Michael Porter
Science
Email: michael.porter@northampton.ac.uk

Biography

Michael currently lectures at the University of Northampton on the BSc (Hons) Sports and Exercise Science, and Rehabilitation courses, specialising in health and exercise physiology.
Michael first studied at the university of Essex where he graduated with a BSc (Hons) Sports and Exercise Science. After graduating in 2016, he went onto pursue a Doctorate in Sports Science also at University of Essex. The title of Michael's PhD, which was awarded in 2020 was "The Ergogenic Effects of Oxygen Supplementation on Cycling Performance".
Michael's current research areas are the 1) use of 'Near Infrared Spectroscopy' (mNIRS) to monitor muscle oxygen levels, and 2) exploring the effects that oxygen supplementation has on muscular performance.
Michael's other research interests lie in physiological testing, the use and application of the VLAmax principle in exercise physiology, and wider interests in health physiology.
Michael is an Associate Fellow of Higher Education Academy and an active member of The Physiological society. Please do not hesitate to contact Michael for potential research collaborations on Michael.porter@northampton.ac.uk or on X (formally twitter) @TRI_MSPORT1 .

Qualifications

PhD, The Ergogenic Effects of Oxygen Supplementation on Cycling Performance, University of Essex
1 Oct 2016 → 1 Sept 2020
Award Date: 1 Sept 2020

Supervised by **Reed, Katherine**

Bachelor, BSc Sports and Exercise Science, University of Essex
1 Sept 2013 → 1 Jul 2016
Award Date: 1 Jul 2016

… → 1 Sept 2019 Associate Fellowship of Higher Education, AFHEA

Employment

Lecturer in Sport and Exercise Physiology
Science
University of Northampton
1 Sept 2024 → 31 Dec 2099

Research outputs

V La max: determining the optimal test duration for maximal lactate formation rate during all-out sprint cycle ergometry
Langley, J. O., Ng, S. C., Todd, E. E. & Porter, M. S., 30 Mar 2024, In: European Journal of Applied Physiology. 2024, 12 p.

The effects of continuous vs intermittent oxygen supplementation on repeat sprint cycling performance
Porter, M. S. & Reed, K., 1 Apr 2022, In: Journal of Human Sport and Exercise. 17, 2, p. 235-243 9 p.

The use of acute oxygen supplementation upon muscle tissue saturation during repeat sprint cycling
Porter, M. S., Reed, K. & Jones, B. C., 1 Jan 2022, In: Journal of Human Sport and Exercise. 17, 1, p. 93-104 12 p., 10.

The effects of hyperoxia on repeated sprint cycling performance & muscle fatigue
Porter, M. S., Fenton, J. & Reed, K. E., 1 Dec 2019, In: Journal of Science and Medicine in Sport. 22, 12, p. 1344-1348 5 p.