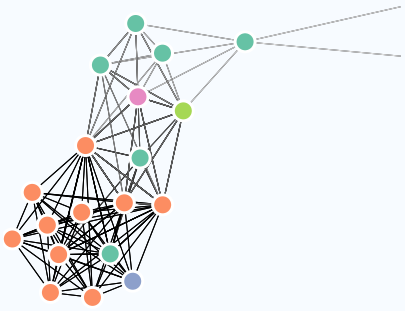
DR SCOTT HANNAH

I am a Physiologist who is experienced in teaching and researching exercise physiology. I have a passion for data science, statistics and science communication. I have worked in a variety of higher education and research roles, ranging from Lecturer of Physiology to Dance Science Laboratory Technician. I thrive in collaborative environments where I can learn from my peers and share data driven ideas. Currently, I teach and coordinate exercise physiology for undergraduate students at the University of Winchester, where I also supervise several PhD researchers alongside developing my research interests and data science tools.



EDUCATION

2022 | 2017

PhD. Researcher, Exercise Physiology

Ulster University — Jordanstown, Northern Ireland

- The effects of acute exercise on calcium and bone metabolism: The Role of Acid-base Influences.

2015 | 2014

MSc, Sport and Exercise Physiology

Middlesex University — London, UK

- Awarded: Distinction
- Thesis: The Effect of Postural Position on Lower Limb Arterial Occlusion Pressure.

2014 | 2011

BSc (Hons), Sport and Exercise Science

University of Suffolk — Ipswich, UK

- Awarded: 2.1

RESEARCH EXPERIENCE

2022 | 2017

PhD. Researcher, Physiology

Ulster University — Jordanstown, Northern Ireland

- Planned, conducted and analysed three human experimental crossover studies on acute calcium and bone metabolism in response to exercise.
- Utilised R and RStudio to produce automated cardiopulmonary exercise test reports and analyse complex data sets.
- Used an array of statistical procedures and visualisations in my research.

2016 | 2015

Dance Science Researcher

Trinity Laban Conservatoire of Music & Dance — London, UK

- Investigated the effect of rehearsal and performance schedules on stress and immune function for the English National Ballet.
- Explored the energy demands of rehearsals and performances in professional pianists.

View this CV online with links at my website

CONTACT

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Scott_Hannah_v2

Scott-S-Hannah

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LANGUAGE SKILLS

- R
- SPSS
- Jamovi
- JASP
- HTML
- Python

Made with the R package pagedown.

The source code is available on Github.

Last updated on 2025-10-22.

2015 | 2014

Research Assistant

Middlesex University — London, UK

- Investigated the effect of different recovery therapies on performance, immune response and muscle damage.
- Consulted with professional teams to provide physiological assessment and support, such as Saracens rugby club, British fencing and QPR football club.

TEACHING EXPERIENCE

Current | 2023

Senior Lecturer in Sport and Exercise Physiology

University of Winchester — Winchester, UK

- Programme Leader for BSc (Hons) Sport and Exercise Science degree.
- Delivery of physiology, clinical and exercise, to level 4–6 undergraduates.
- Postgraduate research supervision for 3x PhD and 4x MRes students.

2023 | 2022

Lecturer in Sport and Exercise Physiology

University of Winchester — Winchester, UK

- Coordinate and deliver sport and exercise physiology modules at both undergraduate and postgraduate level.
- Supervision for undergraduate and postgraduate (MRes and PhD) dissertations.
- Active consultant and researcher in the field of exercise physiology.

2020 | 2017

Part-time Lecturer and Demonstrator

Ulster University — Jordanstown, Northern Ireland

- Lectured topics of physiology and exercise physiology to level 4 and 5 undergraduate students.
- Prepared and delivered laboratory practicals to undergraduate students.
- Supervised MSc dissertation projects and assessed work.

2019 | 2017

Research Supervisor

British College of Osteopathic Medicine — Remote, online

- Supervised international students enrolled on an online distance learning course for an undergraduate degree in Osteopathy. Provided distance learning support catered to student projects.
- This involved helping students prepare a research proposal, ethical applications and writing their thesis.

Mar 2018 | Mar 2018

Guest Lecturer of Exercise Physiology

Westminster University — London, UK

- Prepared and delivered numerous guest lectures of physiology and exercise physiology.

