

CURRICULUM VITAE
CONOR HEFFERNAN, Ph.D.
Assistant Professor of Physical Culture and Sport Studies
University of Texas at Austin.

ADDRESS:

Department of Kinesiology and Health Education,
University of Texas at Austin
Texas - 78723
512-865-8699 (work)
E-mail: "conor.heffernan@austin.utexas.edu"
Twitter: [@PhysCstudy](https://twitter.com/PhysCstudy)

EDUCATION:

2010-2014 Trinity College (History and Political Science), Dublin, Ireland.
2015-2016 University of Cambridge (M.Phil in Historical Studies), Cambridge, England.
2016-2019 University College Dublin (Ph.D. History), Dublin, Ireland.

ACADEMIC APPOINTMENTS:

2019 - Assistant Professor, University of Texas at Austin (Cross-Listed
Kinesiology/History)

OTHER ACADEMIC CONTRIBUTIONS:

2019 - Executive Committee, British Society of Sports History
2019- Executive Committee, Zombie Research Network
2019- H.J. Lutchter Stark Center Outreach Group
2019 - Junior Fellow in British Studies, University of Texas
2019- Conference Organiser for History & Media Conferences
2017-2019 PhD History Liaison Officer, University College Dublin.
2016 - Peer Reviewer: Sporting Traditions, The International Journal for the History
of Sport, Sport in Society, Sport in History

MAJOR FIELDS OF HISTORICAL INTEREST:

European Medicine and Health
British & Irish History, 1700-1950
Women and Gender Relations
Food History
Colonial History
Sport/Physical Culture

PUBLICATIONS

BOOKS

The History of Physical Culture in Ireland
London, Palgrave MacMillan, Forthcoming.

BOOKS (EDITED VOLUMES)

Theorizing Zombiism
Cardiff, University of Wales Press, Forthcoming.

DOCUMENTARIES & OTHER CREATIVE OUTLETS

Todd, Jan, **Heffernan, Conor**, et al., ‘The Rogue Legends Series - Chapter 5: Saxon / 8K.’
Documentary.

Todd, Jan, **Heffernan, Conor**, et al., ‘The Rogue Legends Series - Chapter 6: Todd / 8K.’
Documentary (Forthcoming).

Owner & Content Writer, *Physical Culture Study*, www.physicalculturestudy.com

Content Writer/‘Barbend Expert’, *Barbend*, www.barbend.com

Occasional Contributor, *Playing Pasts*, www.playingpasts.co.uk

Podcast Host/Contributor, *Sport in History*, *Barbend*, *Constant Wonder*, *No Lift Powerlifting*.

PEER REVIEWED WORK

FORTHCOMING ARTICLES/CHAPTERS (ACCEPTED)

Murtha, Ryan, **Heffernan Conor**, Hunt, Thomas, ‘Building American Supermen? Bernarr MacFadden, Benito Mussolini and American Fascism in the 1930s,’ in progress for *Sport in Society*.

Heffernan, Conor, ‘The Lift Seen Around the World: Hafþór Björnsson and Legitimacy in Strongman,’ in progress for *“Time Out”: Sport and the Corona Lockdown* edited collection.

Chipman, Phillip, Cooke, Nevada, **Heffernan, Conor**, ‘Combating War? Joe Weider, Bodybuilding, and the Korean War,’ in progress for *Duelism and Sport* edited collection.

Heffernan, Conor, ‘Miracle Foods and Definition Diets: American Bodybuilding and the Promise of Supplements,’ in progress for *Food and History*.

Heffernan, Conor, ‘Physical Culture for the Masses: Physical Culture, Radio and the State in 1930s Ireland’, in progress for Francois Cleophas (ed.), *Physical culture beyond empire*.

Murtha, Ryan and **Heffernan, Conor**, ‘Definition Diets and Deteriorating Masculinity? Bodybuilding Diets in Mid-Century America’, in progress for *Global Food History*.

Heffernan, Conor, ‘Desirable Bodies and Eugen Sandow’s Curative Institute in Edwardian England’, in progress for *Social History of Medicine*.

