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Host Institution – University of Limerick

The University of Limerick (UL) is a non-profit organization located in Limerick, Ireland. UL is an independent, internationally-focused university with a proud record of innovation in education and excellence in research. UL is dedicated to developing a community of scholars with a global reputation for excellence, creativity, innovation, entrepreneurship, and engagement; building on the expertise of these scholars to create, harness, and impart knowledge for the benefit of our students and community; and, fostering curiosity, creativity, and academic excellence in an inclusive community committed to social good. UL supports multiple campus and community-based exercise programs among healthy and patient groups, an EIM On Campus program, and extensive physical activity/exercise research conducted by members of the Health Research Institute, Physical Activity for Health Research Cluster, Department of Physical Education and Sport Sciences, and the School of Allied Health.



NC Advisory Board

Affiliation

Matthew Herring, Ph.D., FACSM	• Professor, University of Limerick
Brian Carson, Ph.D.	• Professor, University of Limerick
Andrea Bickerdike, M.D., Ph.D.	• Lecturer, Munster Technological University
Kieran Dowd, Ph.D.	• Lecturer, Athlone Institute of Technology
Liam Glynn, M.D.	• Professor of General Practice, Graduate Entry Medical School, University of Limerick
	• Executive Board, Health Research Board Primary Care Clinical Trials Network Ireland (CTNI)
Emer Guinan, Ph.D.	• Senior Lecturer, Trinity College Dublin

NC Advisory Board (cont.)

Affiliation

Michael Harrison, Ph.D., FACSM	• Dept Head, Sport and Exercise Science, Waterford Institute of Technology (South Eastern Technological University) • Chair, Standards Council of the Register of Exercise Professionals in Ireland
Una May, Ph.D.	• CEO, Sport Ireland
Ciara McCormack, Ph.D.	• Lecturer, Maynooth University • Exercise Physiologist, Mater Hospital
Suzanne McDonough, Ph.D.	• Head of Physiotherapy, Royal College of Surgeons Ireland
Sarah O'Brien	• Health Services Executive Lead, Healthy Eating and Active Living (HEAL)
Grainne O'Donoghue, Ph.D.	• Assistant Professor of Physiotherapy, School of Public Health, University College Dublin
Wilby Williamson, D.Phil.	• Physician, Director of Lifestyle Medicine VHI • Fellow, Faculty of Sports and Exercise Medicine

2025 Goals

- Recognition of credentialing and developing a registry of exercise professionals
- Expand EIM OC to three additional Irish universities
- Facilitate the implementation of PACC toward clear credentialing Facilitate the implementation of PAPHM and the work of Physical Activity for Health Officers
- Further engagement with GPs and medical educators
- Enhance partnership with Irish Sport and Exercise Science Association and Faculty for Sports and Exercise Medicine toward an annual conference
- Generate funding applications using Irish network and EU collaborative network (including potential EU joint transnational grants)

Accomplishments to Date

- Officially established EIM Ireland (December 2019)
- Engaging with Registered Exercise Professionals Ireland on credentialing of exercise professionals (2021-present)
- Integrating EIM education into the Graduate Medical School curriculum at the University of Limerick (2024-)
- Contributed to the HSE Physical Activity Pathways in Healthcare model (2024)
- Contributed to the Physical Activity for Chronic Conditions (credentialing program (2024)
- Secured membership on the advisory board for the Ireland Health Service Executive (HSE)
- Participated in re-establishing the Irish Sport and Exercise Science Association (2022)
- Participated on HSE Physical Activity for Chronic Conditions Working Group and HSE Physical Activity Pathways in Healthcare Model Steering Group (2022)
- Hosted EIM Ireland webinar series (2021-2023) for health professionals across Ireland
- Co-hosted an annual sports medicine conference with the Faculty of Sport and Exercise Medicine (2021)
- Engaged with the Institute of Public Health to facilitate a large-scale survey of healthcare provider knowledge of physical activity (2020-21)
- Partnered with the HSE on initiative called 'Get Up, Get Dressed, Get Moving' to increase physical activity in long-term care facilities (2020)
- Sponsored two webinars focusing on physical activity for health during COVID-19, attended by healthcare practitioners, exercise professionals, and individuals from academia (2020)
- Expanded EIM On Campus to five universities (University of Limerick, University College Dublin, Waterford Institute of Technology, Technological University of the Shannon-Athlone, Royal College of Surgeons Ireland)