




# Bas Van Hooren



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- 12 June 1992, Heerlen
- Single

## Brief summary

I am particularly interested in doing research on running injury prevention and performance enhancement. My goal is also to apply this research into practice and combine this with my experience as a professional athlete and coach to help people improve their performance and prevent injuries.

## Work experience

- **PhD candidate at Maastricht university** **2019–present**  
Biomechanical comparison of two hamstring exercises, development of ultrasound tissue characterisation for the hamstrings in collaboration with industry, validation of running wearables and real-time feedback intervention study with wearables to prevent injuries and improve performance in collaboration with a commercial company
- **Kootstra Talent Fellowship (Talented future PhD-student) at Maastricht university** **2017-2019**  
Biomechanical comparison of two hamstring exercises and development of ultrasound tissue characterisation for the hamstrings
- **Lecturer and researcher at Fontys University of applied sport sciences, school of sport studies** **2016–2019**  
Lecturing in the international minor 'Sport Performance Enhancement', research on running wearables and reviewer of bachelor theses.
- **Freelance strength and conditioning specialist** **2014–present**  
Training and testing of amateur and elite youth and adult athletes.
- **Freelance sport scientist/sport science consultant** **2014–present**  
Writing scientific articles about topics related to sport science, answering sport science questions and lecturing in workshops and masterclasses (NOS\*NSF, French Athletics federation, Wolverhampton, etc.).
- **CTO (Centre for Topsport en education) Papendal** **2013–2014**  
Assistant Strength and Conditioning Coach with handball (youth national team), volleyball (youth national team), BMX, track cycling, wheelchair basketball and archery.
- **JVC (Jan Van Cuijck) Cuijck** **2013–2014**  
Talent coach (football)  
Extensive analysis on football (technical, tactical, physiological and psychological)
- **CTO (Centre for Topsport en education) Eindhoven** **2012–2013**  
Assistant Strength and Conditioning Coach with swimming and baseball.

## International experience

## Curriculum Vitae

- **The Swedish School of Sport and Health Sciences, Stockholm** **May-July 2017**  
Assistance with various PhD projects. I gathered practical experience with B-mode ultrasound, 3D motion analysis, isokinetic dynamometry, surface electromyographic measurements, exercise physiology and data analysis for these techniques

## Skills

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- **R studio**
- **Musculoskeletal ultrasound**
- **3D motion analysis**
- **Respiratory gas analysis**
- **ICT skills (e.g. Excel, Word, PowerPoint)**
- **Languages: Dutch (mother language), English (C2), German (B1), French (A1)**

## Courses

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- **Motek medical** **2018**  
Certified Caren operator
- **Upper leg & knee ultrasound course Dutch trainings centre ultrasound (NT-e)** **2018**  
Course on ultrasound for the upper leg & knee (including hamstrings)
- **Presentation course Maastricht University** **2018**  
Course on giving effective lay audience and conference presentations
- **BROK course CTCM** **2017**  
Good clinical practice
- **John Hopkins University** **2016**  
Introduction to systematic review and meta-analysis (MOOC)
- **Just Goo** **2011–2017**  
First aid
- **The UK Strength and Conditioning Association** **2013-2014**  
Certified Strength and Conditioning Specialist (CSCS)
  - UKSCA foundation workshop in strength and conditioning
  - UKSCA planning effective programmes
  - UKSCA plyometrics, speed and agility

## Education

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- **Maastricht University** **2015–2016**  
Master Human Movement Sciences  
Master thesis: *Differences in mechanical properties of the gastrocnemius medialis tendon-aponeurosis between young and old athletes* (grade 8.8)
- **Leeuwenborgh Maastricht** **2014–2015**  
HAVO mathematics-B  
Since I did not have mathematics during high school, I decided to follow a mathematics course after I graduated from my bachelor.
- **HAN University of Applied Sciences** **2013–2014**  
Minor Sport Performance Enhancement  
Exercise physiology, sport psychology and motor learning
- **Fontys University of Applied Sciences, School of Sport Studies** **2010–2014**  
Sport and Leisure; specialization wellness

## Curriculum Vitae

Bachelor thesis: *Jump Performance Over the Course of a Season In Female Talent-Identified Volleyball Players* (grade 9)

