



Curriculum Vitae

Personal information **Karl Cogan**

Work experience

- Executive Assessor (April 2025 - Present) Health Products Regulatory Authority of Ireland
- Pharmacovigilance Assessor (Dec 2022 – Present) Health Products Regulatory Authority of Ireland
- Executive Assistant (Aug 2020 – Dec 2022) Health Products Regulatory Authority of Ireland
- Scientific Officer (Feb 2019 – Aug 2020) Health Products Regulatory Authority of Ireland

Education and training

- P. Grad Diploma Project Management (Nov 2024 – Jan 2025)
- M.Sc. Science and Health Communication (Sept 2021 – 2023)
- Ph.D. Metabolism, Physiology and Nutrition (Sept 2013 - Jan 2018)
- M.Sc. Biotechnology (Sept 2012 - Aug 2013)
- B.Sc. Sport Science and Health (Sept 2004 - May 2009)

Additional information

Publications

Peer review publications:

Timmons JF, Hone M, Cogan KE, Duffy O, Egan B. (2021) 'Increased Leg Strength After Concurrent Aerobic and Resistance Exercise Training in Older Adults Is Augmented by a Whole Food-Based High Protein Diet Intervention.' *Front Sports Act Living*. 2021 Mar 26;3:653962. doi: 10.3389/fspor.2021.653962. eCollection 2021

Timmons JF, Griffin C, Cogan KE, Matthews J, Egan B. (2019) 'Exercise Maintenance in Older Adults 1 Year After Completion of a Supervised Training Intervention'. *J Am Geriatr Soc*. 2020 Jan;68(1):163-169. doi: 10.1111/jgs.16209. Epub 2019 Oct 24

Cogan KE, Carson BP, Patel B, Amigo-Benavent M, Jakeman PM, Egan B. (2019) 'Regulation of GLUT4 translocation in an in vitro cell model using postprandial human serum ex vivo.' *Exp Physiol*. 2019 Jun;104(6):800-807. doi: 10.1113/EP087356. Epub 2019 Mar 29.

Krause M, Crognale D, Cogan KE, Contarelli S, Egan B, Newsholme P, De Vito G. (2019) 'The effects of a combined bodyweight-based and elastic bands resistance training, with or without protein supplementation, on muscle mass, signaling and heat shock response in healthy older people.' *Experimental Gerontology* Volume 115, January 2019, Pages 104-113. Doi:10.1016/j.exger.2018.12.004

Timmons JF, Minnock D, Hone M, Cogan KE, Murphy JC, Egan B. (2018) 'Comparison of time-matched aerobic, resistance, or concurrent exercise training in older adults.' *Scand J Med Sci Sports*. 2018 Nov;28(11):2272-2283.

Cogan KE, Egan B. 'Effects of acute ingestion of whey protein with or without prior aerobic exercise on postprandial glycemia in type 2 diabetics.' (2018) *Eur J Appl Physiol*. 2018 Sep;118(9):1959-1968. doi: 10.1007/s00421-018-3931-y. Epub 2018 Jul 6

Cogan KE, Evans M, Iuliano E, Melvin A, Susta D, Neff K, De Vito G, Egan B. (2018) 'Co-ingestion of protein or a protein hydrolysate with carbohydrate enhances anabolic signaling, but not glycogen resynthesis, following recovery from prolonged aerobic exercise in trained cyclists.' *Eur J Appl Physiol*. 2018 Feb;118(2):349-359. doi: 10.1007/s00421-017-3775-x. Epub 2017 Dec 6

Evans M, Cogan KE, Egan B. 'Metabolism of ketone bodies during exercise and training: physiological basis for exogenous supplementation.' *J Physiol*. 2017 May 1;595(9):2857-2871. doi: 10.1113/JP273185. Epub 2016 Dec 7.

Conference publications:

Cooke A, Cogan KE, Lott A, Egan B, McGillicuddy F, Pietra C, Roch HM. (2015). 'Anti-Inflammatory Potential of Two Selective Ghrelin Agonists.' *International Conference on Sarcopenia, Cachexia and Wasting Disorders* · Dec 1, 2015

Egan B, Krause M, Crognale D, Cogan KE, Contarelli S, , Newsholme P, De Vito G. (2015) 'Twelve Weeks of Uncomplicated Resistance Training Increases Lean Body Mass and Reduces Markers of Muscle Atrophy in Older Adults.' *International Conference on Frailty and Sarcopenia*, Boston, USA · Apr 23, 2015

Non-peer review publications:

KE Cogan and L Nolan. (2020) *The Power of Partnerships To Realise The Eu Pharmaceutical Strategy*. Available at: <https://iris.who.int/bitstream/handle/10665/338917/Eurohealth-26-3-14-17-eng.pdf?sequence=1&isAllowed=y>

Cogan KE and Egan B. (2015) 'Not a question of if, but how best to employ HIIT in metabolic disease.' *The Journal of Physiology* · Dec 1, 2015

Projects

Memberships

Other Relevant Information