



Avon House
 Avon Mill Lane
 Keynsham
 Bristol
 BS31 2UG
 Tel: 0117 986 2194
 Fax: 0117 986 2204
 Email:

Prof Rhodri S. Lloyd
*PhD, ASCC, CSCS*D, SFHEA*

Rhodri is currently a Professor of Paediatric Strength and Conditioning and Graduate Studies Lead in Sport at Cardiff Metropolitan University. He is also the Chair of the Youth Physical Development Centre within the Cardiff School of Sport and Health Sciences, which delivers after-school strength and conditioning provision to over 100 young athletes.

Rhodri has previously worked as a senior lecturer at the University of Gloucestershire and, as a qualified physical education teacher, has worked in both primary and secondary education sectors. He is an accredited strength and conditioning coach with the UK Strength and Conditioning Association (UKSCA) and is a certified strength and conditioning specialist, recertified with distinction with the National Strength and Conditioning Association (NSCA). Specifically, his area of expertise is within the practice and research of strength and conditioning for children and adolescents. He has been recognized both nationally and internationally for his contributions to research and education and is a Senior Fellow with the Higher Education Academy and a Fellow of the NSCA.

ACADEMIC QUALIFICATIONS		
Degree	Institution	Year
PhD in Paediatric Exercise Science	University of Wales Institute Cardiff	2011
PGCE in Secondary Physical Education	University of Wales Institute Cardiff	2006
MSc in Sport and Exercise Science	University of Wales Institute Cardiff	2006
BSc in Sport and Physical Education	University of Wales Institute Cardiff	2004

FELLOWSHIPS AND AWARDS		
Award	Institution	Year
Coach Developer of the Year Finalist	UK Coaching	2019
Educator of the Year Award	National Strength and Conditioning Association	2019
<i>Journal of Strength and Conditioning Research</i> Editorial Excellence Award	National Strength and Conditioning Association	2019
Senior Fellow of the Higher Education Academy (SFHEA)	Higher Education Academy	2018
Terry J. Housh Young Investigator of the Year Award	National Strength and Conditioning Association	2017
Research Fellowship	Waikato Institute of Technology	2017-ongoing
Strength and Conditioning Coach of the Year for Education and Research	United Kingdom Strength and Conditioning Association	2016

Research Associate	Auckland University of Technology	2015-ongoing
Retiring Board Member	United Kingdom Strength and Conditioning Association	2015
Fellow of the Higher Education Academy (FHEA)	Higher Education Academy	2013

PROFESSIONAL QUALIFICATIONS		
Award	Awarding Body	Year
Certified Strength and Conditioning Specialist Recertified with Distinction (CSCS*D)	National Strength and Conditioning Association	2012
Certified Strength and Conditioning Specialist (CSCS)	National Strength and Conditioning Association	2009
Accredited Strength and Conditioning Coach (ASCC)	United Kingdom Strength and Conditioning Association	2009

EMPLOYMENT HISTORY		
Position	Institution	Year
Professor of Paediatric Strength and Conditioning	Cardiff Metropolitan University	2020-ongoing
Graduate Studies Principal Lead	Cardiff Metropolitan University	2020-ongoing
Reader in Paediatric Strength and Conditioning	Cardiff Metropolitan University	2018-2020
Strength and Conditioning Laboratory Director	Cardiff Metropolitan University	2016-ongoing
Senior Lecturer in Strength and Conditioning	Cardiff Metropolitan University	2014-ongoing
Programme Director, BSc Sport Conditioning, Rehabilitation and Massage	Cardiff Metropolitan University	2014-2016
Senior Lecturer in Physiology and Health	Cardiff Metropolitan University	2013-2014
Lecturer in Physiology and Health	Cardiff Metropolitan University	2012-2013
MSc and BSc Course Leader, Senior Lecturer in Sports Strength & Conditioning	University of Gloucestershire	2011-2012