- **Porta Mosana College Maastricht** **2008–2010**  
HAVO sector Culture and Society

- **Porta Mosana College Gronsveld** **2004–2008**  
VMBO sector Commerce and Administration

## Major received funding from (inter)national organizations

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- **Eurostars**
  - Project coördinator: Kenneth Meijer
  - Other participants: Quad Industries N.V., ATO-gear B.V.
  - Funded by: Eurostars
  - Sum of contract in Euro's: 1,600,685.64
  - Results: Not yet available
- **Kootstra Talent Fellowship (Talented future PhD-student)**
  - Period: 15-7-17 – 15-7-18
  - Project coördinator: Kenneth Meijer
  - Other participants: Benedicte Vanwanseele, Polly McGuigan
  - Funded by: Centre for Research Innovation, Support and Policy (CRISP)
  - Sum of contract in Euro's: 42.552
  - Results: Publication under review
- **Erasmus+ travel grant**
  - Period: 19-11-21 – 28-11-21
  - Project coördinator: Iker J Bautista
  - Sum of contract in Euro's: 2500
  - Results: set-up new collaborations with Valencia Catholic university and Maastricht University.

## Output indicators

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Since 2016 I have published 24 articles (13 as first author) in international peer-reviewed journals about a variety of sport science topics. My publications have been read >100.000 times on Researchgate and generally have very high Altmetric scores, collectively indicating a high societal impact of my research.

- Impact factor (IF) at year of submission
- Altmetric score (score of the attention that research received from mainstream news, social media and online reference managers)

## International Peer Reviewed Journal Articles

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1. **Van Hooren, B & Bosch, F. (2016)**. Influence of muscle slack on high intensity sport performance: A review. *Strength and conditioning journal*, 38(5), 75-87. (IF: 0.4, Altmetric score [top 5%](#))
2. **Van Hooren, B. & Bosch, F. (2017)**. Is there really an eccentric action of the hamstrings during the swing phase of high speed running? Part I: A critical review of the literature. *The journal of sports sciences*, 35(23), 2313-21. (IF: 2.1, Altmetric score [top 5%](#))
3. **Van Hooren, B. & Bosch, F. (2017)**. Is there really an eccentric action of the hamstring during the swing phase of high speed running? Part II: Implications for training. *The journal of sports sciences*, 35(23), 2322-33. (IF: 2.1, Altmetric score [top 10%](#))
4. **Van Hooren, B. & Zolotarjova, J. (2017)**. The difference between countermovement and squat jump performances: A review of the underlying mechanisms with practical applications. *The Journal of Strength and Conditioning Research*, 31(7), 2011-20. (IF: 2.1, Altmetric score [top 5%](#))

