

# ISESA 2026 Conference

**21<sup>st</sup> and 22<sup>nd</sup> May 2026**

Technological University of the Shannon  
Athlone Campus  
Mary Ward Centre of Science  
Athlone Campus  
N37 HD68





# Day 1: 21<sup>st</sup> May 2026

8:45-9:30	Registration, Poster set up and Refreshments
9:30-9:40	Opening Address - Prof Tom Comyns and Dr Ciara Sinnott O'Connor
9:40-10:20	Keynote - Dr Nick Tiller
10:25-11:10	Parallel Sessions: Symposium - Oral Presentations - Workshop
11:10-11:40	Refreshment break with poster viewing and networking
11:40-12:20	Postgraduate Presentations
12:25-13:00	Parallel Sessions: Panel Discussion - Workshop - Oral Presentations
13:00-13:45	Lunch
13:45-14:15	Postgraduate Posters
14:20-15:00	Keynote - Dr Katie Liston
15:00-15:20	TUS Spotlight
15:20-15:50	Refreshment break with networking and networking
15:50-16:35	Parallel Sessions: Symposium - Oral Presentations - Workshop
16:40-17:20	Irish Elite Athlete Panel Discussion
17:20-17:30	Day 1 Close
19:00-Late	Sean's Bar for BBQ and Music



## Day 2: 22<sup>nd</sup> May 2026

6:30	Social Run: Start at Old Rail Greenway
08:30-09:00	Registration, Poster set up and Refreshments
09:00-09:15	Opening Address
09:15-09:55	Keynote - Dr Josephine Perry
10:00-10:45	Parallel Sessions: Symposium - Oral Presentations - Workshop
10:45-11:15	Refreshment break with poster viewing and networking
11:15-11:55	Postgraduate Presentations
12:00-12:35	Parallel Sessions: Sport Ireland Session - Panel Discussion- Workshop - Oral Presentations
12:35-13:20	Lunch
13:20-13:50	Undergraduate Poster Presentations
13:55-14:35	Keynote - Prof Sam Robertson
14:40-15:15	Parallel Sessions: Panel Discussion - Workshop - Oral Presentations
15:20-15:50	Closing Panel
15:50-16:00	Awards Ceremony and Closing Address



# Keynote Speakers



ISESA

**Meet Our Keynote Speaker**

Introducing Dr. Nick Tiller

**Friendly Fire: How Bad Science Contributes to the Spread of Health Misinformation**

2026 Conference - 21<sup>st</sup> & 22<sup>nd</sup> May - @TUS Athlone

Dr. Nick Tiller is an exercise scientist and Research Associate at The Lundquist Institute at Harbor–UCLA Medical Center, and a leading voice in science-based health and fitness. He is the author of *The Skeptic's Guide to Sports Science* (2020, named by Book Authority as one of the “Best Sports Science Books of All Time”) and *The Health and Wellness Lie* (June 2026). A former physiologist with the English Institute of Sport and associate professor in the UK, Tiller now focuses on research, writing, and public-facing scientific skepticism. He is a columnist for *Skeptical Inquirer* and *Ultra-Running Magazine*, and an Associate Editor of the International Journal of Sport Nutrition and Exercise Metabolism. In 2023, Tiller was elected as a Fellow of the Committee for Skeptical Inquiry for his ongoing work in science communication and critical thinking education.



ISESA

**Meet Our Keynote Speaker**

Introducing Dr. Katie Liston

**Title of Keynote will be announce shortly.**

2026 Conference - 21<sup>st</sup> & 22<sup>nd</sup> May - @TUS Athlone

Dr Katie Liston is a senior researcher at Ulster University, working in the social sciences of sport. She has extensive lived experience in sport and exercise - as a former elite athlete, coach, and volunteer administrator. She is actively engaged as an advisor in the spaces of gender equality and safe sport literacy and has worked/is working with the Gaelic Athletic Association, the Ladies Gaelic Football Association, the Football Association of Ireland, the Irish Football Association, Athletics Northern Ireland and Golf Ireland.

She is currently a member of the UK Safe Sport Oversight group. Katie co-wrote the first Joint Oireachtas Report on Women in Sport which transformed the policy landscape for women's sports in Ireland. In the academic world, she has published extensively on a wide range of issues, such as: pain and injury in sport, including concussion and DIY medical care and team doctoring in women's sports; sport, culture and identity on the island of Ireland; role models, mergers, sport, gender and equality, and online hate in sport.

She is also editor of award-winning collection, *The Business and Culture of Sports: Society, Politics, Economy, Environment*. Katie is an engaged public intellectual on sport and a regular contributor to mainstream and online media.