I am passionate about education and enjoy using data and data visualisations to convey complex ideas. I believe that no topic is too complex if the teacher is empathetic and willing to think about new methods of approaching tasks.

2017 | 2016

Lecturer of Physiology and Exercise Physiology

British College of Osteopathic Medicine — London, UK

- Module coordinator for: Physiology, Biochemistry, Advance Physiology and Exercise Physiology
- Topics involved cardiopulmonary, renal, gastrointestinal and exercise physiology, and endocrinology.
- Ethical Committee Member

2016 | 2015

Dance Science Laboratory Technician

Trinity Laban Conservatoire of Music & Dance — London, UK

- Prepared, delivered and assessed the Laboratory Skills module for MSc Dance Science students.
- Provided students with the skills to perform physiological assessments.
- Responsibilities included maintaining the laboratory and consumables; health and safety officer; managing financial budgets; commercial testing; and teaching.

Dec 2015 | Sept 2015

Guest Lecturer of Exercise Physiology

London Metropolitan University — London, UK

- Prepared and delivered numerous guest lectures of physiology and exercise physiology.

SELECTED PUBLICATIONS, POSTERS, AND TALKS

In preperation

Does robot-assisted or electromechanical gait training influence physical activity levels during and post-rehabilitation for those with a neurological condition? A systematic review and meta-analysis[1]

PROSPERO: International prospective register of systematic reviews

- Authors: Reid, A. Hannah, S. Johnson, L. Faulkner, J.

Under Review

The effect of robot-assisted gait training on physical activity outcomes in people with spinal cord injury: a systematic review.

Clinical Rehabilitation

- Authors: Belsey, J. Reid, A. Hannah, S. Johnson, L. Faulkner, J.

2025

The effect of different proximities to failure on arterial stiffness following resistance training protocols matched for volume-load.[2]

Physiological Reports

- Authors: Karanasios, E. Hannah, S. Ryan-Stewart, H. and Faulkner, J.

2025

Arterial stiffness following heavy and moderate load resistance training protocols.[3]

Journal of Clinical Hypertension

- Authors: Karanasios, E. Hannah, S. Ryan-Stewart, H. and Faulkner, J.

2025

Effect of using home-based dynamic intermittent pneumatic compression therapy during habitual physical activity on vascular and functional health outcomes in chronic stroke: A randomized controlled clinical trial.[4]

PLOS ONE

- Authors: Faulkner, J. Paine, E. Hudson, N. Hannah, S. Dennis-Jones, A. Martenelli, L. Hobbs, H.

2025

The effect of uninterrupted and interrupted sitting on vascular function in adults with Long COVID[5]

Physiological Reports

- Authors: Hudson, N., Hannah, S., Husted, M., Fryer, S., Ryan-Stewart, H., Rickenbach, M., Stone, K., Faulkner, J.

2023

The Effect of Exercise Intensity of Calcium Metabolism[6]

Physiology 2023 (Harrogate, UK)

- Authors: Hannah, SS. McClean, C. McFadden, S. and McNeilly, A.

2020

Take My Breath Away? Hypoxia and Bone: A Narrative Review[7]

Journal of Cellular Physiology.

- Authors: Hannah, SS. McFadden, S. McNeilly, A. and McClean, C.

2020

The Effect of Acute Hypoxic Exercise on Calcium Metabolism[8]

Future Physiology, The Physiological Society.

- Authors: Hannah, SS. McClean, C. McFadden, S. and McNeilly, A.

2018

The Effect of Postural Position on Lower Limb Arterial Occlusion Pressure[9]

23rd Annual Congress of the European College of Sport Science.

- Authors: Hannah, SS and Miller, S.

LINKS

1: https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=382402
2: https://doi.org/10.14814/phy2.70196
3: https://onlinelibrary.wiley.com/doi/10.1111/jch.70020
4: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0318942
5: https://doi.org/10.14814/phy2.70452
6: https://www.physoc.org/abstracts/the-effect-of-exercise-intensity-on-calcium-metabolism/
7: https://doi.org/10.1002/jcp.29921
8: https://my.ltb.io/www/#/
9: https://www.researchgate.net/publication/326693301_The_Effect_of_Postural_Position_on_Arterial_Occlusion_Pressure_in_the_Lower_Body_A_Methodological_Consideration_for_Blood_Flow_Restriction_Training