5. **Van Hooren, B.**; Bosch, F. & Meijer, K. (2017). Can resistance training enhance the rapid force development in unloaded dynamic movements? A systematic review. *The Journal of Strength and Conditioning Research*, 31(8), 2324-37. (IF: 2.1, Altmetric score [top 5%](#))
6. **Van Hooren, B.** & Peake, J. M. (2018). Do we need a cool-down after exercise? A narrative review of the psychophysiological effects and the effects on performance, injuries and the long-term adaptive response. *Sports Medicine*, 48(7), 1575-95. (IF: 6.8, Altmetric score [top 5%](#), >100.000 downloads)
7. **Van Hooren, B.** & Bosch, F. (2018). Preventing hamstring injuries - Part 2: There is possibly an isometric action of the hamstrings in high-speed running and it does matter. *Sports Performance and Science Reports*, April 25 V1. (IF: n.a., Altmetric score: n.a.)
8. **Van Hooren, B.** (2018). Magnitude-Based Inference. What is it? How does it work and is it appropriate? *Sports Performance and Science Reports*, May 18 V1. (IF: n.a., Altmetric score: n.a.)
9. **Van Hooren, B.**; Meijer, K. & McCrum, C. (2019). Attractive gait training: Applying dynamical systems theory to the improvement of locomotor performance across the lifespan. *Frontiers in Physiology*, 9, 1934. (IF: 4.1, Altmetric score [top 5%](#))
10. Miller, J. R.; **Van Hooren, B.**; Bishop, C.; Buckley, J. D.; Willy, R. W.; & Fuller, J. T. (2019). A systematic review and meta-analysis of cross-over studies comparing physiological, perceptual and performance measures between treadmill running and overground running. *Sports Medicine*, 49(5), 763-82. (IF: 6.8, Altmetric score [top 5%](#))
11. MacDonald, B.; O'Neill, J.; Pollock, D.; & **Van Hooren, B.** (2019). Single-leg Roman chair hold is more effective than the Nordic hamstring curl in improving hamstring strength-endurance in Gaelic football players with previous hamstring injury. *The Journal of Strength and Conditioning Research*, 33(12), 3302-08. (IF: 2.1, Altmetric score [top 5%](#))
12. **Van Hooren, B.**; Goudsmit, J.; Restrepo, J.; Vos, S. (2019). Real-time feedback to prevent injuries and enhance the performance of runners. *Journal of Sport Sciences*, 38(2), 214-30. (IF: 2.3, Altmetric score [top 5%](#))
13. **Van Hooren, B.**; Fuller, J.; Miller, J.; Buckley, J.; Sewell, K.; Rao, G.; Barton, C.; Bishop, C. & Willy, R. (2019). Is treadmill running biomechanically comparable to overground running? A systematic review with meta-analysis of crossover studies. *Sports Medicine*, 50(4), 785-813. (IF: 6.8, Altmetric score [top 5%](#))
14. **Van Hooren, B.**; Teratsias, P.; Hodson-Tole, E. (2020). Ultrasound imaging to assess skeletal muscle architecture during movements: A systematic review of methods, reliability and challenges. *J Appl Physiol*, 128(4), 978-999. (IF: 3.1, Altmetric score [top 5%](#))
15. **Van Hooren, B.** & De Ste Croix, M. (2020). Sensitive periods to train basic motor properties and motor skills in children and adolescents: Do they exist? A critical review. *Strength and Conditioning Journal*, 24(8), 7-14. (IF: 0.98, Altmetric score [top 5%](#))
16. Colino, E.; Garcia-Unanue, J.; **Van Hooren, B.**; Gallardo, L.; Meijer, K.; Lucia, A.; Felipe, J. L. (2020). A proposed new method to assess the mechanical properties of treadmill surfaces. *Sensors*, 20(9), 2724 (IF: 3.0, Altmetric score [top 5%](#))
17. Colino, E.; Felipe, J. L.; **Van Hooren, B.**; Gallardo, L.; Meijer, K.; Lucia, A. Lopez-Fernandez, J.; Garcia-Unanue, J. (2020). Mechanical Properties of treadmill surfaces compared to other overground sport surfaces. *Sensors*, 20(14), 3822 (IF: 3.0, Altmetric score [top 25%](#)).
18. Jukic, I.; **Van Hooren, B.**; Amador, G. R.; Helms, E. R.; McGuigan, M. R.; Tufano, J. J. (2021). The chronic effects of cluster and rest redistribution training vs traditional training: A systematic review with meta-analysis. *Sports Medicine* (epub). (IF 8.6, Altmetric score [top 5%](#)).
19. Samad, S.; Steendahl, I. B.; Ruf, L.; Meyer, T.; **Van Hooren, B.** (2021). Sprint performance and force-velocity profiling does not differ between artificial turf and concrete. *Int J Sport Sci Coach* 16(4), 968-75 (IF: 1.22, Altmetric score [top 25%](#)).
20. Bautista, I. J.; Mampel, J. V.; Baraja-Vegas, L.; Segarra, V.; Martin, F.; **Van Hooren, B.** (2021). The effects of the Nordic hamstring exercise on sprint performance and eccentric knee flexor strength: A systematic review and meta-analysis of intervention studies among team sport players. *Jour Sci Med Sport* 24(9), 931-38 (IF: 3.6, [high societal impact](#)).
21. Cross, M. R.; Riviere, J. R.; **Van Hooren, B.**; Coulmy, N.; Jimenez-Reyes, P.; Morin, J. B.; Samozino, P. (2021). The effect of countermovement on force production depends on average extension velocity: A study of alpine skiers and sprinters. *Journal of Sports sciences* 39(16), 1882-92. (IF: 2.4, Altmetric score [top 25%](#)).
22. Theunissen, K.; **Van Hooren, B.\***; Plasqui, G.; Meijer, K. (2022). Self-paced treadmill walking is biomechanically and energetically similar to fixed-paced walking. *Gait & Posture* 92, 2-7.