# Keynote Speakers



ISESA

**Meet Our Keynote Speaker**

Introducing Dr Josephine Perry

**Performing under Pressure: From Threat to Thriving.**

2026 Conference - 21<sup>st</sup> & 22<sup>nd</sup> May - @TUS Athlone

Dr Josephine Perry is a Chartered Sport Psychologist whose purpose is to help people accomplish more than they had previously believed possible. She integrates expertise in sport psychology and communications to support athletes, stage performers and business leaders to develop the approaches, mental skills and strategies which will help them achieve their ambitions. So far Josephine she has worked with athletes across 29 different sports and a whole range of professions (including the Military, Police, C-Suite execs, DJs, Actors, Dancers and some of the world's best Sommeliers) and loves to delve into new sectors, understanding their unique challenges.

To help people perform under pressure Josephine is able to explain the neuroscience of the threat system with clarity, teach ways to soothe it and share the tools that exceptional performers have learnt in order to keep the threat system calm and performance unhindered. Using the BE BRAVE she creates a clear route to handling worries and being better able to perform under pressure.



ISESA

**Meet Our Keynote Speaker**

Introducing Prof Sam Robertson

**The algorithmic athlete? The importance of science in sport and medicine in the age of AI.**

2026 Conference - 21<sup>st</sup> & 22<sup>nd</sup> May - @TUS Athlone

Sam Robertson is a researcher and consultant focusing on developing methods and systems to optimise integrations between humans and technology. He specialises in collaborative projects that connect sporting teams, technology companies, governing bodies and universities to generate mutual and broad benefit for a range of stakeholders.

Sam's work and research has spanned topics such as sports innovation, skill acquisition, sports analytics, organisational decision-making, and technology strategy. He has worked with a range of sporting organisations including FIFA, The Australian Football League, San Antonio Spurs, Tennis Australia, Barça Innovation Hub, Kansas City Royals and the Western Bulldogs amongst others.

Sam is currently the Director of TCG Advisory, a consulting firm specialising in optimising human-technology (AI) integration. He is also the co-director of the Institute for Sports Tech Standards. Sam holds honorary professorships at the University of Queensland and Victoria University, and is also the host of the popular future of sport podcast, One Track Mind.



# Sponsors & Exhibitors



Athletic Rehabilitation Therapy Ireland (ARTI) is the professional body for Certified Athletic Therapists in Ireland. ARTI's objective is the promotion of the highest standards of professional conduct, care, and education of Certified Athletic Therapists in Ireland.

Certified Athletic Therapists are highly trained allied health professionals specialising in neuromusculoskeletal medicine through the prevention, assessment, diagnosis, treatment, rehabilitation and management of injury and illness. Certified Athletic Therapists provide specialised care for a diverse range of populations from general population to sporting athletes.

## BLK BOX

At BLK BOX, we don't just manufacture equipment; we empower coaches, gym owners and athletes to elevate their facilities and performance. With over a decade of experience, driven by our Pursuit of Better ethos, we engineer world-class strength equipment trusted by global brands including Nike, Adidas, FC Barcelona and the majority of English Premier League teams. We're the leader in UK manufacturing, with our products designed and manufactured in Northern Ireland using cutting-edge technology.

## DANU

Danu is a performance and biomechanics company delivering real-world movement analysis through its sensor-integrated smart sock system. Developed through elite sport, the system captures high-resolution data on gait, load, asymmetry, and movement efficiency during natural activity. This enables teams and practitioners to monitor athlete performance, manage load, reduce injury risk, and support return-to-play decisions with objective data.

Trusted by professional sports organisations and leading brands, Danu brings lab-grade accuracy into everyday training and competition environments. The platform is also expanding into healthcare and clinical research, applying the same technology to rehabilitation and human performance at scale.



## Sponsors & Exhibitors



HRIG LTD develops precision isometric hamstring assessment technology designed to support clinicians, therapists, and performance professionals in accurately measuring hamstring strength and imbalance. Our device delivers reliable, repeatable data to aid injury prevention, rehabilitation monitoring, and return-to-play decision-making. Built for clinical, research, and elite sport environments, HRIG combines biomechanical insight with user-friendly design to enhance objective muscle assessment. We are committed to improving outcomes, reducing injury risk, and advancing evidence-based hamstring evaluation worldwide.



Output Sports combines wearable sensors with state-of-the-art software to make elite sports science simple and scalable. Our single, versatile system lets practitioners generate tests, design programmes, and track athlete progress faster than ever – delivering laboratory-grade data, reusable benchmarks, and contextual AI-driven insights. Trusted by over 1,400 clients in 40+ countries, including teams across the Premier League, NFL, NBA, Output streamlines testing, real-time integrations, and coach-friendly programming to accelerate performance and reduce injury risk.



Perform Nutrition is one of Ireland's leading sports nutrition brands. Manufacturing a range of Informed Sport Tested supplements on the west coast of Ireland. Fuelling some of Ireland's best athletes such as Kate O'Connor, Aoife O'Rourke, Galway United and many more.



