

A/Prof Paul Tofari



Associate Professor Paul Tofari is an academic in the School of Behavioural and Health Sciences at Australian Catholic University. His teaching focuses on the physiological mechanisms underpinning adaptation and the practical application of strength and conditioning methods. He is also a researcher within ACU's Sport Performance, Recovery, Injury and New Technologies (SPRINT) Research Centre.

Paul completed his honours research in collaboration with the Victorian Institute of Sport's cycling program. He received his PhD from ACU in 2018 for his thesis, *The Fatigue Response Following a Team-Sport Match Simulation*. His current research spans mental fatigue, biomechanics, neuromodulation and wearable microtechnology, and he supervises research projects across these areas.

Drawing on experience with the Victorian Institute of Sport and the Defence Science and Technology Group, Paul collaborates with sporting, government and industry organisations on applied research projects. His recent work has included projects with Victoria Police and Aviation Rescue Fire Fighting Services.

Paul is also a Level 2-accredited coach with the Australian Strength and Conditioning Association and holds Level 1 coaching accreditation with the Australian Weightlifting Federation.