23. Duking, P.; **Van Hooren, B.**; Sperlich, B. (2022). Assessment of peak oxygen uptake with a smartwatch and its usefulness for running training and performance. *International Journal of Sports Medicine*.
24. McCrum C.; van Beek, J.; Schumacher, C.; Janssen, S.; **Van Hooren, B.** (2022). Sample size justifications in Gait & Posture. *Gait & Posture* 92, 333-37.
25. **Van Hooren, B.**; Most, J.; Collombon, E.; Nieminen, H.; Plasqui G. (2022). A new approach to improve the validity of doubly labelled water to assess CO<sub>2</sub> production during high energy turnover. *Medicine and Science in Sport and Exercise*.
26. Vincente-Mampel, J.; Maroto-Izquierdo, S.; Bautista, I.; **Van Hooren, B.**; Martin, F.; Baraja-Vega, L. (expected in 2022). Effect of ankle position during the Nordic hamstring exercise on range of motion, ankle reaction force and muscle activity. *European Journal of Sport Science*.
27. Te Brake, M.; Stolwijk, N.; Staal, B.; **Van Hooren, B.** (2022). Using beat frequency in music to adjust running cadence in recreational runners: a pilot study using a randomized multiple baseline design. *European Journal of Sport Science*

#### Submitted

1. **Van Hooren, B.**; Koznic, Z.; Smajla, D.; Sarabon, N. (expected in 2021). Isometric single-joint rate of force development shows trivial to small associations with jumping rate of force development, jump height, and jump duration. *European Journal of Sport Science*
2. **Van Hooren, B.**; Van Rossom, S.; VanWanselee, B.; Teratsias, P.; Willems, P.; Meijer, K.; Drost, M. (expected in 2021). Muscle forces and fascicle behavior during three popular hamstring exercises: implications for practice. *Medicine and Science in Sport and Exercise*.

#### In preparation

1. Daly, L. S.; **Van Hooren, B.**; O'Connor, N. T.; Cathain, C. O.; Kelly, D. T. (expected in 2021). Distinctive effects of running and strength training induced of fatigue on plyometric characteristics performance following aerobic and neuromuscular-based exercise in team sport athletes. *Journal of Strength and Conditioning Research*
2. **Van Hooren, B.**; Jukic, I.; Frenken, K.; Bautista, I.; Moore, I. (expected in 2021). The association between running biomechanics and running economy: A systematic review. *Sports Medicine*.
3. **Van Hooren, B.**; Plasqui, G.; Meijer, K. (expected in 2021). Are risk factors for running injuries associated with running economy?
4. **Van Hooren, B.**; Plasqui, G.; Willems, P.; Meijer, K. (expected in 2021). The validity of instrumented insoles to quantify spatiotemporal parameters during running.

#### Acknowledged contributions

1. Jacques, T.; Bini, R.; Arndt, A. (2021). Bilateral in vivo neuromechanical properties of the triceps surae and Achilles tendon in runners and triathletes. *Journal of biomechanics*.

\* Indicates shared first author

#### National Peer Reviewed Journal Articles

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1. Rietvelt, J., & **Van Hooren, B.** (2014). Complex training of contrast training? Twee varianten van de complex methode om post activatie potentiatie uit te lokken. *Sportgericht*, 68(3), 36–41.
2. **Van Hooren B.** (2014). Krachtplatforms en linear position transducers: Hoe werken ze? *Sportgericht* 68(5), 34-38.
3. **Van Hooren, B.**, & Rietvelt, J. (2014). Complex training of contrast training? Deel 2: Praktische richtlijnen. *Sportgericht* 68(6), 38–46.
4. **Van Hooren, B.** (2015). Krachtplatforms en linear position transducers: Wat kun je ermee? *Sportgericht* 69(1), 33-42.
5. **Van Hooren, B.**, & Bosch, F. (2015). Trainen en meten van explosieve prestaties. Deel 1: De invloed van stijgtijd. *Sportgericht* 69(3), 20-27.
6. **Van Hooren, B.** & Smit, A. (2015). Statistisch significant of praktisch significant? Een andere kijk op statistiek in de (sport)wetenschap. *Sportgericht* 69(4), 42-48.
7. **Van Hooren, B.** (2015). Het kwantificeren van de trainingsbelasting middels de subjectieve trainingsbelasting. *Sportgericht* 69(5), 23-31.