## Sponsors & Exhibitors



Sports Analysis software for modern sport – TeamOppy delivers professional-grade software that helps sports teams at every level streamline their pre, live, and post-game workflows.

Our flagship product “TeamOppy Tagger” is a powerful, customisable tool designed to streamline event tagging and analysis during matches and training sessions. Its intuitive workflows and interactive dashboards make it easy to analyse outcomes and surface key insights quickly.

Tagger supports video and non-video workflows, works online or offline, and is accessible across devices and includes a powerful Video Studio for producing polished analysis content with graphics and text overlays to highlight important moments.



Timing Ireland delivers cutting-edge sports performance analysis systems trusted by clubs, schools, universities, and elite sporting bodies across Ireland and Europe. We specialise in precision timing, athlete monitoring, and real-time performance data that helps coaches make smarter decisions and athletes train better. From electronic timing and photo-finish systems to jump analysis, speed gates, LED scoreboards, and data-driven testing solutions, our technology turns performance into clear, actionable insight. Backed by expert support and deep knowledge of sport, Timing Ireland helps teams measure what matters, track progress with confidence, and unlock real performance gains at every level.



# ISESA Member Exhibitors



Ollscoil  
Teicneolaíochta  
an Atlantaigh

Atlantic  
Technological  
University

The School of Health, Sport Science and Nutrition at the Atlantic Technological University (ATU) provides innovative, industry-engaged programmes that combine academic excellence with applied learning. Across the three departments of Sport, Exercise & Nutrition (Galway); Health & Nutritional Science (Sligo); and Sport Science & Performance (Letterkenny), the school offers a diverse portfolio of undergraduate programmes in the areas of Sport & Exercise Science, Sports Coaching, Public Health Nutrition, Sport & Exercise Nutrition, Athletic Rehabilitation Therapy, Applied Strength & Conditioning, Clinical Measurement Physiology, Health Science & Physical Activity, Health Science & Physiology and Human Nutrition.



MTU  
Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University

The Department of Health and Leisure Studies (MTU) is based at the Tralee campus and includes programmes in Health, Sport and Exercise Science, PE Studies and Business, Health and Exercise with Massage Therapy and Coaching and Sports Performance.

The HEX-SPO Research Group at MTU is an internationally recognised research centre of excellence that focuses on inspiring meaningful, impactful research in the areas of Health, Exercise and Sport Science. This dynamic multidisciplinary research group collaborates with local, regional and international stakeholders to lead research aimed at (i) tackling societal health problems such as obesity and physical inactivity across the lifespan, and (ii) examining sport-related issues in the coaching science, performance analysis, and skill acquisition domains.



Setanta College is an internationally renowned provider of higher education in human performance and sports science. At Setanta, our mission is to deliver industry-defining education, insight and application to communities at a local and global level. Led by an advisory board and lecturing faculty highly experienced in elite-level sport, Setanta operates campus locations in Ireland, the UK, USA, Italy, South Africa and India. Evolving out of Dr Liam Hennessy's work in the industry, we have also worked with some of the world's leading sporting organisations across multiple countries and continents.



# ISESA Member Exhibitors



The Faculty of Health Science at SETU offers numerous programmes. At undergraduate level we offer a BSc in Exercise Sciences, a BSc in Sport and Exercise Sciences, a BSc in Health and Exercise Sciences, a BSc in Sports Coaching and Performance, a BSc in Sports Rehabilitation, and a BSc in Strength and Conditioning. At postgraduate level we offer a MSc in Strength and Conditioning and a MSc in Applied Sport and Exercise Psychology. With excellent laboratory facilities and strong links with industry and the community our students develop the skills, knowledge and experience to meet the demands of their future roles.



University College Cork (UCC) is a leading destination for innovation in sport, health, and education. With internationally recognised expertise in Physical Education, UCC is expanding its commitment to practitioner development through a soon to be launched undergraduate pathway in Applied Sports Performance and Coach Education. Students and researchers benefit from exceptional facilities, including full access to the world class Mardyke Arena and the broader UCC Sport infrastructure, supporting cutting edge practice, and athlete development.



University of Galway is a top 2% global university, ranked 284th in the QS World University Rankings 2026, known for excellence in research, sustainability, and student experience. The Discipline of Physiology at the University of Galway, based in the Human Biology Building, is a long-established centre of excellence in the study of human function and performance. The work of researchers spans key areas such as cardiovascular, respiratory, neuromuscular, and exercise physiology, with a strong focus on research that underpins health, physical performance, and recovery.



The Department of Physical Education and Sport Sciences (PESS) at University of Limerick has developed a strong reputation for the expertise of its staff, the quality and applied relevance of its programmes, and the strength of its research profile. In the 2026 QS World University Rankings, UL was ranked 41st globally for Sports-Related Subjects. PESS sustains a dynamic and research-led culture, with thriving activity across physical activity and health, physical education, and sport and human performance.