



### **Short Biography of Adam Gledhill**

Dr. Adam Gledhill FBASES is a sport and exercise scientist from the UK with expertise in the psychological factors of sports injury. Passionate about optimising human performance, he has worked across performance sport, education, and research. As a Fellow of the British Association of Sport and Exercise Sciences (BASES), Dr. Gledhill has advanced scientific knowledge and practice in diverse performance environments. With nearly 25 years of experience, his career spans leadership roles in high-performance teams, athlete consultancy, and a commitment to evidence-based practice. Driven by a deep curiosity about performance wellbeing, Dr. Gledhill continues to be inspired by students, athletes, practitioners, and researchers to push boundaries in sport performance science.

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