  
Mayor of London Steering group for Sport and Serious Youth Violence · Sep 2019 – Jun 2021  
Kington University, Kingston Hub Advisory Board · Sep 2018 – Jun 2021  
Volunteers Foundation Academy, Education Committee · Jan 2020 – Jan 2024  
Teacher 2 Teacher, Chair of the Europe-Africa network on pedagogical knowledge exchange · Mar 2020 – Mar 2021  
ARCA generation, voluntary CEO and trustee · Aug 2011 – Mar 2021  
Octagon Alternative Provision Academy (PRU), Chair of School Advisory Board, stepped down · Sep 2018 – Nov 2019