8. **Van Hooren, B.** & Bosch, F. (2015). Trainen en meten van explosieve prestaties deel II: Stijgtijd en bewegingscontext bepalen mate van transfer. *Sportgericht* 69(6), 32-39.
9. **Van Hooren, B.** (2016). Hardlopen op een loopband. Vergelijkbaar met lopen over vaste grond? *Sportgericht* 70(1), 42-48.
10. **Van Hooren, B.** (2016). Optische polshartslagmeters. Hoe werken ze en zijn ze valide tijdens lichamelijke inspanning? *Sportgericht* 70(2), 10-15.
11. **Van Hooren, B.** & Smit, A. (2016). Werkt sporten met extra zuurstof prestatie bevorderend? *Sportgericht* 70(4), 8-14.
12. **Van Hooren, B.** (2016). Een snelle toename van de belasting. Belangrijkste oorzaak van sportblessures? *Sportgericht* 70(5), 2-7.
13. **Van Hooren, B.** (2016). Sensitieve periodes in de training van kinderen en adolescenten. Bestaan ze wel? *Sportgericht* 70(6), 6-12.
14. **Van Hooren, B.** (2017). Zin en onzin van training met een 'hoogtemasker'. *Sportgericht* 71(1), 2-5.
15. **Van Hooren, B.** (2017). Prestatieveranderingen bij individuele sporters. Monitoring met spreadsheet en praktisch toepasbare statistiek. *Sportgericht* 71(4), 28-33.
16. **Van Hooren, B.**; Venner, P. & Bosch, F. (2017). De dynamische systeemtheorie in fysieke training. Deel I: De achterliggende concepten. *Sportgericht* 71(6), 12-19.
17. **Van Hooren, B.** (2018). Is 'vals' altijd eerlijk? *Sportgericht* 72(4), 42-45.
18. **Van Hooren, B.** (2019). Disbalans in spier- en peeskracht. Een oorzaak van peesblessures? *Sportgericht* 73(1), 2-7.
19. **Van Hooren, B.** (2019). Is differentieel leren effectief? *Sportgericht* 73(1), 34-36.
20. Venner, P.; Bosch, F.; **Van Hooren, B.** (2019). De dynamische systeemtheorie in fysieke training. Deel 2: Bewegingsanalyse van de honkbalpitch. *Sportgericht* 73(3), 2-7.
21. Venner, P.; Bosch, F.; **Van Hooren, B.** (2020). De dynamische systeemtheorie in fysieke training. Deel 3: De praktische toepassing bij honkbal. *Sportgericht* 73(6), 24-31.
22. **Van Hooren, B.**; Goudsmit, J.; Restrop, J.; Vos, S. (2020). Hardloopleblessures voorkomen en loopprestaties verbeteren: Hoe kan draagbare technologie helpen? *Sportgericht* 74(1), 6-11.
23. **Van Hooren, B.** (2020). Geschatte maximale hartslag en praattest. Nauwkeurige methodes voor bepalen cardiovasculaire inspanningsintensiteit? *Sportgericht* 74(3), 36-40.

## Contributions to meetings, seminars, lectures & blogs

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### Seminars

- 3-day seminar in cooperation with the Editor-in chief of Sportgericht. In this seminar, professor Will Hopkins presented on Magnitude Based Inference (a statistical method) in Papendal and Amsterdam for a group of 15 and 50+ people, respectively.

### Webinars

- Keynote in webinar for Rugby Australia on 12-10-21. Topic: hamstring injuries. Risk factors and how to modify them.
- Speaker in webinar for Motek on 1-6-21. Topic: Use of the Caren system for fundamental and applied sport science research.
- Keynote speaker in webinar for DenkFysio on 8-5-21. Topic: running injuries.
- Keynote speaker in a webinar for Pro sport Academy on 27-5-17. Topic: Hamstring functioning during running and implications for exercise.

