

Dr. Emma Neupert  
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School of Sport, Health & Exercise Science  
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## Qualifications

Ph.D., Athlete Monitoring in Elite Sport, University of Winchester  
Award Date: 1 Dec 2020  
Master of Science, Kinesiology (Exercise Physiology), University of Calgary  
BSc (Hons), Sports Science & Physiology, University of Leeds  
CSci, Chartered Scientist and BASES Accredited Sport Scientist  
PG Cert, Post Graduate Certificate in Learning and Teaching in Higher Education

## Employment

**Senior Lecturer**  
Senior Lecturer  
School of Psychology, Sport and Health Sciences  
University of Portsmouth  
1 Aug 2024 → present

## Research outputs

### **The energy cost of treadmill running in normobaric hypoxia: the energy equivalent of oxygen uptake matters!**

Fletcher, J., Hughes, K., Skaper, S. J., Day, T. A. & Neupert, E. C., 1 Oct 2024, p. 331-332. 2 p.

### **More than metrics: the role of socio-environmental factors in determining the success of athlete monitoring**

Neupert, E. C., Holder, T., Gupta, L. & Jobson, S. A., 17 Mar 2024, (Early online) In: Journal of Sports Sciences.

### **The effects of sleep deprivation, acute hypoxia, and exercise on cognitive performance: a multi-experiment combined stressors study**

Williams, T. B., Badariotti, J. I., Corbett, J., Miller-Dicks, M., Neupert, E., McMorris, T., Ando, S., Parker, M. O., Thelwell, R. C., Causer, A. O., Young, J. S., Mayes, H. S., White, D. K., Carvalho, F., Tipton, M. J. & Costello, J. T., 1 Feb 2024, In: Physiology & Behavior. 274, 14 p., 114409.

### **Assessment of fatigue and recovery in sport: narrative review**

Bestwick-Stevenson, T., Toone, R., Neupert, E., Edwards, K. L. & Kluzek, S., 15 Jun 2022, In: International Journal of Sports Medicine. 43, 14, p. 1151-1162 12 p.

### **Athlete monitoring practices in elite sport in the United Kingdom**

Neupert, E. C., Gupta, L., Holder, T. & Jobson, S. A., 12 Jun 2022, In: Journal of Sports Sciences. 40, 13, p. 1450-1457

### **Athlete wellbeing**

Neupert, E. C. & Gilchrist, S., 23 Mar 2022, *Sport and Exercise Physiology Testing Guidelines: Volume 1 - Sport Testing*. Davison, R., Smith, P., Hopker, J., Price, M., Hettinga, F., Tew, G. & Bottoms, L. (eds.). 2nd ed. London & New York: Routledge, Vol. 1. p. 401-404 4 p.

### **Letter to the Editor**

Neupert, E. C., 1 Mar 2021, The Sport and Exercise Scientist, 67.

### **Training-monitoring engagement: an evidence-based approach in elite sport**

Neupert, E. C., Cotterill, S. T. & Jobson, S. A., 1 Jan 2019, In: International Journal of Sports Physiology and Performance. 14, 1, p. 99-104 6 p.

**An 8-week exercise intervention based on Zumba improves aerobic fitness and psychological well-being in healthy women**  
Delextrat, A., Warner, S., Graham, S. & Neupert, E. C., 1 Feb 2016, In: Journal of Physical Activity & Health. 13, 2, p. 131-139 9 p.

**Physiological load associated with a Zumba® fitness workout: a comparison pilot study between classes and a DVD**  
Delextrat, A. & Neupert, E. C., 1 Jan 2016, In: Journal of Sports Sciences. 34, 1, p. 47-55 9 p.

## **Fundings**

### **Women in Sport and Exercise Science Academic Network Conference**

Burbage, J. (PI), Massey, H. (Col), Milligan, G. (Col), Rowland, R. (Col), Neupert, E. (Col), Jones, B. (Col) & Renwick, N. (Col)

1/06/24 → 30/06/24