

Professor Dominic Micklewright,
PhD, CPsychol, MSc, BSc(Hons), PGCert(HE), PFHEA, FBASES, FACSM

SHORT ACADEMIC BIOGRAPHY

Micklewright has over a decade of senior leadership experience that includes his current appointment as Dean of Undergraduate Education at the University of Essex in the UK. He is well-known internationally having authored numerous refereed journal articles and book chapters on perception, fatigue and decision-making in the regulation and performance of endurance exercise. He currently has a H-index of 31 and an i-10 index of 51. Micklewright has delivered keynote and invited symposia research presentations at major international conferences. He is a Chartered Psychologist with the British Psychological Society and a fellow of both the American College of Sports Medicine and the British Association of Sport and Exercise Sciences. Micklewright is regularly invited to examine PhD students at other universities around the world and has, himself, supervised twelve research students to successful completion and over a hundred undergraduate and masters research projects. Between 2008 and 2014, Micklewright founded and led the Sport, Performance and Fatigue Research Unit at the University of Essex, overseeing a significant increase in research outputs and impact that contributed to the University's Research Excellence Framework submission. From 2021-23 Micklewright was the Head of the Human Performance Research Group in the School of Sport, Rehabilitation, and Exercise Sciences.

QUALIFICATIONS, AWARDS, FELLOWSHIPS PROFESSIONAL BODY MEMBERSHIPS

2016 – current	Principal Fellow (PFHEA)	Higher Education Academy
2015 – current	Fellowship (FACSM)	American College of Sports Medicine
2014 – current	Fellowship (FBASES)	British Assn. of Sports & Exercise Sciences
2006 – current	Chartered Psychologist (CPsychol)	British Psychological Society
2005 – current	Professional Member	British Assn. of Sports & Exercise Sciences
2003 – current	Professional Member	American College of Sports Medicine
2008	Excellence in Teaching Award	University of Essex
2006 – 2016	Fellow (FHEA)	Higher Education Academy
2004 – 2006	PG Cert. (Higher Education Practice)	University of Essex
2001 – 2006	PhD Sport and Exercise Psychology	University of Essex
2001	Alan Rustage MSc Sports Science Prize	University of Essex
2000 – 2001	MSc Sport Science Distinction	University of Essex
1997	HNC Policing	University of Portsmouth
1994 – 1999	BSc (Hons) Psychology 2/1	Open University

LEADERSHIP, GOVERNANCE & APPOINTMENTS

2024 – current	Chair of Board of Governors	St Benedict's Catholic College, Colchester
2022 – current	Dean of Undergraduate Education	University of Essex
2020 – current	Local Oversight Group Member	St Vincent's (Homeless) Centre, Southend
2020 – current	International Advisory Board Member	Amity University Group, India
2020 – current	Excellence Advisory Board Member	Konstanz University, Germany
2016 – current	Full Professorship (ASER)	University of Essex
2021 – 2024	Governor & Vice-Chair Pastoral & Curriculum	St Benedict's Catholic College, Colchester
2013 – 2021	Dean of Partnerships	University of Essex
2012 – 2016	Senior Lecturer (ASER)	Centre for Sport & Exercise Sci., Uni of Essex
2011 – 2013	Associate Dean University of Essex Online	University of Essex
2011 – 2013	Director of Sport & Exercise Science	University of Essex
2013 – 2020	Non-Executive Director	Wivenhoe House Hotel Ltd.
2009 – 2011	Non-Executive Director	British Assn. of Sports & Exercise Sciences
2009 – 2011	Chair of the Division of Sport & Performance	British Assn. of Sports & Exercise Sciences
2008 – 2012	Governor & Vice-Chair Personnel Committee	St Benedict's Catholic College, Colchester
2007	Visiting Researcher	CPIT School of Applied Science, New Zealand
2007	Visiting Researcher	Exercise Sci & Sports Med, Uni. of Cape Town
2006 – 2008	Taught Postgraduate Director	Centre for Sport & Exercise Sci., Uni. of Essex
2006 – 2010	Editor	The Sport & Exercise Scientist
2004 – 2012	Lecturer (ASER)	Centre for Sport & Exercise Sci., Uni. of Essex
2003 – 2004	Part-time Teaching Fellow	Centre for Sport & Exercise Sci., Uni. of Essex

SELECTED RELEVANT PUBLICATIONS

Professor Dominic Micklewright,
PhD, CPsychol, MSc, BSc(Hons), PGCert(HE), PFHEA, FBASES, FACSM