### Podcasts

I have been asked to participate in numerous podcasts. Three of the most recent ones are:

- Host: Prof. Billy Sperlich/Sportscience.de. Topic: Sensitive periods in training. Date 1-2-21.  
(<https://www.podcast.de/episode/528753247/Sensitive+Periods++Sensibile+Phasen+%E2%94%82Paper+Talk+mit+Bas+van+Hooren/>)

- Host: British association of Sport and Exercise Science, pediatric special interest group. Topic: Training of youth athletes. Date: 30-4-20. (<https://podcasts.apple.com/gb/podcast/itad-bas-van-hooren-phd-c/id1460807849?i=1000469977633>)
- Host: Just Fly Sports. Topic: various sport science topics. Date: on 16-6-17. (<https://www.iust-fly-sports.com/podcast-52-bas-van-hooren/>)

## Presentations, workshops and invited lectures

1. Invited lecture with practical, DenkFysio, Nijmegen, 04-12-21. Topic: Using biomechanics to optimize strength training for runners
2. Invited lecture with practical, SmartEducation, Bree, 27-11-21. Topic: Using biomechanics to optimize strength training for runners
3. Invited lecture, Sportgeneeskunde, Driebergen-Zeist 05-11-21. Topic: Functional training: the trade-off between specificity and overload
4. Invited lecture with practical, SOMT, Nijmegen, 03-11-21. Topic: training principles, and strength training in rehab
5. Invited lecture, Sportgeneeskunde, Utrecht 15-10-21. Topic: training guidelines for injury prevention and performance enhancement
6. Invited lecture with practical, SmartEducation, Waregem, 11-09-21. Topic: Using biomechanics to optimize strength training for runners
7. Oral presentation at ECSS online 08-09-21. Topic: A biomechanical comparison of three hamstring exercises. 5<sup>th</sup> place in the oral presentations
8. Invited lecture with practical, SmartEducation, Ghent, 05-06-21. Topic: Using biomechanics to optimize strength training for runners
9. Invited lecture with practical, SmartEducation, Bree, 29-05-21. Topic: Using biomechanics to optimize strength training for runners
10. Invited lecture with practical, DenkFysio, Nijmegen, 01-05-21. Topic: Using biomechanics to optimize strength training for runners
11. Invited lecture with practical, SOMT, Nijmegen, 26-10-20. Topic: training principles, and strength training in rehab
12. Invited lecture with practical, SOMT, Nijmegen, 25-9-20. Topic: training principles and periodization
13. Invited lecture with practical, National physiotherapy organization, Tel Aviv, 18-10-20. Topic: motor control and motor learning, strength training for runners, tendon training and various other sport science topics
14. Invited lecture with practical, Sportmedisch congress, Ermelo, 26/27-11-20. Topic: hamstring functioning during running and implications for performance and rehab
15. Invited lecture with practical, SmartEducation, Bree, 26-9-20. Topic: Neuromuscular adaptations to training: implications for performance and rehab
16. Invited lecture with practical, INNOVA sports, Madrid, 6-6-20. Topic: Strength training for runners
17. Invited lecture with practical, SmartEducation, Ghent, 28-5-20. Topic: Neuromuscular adaptations to training: implications for performance and rehab
18. Invited lecture with practical, Sports Biomechanical Engineering, Madrid, 23-5-20. Topic: motor control and motor learning
19. Invited lecture, Hasselt University, 14-5-20. Topic: tendon functioning, training and rehab
20. Invited lecture with practical, Hogeschool Utrecht, 07-06-19. Topic: Motor learning and data-analysis
21. Invited lecture with practical, GoAthlete, Lisbon, 28/29-9-19. Strength training for runners
22. Workshop & presentation for Bundesliga coaches, Frankfurt, 25-03-19. Topic: Physical training for football players
23. Invited lecture with practical for all Dutch university sports center employees, Maastricht, 19-01-19. Topic: Motor learning in training
24. Workshop at Dutch Athletics federation, Papendal, 11-11-18. Topic: strength training for runners
25. Presentation at Atletiek Maastricht, Maastricht, 12-10-18. Topic: ["talent identification and early specialization of children and adolescents"], talent identificatie en de risico's van vroege specialisatie.
26. Workshop and presentation, Paris, 06-18-18. Topic: Strength training for runners

