

Lisa Gannon
Associate Professor
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Biography

Associate professor and researcher with strong links to professional practice. Extensive research in the areas of joint laxity and bone health. PhD work involved iDXA scanning swimmers, gymnasts and age matched controls from 6-25yrs, including World Championship performers (with a particular focus on the spine).

She co-led a Knowledge Exchange project alongside Director, Ricardo Barker, and UK Coaching involving sports, media and journalism students. This led to the production of the film 'Where is the Line' which now supports their Duty to Care toolbox of learning resources.

Her current research involves working collaboratively with a sports technology company 'Catapult' to consider loading within gymnastics to ultimately inform performance discussion. This is involving British Gymnastics (who have sponsored the work in the form of an MbRes student, Welsh Gymnastics and UK gymnastics clubs. The aim is to support safe and effective coaching of gymnastics globally.

Her experience in the broader field of executive coaching has led to an innovative project where I have led university wide, mandatory staff training courses on a 'coaching approach to personal tutoring'. This work has been disseminated via the annual UKAT conference where she has recently been asked to become involved nationally.

NED (Technical & Education) Welsh Gymnastics (2016 - 2023) Chairing both the Performance Committee and the independent Commonwealth Games Reviews in 2018 and 2022.

WABC and ILM accredited Executive coach

Sports commentator and announcer (3 Olympics, 5 Commonwealth Games, 13 World Championships. alongside hosting national and international award ceremonies).

Ex-international gymnast (Wales and Great Britain)

Qualifications

Doctor of Philosophy, Bone health and the spine: A study of male gymnasts, swimmers and controls.

Master of Philosophy, The application of sports physiology techniques to the management of joint laxity.

Bachelor of Arts, Human Movement Studies

2016 → 2023 Fellowship Higher Education Academy, FHEA

2023 → ... Senior Fellowship Higher Education Academy, SFHEA

ILM accredited Executive Business Coach

Ionising Radiation (Medical Exposure) Regulations Operator

Level 4 Women's & Level 3 Men's Artistic Gymnastics Coach (British Gymnastics

Worldwide Association of Business Coaches – Registered Corporate Coach

Research outputs

Skeletal loading, lean mass and bone strength in young male gymnasts, swimmers and non-athletes: 1697

Gannon, L., Sept 2023, In: Medicine and Science in Sports and Exercise. 55, 9S, p. 569

Bone density and cross-sectional geometry of the proximal femur are bilaterally elevated in elite cricket fast bowlers
Lees, M., Beggs, C., Barlow, M., Rutherford, Z., Hind, K., Bansil, K. & Gannon, L., Sept 2018, In: Journal of Clinical Densitometry. 21, 3 (July - Sept), p. 339-405

Bone loading and the spine: total body and lumbar bone mineral density in elite male gymnasts, swimmers and controls
Gannon, L. & Hind, K., 31 Oct 2016, In: Journal of Clinical Densitometry. 19, 4, p. 528

Vertebral bone health and morphometry of elite male gymnasts compared to age-matched controls.
Gannon, L. & Hind, K., Oct 2016.

Insights into relationships between body mass, composition and bone: findings in elite rugby players
Gannon, L., Hind, K., Brightmore, A. & Beck, B., Jan 2015, In: Journal of Clinical Densitometry. 18, 2, p. 172-179

Sport and the spine: vertebral bone morphology and bone mineral density in elite male gymnasts
Gannon, L. & Hind, K., May 2014.

Sexual dimorphism of femoral neck cross-sectional bone geometry in athletes and non-athletes: A hip structural analysis study

Hind, K., Gannon, L., Whatley, E. & Cooke, C., Jul 2012, In: Journal of Bone and Mineral Metabolism. 30, 4, p. 454-460 7 p.

Bone cross-sectional geometry in male runners, gymnasts, swimmers and non-athletic controls: a hip-structural analysis study

Hind, K., Gannon, L., Whatley, E., Cooke, C. & Truscott, J., Feb 2012, In: European Journal of Applied Physiology. 112, 2, p. 535-541 7 p.

Bone cross-sectional geometry and bone strength in male athletes subjected to different loading modalities and non-athletic controls: an advanced hip structural analysis

Hind, K., Gannon, L., Whatley, E. & Duffield, L., 2010, In: Osteoporosis International. 21, 3, p. 454-455

Osteoprotegerin, sex steroids and energy status biomarkers in male and female endurance athletes, and associations with lumbar spine bone mineral density

Whatley, E., Duffield, L., Pemberton, P., Smith, S., Hind, K., Carroll, S. & Gannon, L., 2010, In: Osteoporosis International. 21, supplement 1 (S25-S388), p. s321 1 p.

Differences in bone density, body composition, physical activity, and diet between child gymnasts and untrained children 7-8 years of age.

Zanker, C. L., Gannon, L., Cooke, C., Gee, K. L., Oldroyd, B. & Truscott, J. G., 1 Jun 2003, In: Journal of Bone and Mineral Research. 18, 6, p. 1043-1050 8 p.

The quantification of joint laxity in dancers and gymnasts

Gannon, L. & Bird, H., 1 Sept 1999, In: Journal of Sports Sciences. 17, 9, p. 734-750

Joint hyper laxity and its long-term effects on joints

Bird, H. & Gannon, L., 1 Dec 1993, In: The Journal of the Royal Society for the Promotion of Health. 113, 6, p. 327-329 2 p.