- Meijen C, Brick N, McCormick A, Lane AM, Marchant D, **Micklewright D**, Marcora S. (2022). Psychological strategies to resist slowing down or stopping during endurance activity: A review and recommendations. *Sport & Exercise Psychology Review*. 18(1), 4-23.
- Brownstein CG, Rimaud D, Singh B, Fruleux-Santos L, Sorg M, **Micklewright D**, Millet GY (2021). French translation and validation of the Rating-of-Fatigue Scale. *Sports Medicine Open*. 7(25), 1-9.
- Smith S, **Micklewright D**, Winter SL, Mauger L. (2021). Muscle pain from an intramuscular injection of hypertonic saline increases variability in knee extensor torque reproduction. *Journal of Applied Physiology*. 130(1), 57-68.
- Smith S, **Micklewright D**, Winter SL, Mauger L. (2020). Muscle pain induced by hypertonic saline in the knee extensors decreases single-limb isometric time to task failure. *European Journal of Applied Physiology*. 120(9), 2047-2058
- Verhorst A, **Micklewright D**, Noakes TD. (2018). Perceived fatigability: utility of a three-dimensional dynamical systems framework to better understand the psychophysiological regulation of goal-directed exercise behavior. *Sports Medicine*. 48(11):2479-95.
- Verhorst A, **Micklewright D**, Noakes TD. (2018). The psychophysiological determinants of pacing and performance during prolonged endurance exercise: a performance level and competition outcome comparison. *Sports Medicine*. 48(10): 2387-2400.
- Verhorst A, **Micklewright D**, Noakes TD. (2018). Towards a three-dimensional framework of centrally-regulated and goal-directed exercise. *British Journal of Sports Medicine*. 52(15): 957-966.
- Verhorst A, **Micklewright D**, Noakes TD. (2018). Modelling the process of falling behind and its psychophysiological consequences. *British Journal of Sports Medicine*. 52(23): 1523-1528.
- Micklewright D**, Kegerreis S, Raglin J, Hettinga F. (2017). Will the conscious-subconscious pacing quagmire help elucidate the mechanisms of self-paced exercise? New opportunities in dual process theory and process tracing methods. *Sports Medicine*. 47(7),1231-1239.
- Micklewright D**, St Clair Gibson A, Gladwell V, Al Salman A. Development and validity of the rating-of-fatigue scale. (2017). *Sports Medicine*, 47(11),2375–2393.
- Boya M, Foulsham T, Hettinga F, Parry D, Williams E, Jones H, Sparks A, Marchant D, Ellison P, Bridge C, Mcnaughton L, **Micklewright D**. (2017). Information acquisition differences of experienced and novice time trial cyclists. *Medicine & Science in Sports & Exercise*. 49(9),1884-1898.
- Micklewright D**, Beedie C, Hettinga FJ. Exteroception is an important factor in exercise tolerance. (2016). *Journal of Applied Physiology*. 120: 467-469.
- Micklewright D**, Parry D, Robinson T, Deacon G, Renfree A, St Clair Gibson A & Matthews W.J. (2015) Risk perception influences athletic pacing strategy. *Medicine & Science in Sports & Exercise*. 47(5): 1026-1037.
- Jones HS, Williams EL, Bridge, CA, Marchant D, Midgley AW, **Micklewright D**. & McNaughton LR. (2013). Physiological and psychological effects of deception on pacing strategy and performance: A review. *Sports Medicine*. 43: 1243-1257.
- St Clair Gibson A, De Koning JJ, Thompson KG, Roberts WO, **Micklewright D**, Raglin J, Foster C. (2013). Crawling to the finish line - why do endurance runners collapse? Implications for understanding of mechanisms underlying pacing and fatigue. *Sports Medicine*. 43: 413-424.
- Parry D, Chinnasamy C & **Micklewright D**. (2012). Optic flow influences perceived exertion during cycling. *Journal of Sport & Exercise Psychology*. 34: 444-456.
- Micklewright D**, Angus C, Suddaby J, St Clair Gibson A, Sandercock G & Chinnasamy C. (2012) Pacing strategy in schoolchildren differs with age and cognitive development. *Medicine & Science in Sports & Exercise*. 44(2): 362-369.
- Parry D, Chinnasamy C, Papadopoulou E, Noakes T & **Micklewright D**. (2010) Cognition and Performance: Anxiety, mood and perceived exertion among ironman triathletes. *British Journal of Sports Medicine*. 45(14): 1083-94.