## Curriculum Vitae

27. Keynote speaker in runners café, Maastricht, 06-03-18. Topic: ["recovery and adaptation"], herstel en adaptatie.
28. Workshop at Dutch Athletics federation, Papendal, 11-11-17. Topic: strength training for runners
29. Keynote speaker in meeting on IronMan, Maastricht, 04-09-17. Topic: ["Improve performance and prevent injuries by monitoring the workload"], Beter presteren en blessures voorkomen door het monitoren van de belasting.

## (scientific) Blogs

I have written multiple blogs on a variety of sports science topics. Three of my recent blogs were:

- **Van Hooren, B.** (29-08-18). Is it possible to react faster than 100 ms in a sprint start? *My website.* (<http://www.basvanhooren.com/is-it-possible-to-react-faster-than-100-ms-in-a-sprint-start/>).
- **Van Hooren, B.** (05-04-18). Do we need to perform a cool-down after exercise? *My website.* (<http://www.basvanhooren.com/do-we-need-to-perform-a-cool-down-after-exercise/>).
- **Van Hooren, B.** (11-07-17). How to monitor progression of individual athletes or patients. *My website.* (<http://www.basvanhooren.com/how-to-monitor-progression-of-individual-athletes-or-patients/>).

## Other (e.g media exposure)

- Various publications have received international media attention. For example, the Scottish times, WomensHealth and Medical Health News all reported on the cool-down paper (<https://springeropen.altmetric.com/details/37671137/news>). RunnersWorld wrote an extensive blog about the article on treadmill vs overground running in various languages (<https://www.altmetric.com/details/72141170/news>), OutsideOnline also referred to our research on treadmill stiffness in relation to marathon running performance ([https://www.outsideonline.com/2413647/marathon-physiology-study-responses?utm\\_medium=social&utm\\_source=facebook&utm\\_campaign=onsiteshare&fbclid=IwAR1qzT24Q-vfErcBxKBo5dwlsouH3TZqNX\\_v6bl\\_LD8pPR99fmJG4-83ENw](https://www.outsideonline.com/2413647/marathon-physiology-study-responses?utm_medium=social&utm_source=facebook&utm_campaign=onsiteshare&fbclid=IwAR1qzT24Q-vfErcBxKBo5dwlsouH3TZqNX_v6bl_LD8pPR99fmJG4-83ENw)) and Insider also interviewed me for their blog about treadmill vs overground running (<https://www.insider.com/running-on-treadmill-vs-outside>)
- ResearchGate, Bas\_Hooren (800+ followers)
- Twitter, @BasVanHooren (5400+ followers)

## Refereeing for scientific journals

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• Journal of Sports Sciences	2017–present
• Physiotherapy theory and practice	2017–present
• Physiology and behavior	2017–present
• Acta Gymnica	2017–present
• Human Movement Sciences	2019–present
• Journal of Science and Medicine in Sports	2019–present
• Sports Medicine	2019–present
• Gait & posture	2020–present
• PlosOne	2020–present
• Journal of Electromyography	2020–present
• JoVE	2020–present
• International Journal of Sports Physiology and Performance	2020–present
• Journal of Biomechanics	2020–present

## Hobbies

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### Sports

- Athletics (running), Atletiek Maastricht 2010–present
  - Multiple medals at the Dutch national championships, including a 1<sup>st</sup> place at the 3000m indoor 2017, 2<sup>nd</sup> and 3<sup>rd</sup> place at the Dutch national cross-country championships, and 1<sup>st</sup> place at the Dutch cross-country circuit
- Strength training 2009–present
- Football, SCG Gronsveld 2005–2010
- Karate, Otsuka 2003–2005



## Curriculum Vitae

- Volleyball, Grovoc **2001–2005**
- Judo, No – hara **1999–2001**
  
- Other
- Dancing (salsa/merengue/bachata/kizomba) **2015–present**
- Reading and writing scientific articles **2014–present**
  - Honour Roll as "regular contributor" in the Dutch sport science journal 'Sportgericht'