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Employment

Senior Lecturer

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1 Jul 2021 → present

Research outputs

Letter to the Editor

Neupert, E. C., 2021, (Accepted for publication) The Sport and Exercise Scientist.

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.