

Deakin University - Profile questionnaire

Name: Jace Drain

Course at Deakin: PhD

Campus: Melbourne (Burwood)

Previous qualification(s): B. App.Sci. (Ex & Sp Sci) (Hons)

Current employment:

Human Performance Scientist. I am an Exercise/Work Physiologist within a science division of the Department of Defence and our role is to provide scientific advice on issues pertaining to human performance in the services (ie. Army, Air Force, Navy) – most of my work is with the Army. The issues we have tackled for the Army include – the effects of body armour ensembles on soldier mobility (performance), hydration, the effects of different uniforms on heat regulation, work to rest guidelines for soldiers working in hot/humid environments and quantification of the physical demands of various tasks and trades across the Army.

What was my area of study at Deakin?

My PhD investigated the effects of glycogen-protein associations in human skeletal muscle (exercise physiology).

What did I enjoy about my postgraduate studies?

What I enjoyed most about my postgraduate studies at Deakin was having the opportunity to work alongside high quality researchers.

Can you briefly outline your PhD project and research?

My PhD investigated the effects of glycogen-protein associations in human skeletal muscle. This research involved recruiting human subjects to perform exercise trials at which time muscle samples were collected. Analysis of the muscle samples was undertaken in an effort to increase our understanding of how the muscle regulates energy during and following exercise.

For you, what are the highlights of obtaining your PhD and continuing on in your field of study?

The highlight of obtaining my PhD has been moving straight into a research position - as without my PhD this would not have been possible. When I commenced my PhD I hoped to ultimately work in a research environment but of course there are never any guarantees, so securing my current position was very rewarding.

What have been your study highlights?

My study highlights would be (a) having the opportunity to work under and learn from my PhD supervisors, and (b) finishing my PhD – it was a long road so finally finishing was definitely a highlight (relief!).

Why did you choose to undertake your course at Deakin?

I chose Deakin University for my postgraduate study principally because of the high quality research staff and facilities available.

Would you recommend your Deakin course to others considering it?

I would certainly recommend Deakin University to others considering study in a similar area. As mentioned, for me a major attraction of studying at Deakin was the opportunity to work alongside very good researchers. The facilities are also very good, and Deakin provided a very supportive learning environment.