BSc Course Leader, Senior Lecturer in Sports Strength & Conditioning	University of Gloucestershire	2010-2011
F/T Strength and Conditioning Internship	Cardiff Blues Rugby	2008-2010
PhD Researcher and Part-Time Lecturer	Cardiff Metropolitan University	2007-2010
Teacher of Physical Education and Games (Key Stages 2-4)	Rougemont School	2006-2007

COMMITTEE POSITIONS		
Role	Organisation	Year
Chair of the CSSHS Research Degrees Committee (Sport)	Cardiff School of Sport and Health Sciences, Cardiff Metropolitan University	2020-ongoing
CMU Research Degrees Committee	Cardiff Metropolitan University	2020-ongoing
CSSHS Health and Safety Committee	Cardiff School of Sport and Health Sciences, Cardiff Metropolitan University	2020-ongoing
Ambassador	Welsh Children's Cancer Charity LATCH	2019-ongoing
NSCA Research Committee	National Strength and Conditioning Association (NSCA)	2018-ongoing
Safeguarding Talented and Elite Children Expert Research Group	UK Coaching	2017-ongoing
CSS Research Ethics Committee	Cardiff Metropolitan University	2017-ongoing
EPL Growth and Maturation Advisory Group	English Premier League (EPL)	2016-ongoing
Chair – Long-term Athletic Development Special Interest Group	National Strength and Conditioning Association (NSCA)	2016-ongoing
Welsh Research and Evaluation Advisory Group member	Child Protection in Sport Unit (CPSU)	2015-ongoing
Executive Council Board Member (Youth Training Special Interest Group)	National Strength and Conditioning Association (NSCA)	2011-2016

Board Director (Pediatric Lead and Conference Director)	United Kingdom Strength and Conditioning Association (UKSCA)	2011-2015
---	--	-----------

RESEARCH ACTIVITY			
No.	Output	No.	Output
3	Books	4	Guest editorships
28	Book chapters	5	Editorial board memberships
137	Peer-reviewed journal articles	20	Grant applications (approx. £625,628)
66	Invited speaker presentations	11	Postgraduate supervisions
86	Conference proceedings	17	Postgraduate completions
4	National conferences organised	20	Postgraduate examinations

ADDITIONAL CONSULTANCY SERVICES		
Service	Organisation	Year
British Weightlifting Youth Level 3 Coaching Youth Weightlifting Coach Education programme design	British Weightlifting	2021
US Ski and Snowboard Athletic Development Coach Education Programme	US Ski and Snowboard	2021
Talented Athlete Scholarship Scheme (TASS) Coach Education Workshop	Talented Athlete Scholarship Scheme (TASS)	2020
Youth Physical Development Coach Education Programme	Cleveland Indians	2020
DNA Driver athletic development programme	McLaren Applied Technologies	2018
Fundamental movement skill workshop for National Pathway coaches	British Cycling	2016
National academy fitness testing audit and report	English Premier League	2016
Re-development of the Welsh Athletics Physical Preparation CPD Series	Welsh Athletics, Cardiff, UK	2015
Re-development of the <i>Sports Coach UK</i> Fundamental Movement Skills Workshop	Sports Coach UK, Leeds, UK	2015

Consultant for The PGA Professional Member CPD Programme	Professional Golf Association (PGA), The Belfry, UK	2014
Review Panel for Revalidation of the MSc Strength and Conditioning degree	Middlesex University, London, UK	2013
Consultant for Long-term Athlete Development Planning	Irish Rugby Football Union (IRFU), Dublin, UK	2012
Consultant for Long-term Athlete Development Strategy	Lawn Tennis Association (LTA), London, UK	2012
Review Panel for Revalidation of the BSc Sport Strength and Conditioning degree	Carlow Institute of Technology, Carlow, Ireland, UK	2012
Review Panel for Revalidation of the BSc Strength and Conditioning Science degree	St. Mary's University College, Twickenham, UK	2012
Paediatric Consultant for School Strength and Conditioning Facility Design	Northampton School for Boys, Northampton, UK	2012