Heffernan, Conor, ‘Physical Culture and the Denial of Fat in fin de siècle America’, in progress for *Fat and the Body in the Long Nineteenth Century* edited collection.

Heffernan, Conor, ‘Physical Culture Supplements in Early Twentieth Century Britain’, in progress for *Substance Use and Abuse* Edited Collection.

Heffernan, Conor, ‘Superfood or Superficial? Plasmon and the Birth of the Supplement Industry’, in progress for *Journal of Sport History*.

Heffernan, Conor, ‘The Apocalypse Workout: Health, Identity and Zombies’, in progress for *Theorizing Zombiism*, Collected Edition.

Heffernan, Conor, ‘Health and Wellness (21st Century)’, in progress for *Atlas of Irish Sport*.

Heffernan, Conor, ‘Gymnastics in Ireland (1850 – 1918)’, in progress for *Atlas of Irish Sport*.

Heffernan, Conor, ‘Hearts and Muscles: Emotional Communities and Physical Culture Magazines in the Fin de Siècle Ireland,’ in progress for *Gender and History*.

Heffernan, Conor, ‘Bringing Bodies Back: Physical Culture and the Possibilities of a Lived History’, in progress for *Rethinking History*.

FORTHCOMING ARTICLES/CHAPTERS (UNDER REVIEW)

Heffernan, Conor, ‘Richard K. Fox, the National Police Gazette and Ireland’s Sporting Memory,’ in progress for *Immigrants and Minorities*.

Heffernan, Conor and Joseph Taylor, ‘A League is Born: The League of Ireland’s Inaugural Season 1921-1922,’ in progress for *Soccer and Society*.

Heffernan, Conor, ‘Irish Gymnasts on Tour: The Women’s League and Women’s Exercise in 1940s Ireland,’ in progress for *Studies in Arts and Humanities*.

Parent, Mike, **Heffernan, Conor**, Woznicki, Nathaniel et al., ‘Competition or Community? The Backstage Experience at Bodybuilding Competitions,’ in progress for *Psychology of Men & Masculinities*.

Hurley, Alec and **Heffernan, Conor**, ‘Wisdom from the Wickets: Cricket Virtues and Colonial Governance in Lord Harris’ Bombay,’ in progress for *Sport in History*.

Heffernan, Conor, “A Strong Woman’s Troubles’: Victorina and the Strong Woman in Victorian Britain,” in progress for *Women’s History Review*.

Ramachandran, Aishwarya and **Heffernan, Conor**, ‘An Alternative Global Modernity?: K.V. Iyer and Hybrid Physical Culture System in 1930s India,’ in progress for *Sport History Review*.

Heffernan, Conor, ‘What Demobilised Men Want. Physical Culture and Post-War British Masculinity’ in progress for *Journal of War & Culture Studies*.

Heffernan, Conor, ‘Oh, Oh Rodeo!!’: American Cowboys and Post-Independence Ireland,’ in progress for *Irish Economic and Social History*.

Heffernan, Conor, ‘Building Husky Men: Strenuous Masculinity in Post-Depression America,’ in progress for *European Journal for American Culture*.

PUBLISHED ARTICLES [PEER REVIEWED]

Heffernan, Conor, ‘He Ate and Pumped’: The Rise and Fall of D.L. Dowd, America’s Forgotten Fitness Entrepreneur, *Journal of Sport History*, 47, no. 2 (2020), 143-160.

Heffernan, Conor, “The Iron Rusted and Decayed in our Clubs’: The Failure of Weightlifting in Early Twentieth Century Ireland’, *Sport in History* (2020), 1-22.

Heffernan, Conor, ‘English Swingers: Indian Clubs and Masculine Performance in Victorian England’, *European Studies in Sports History*, 12 (2020), 1-22.

Heffernan, Conor and Curran, Conor, ‘Much Ado About Nothing? Physical Education in Ireland, 1800-1920’, *Sporting Traditions*, 37 (2020), 1-22.

Heffernan, Conor, ‘Marching Forwards or Backwards? Physical Education and the Army in Early Twentieth-Century Ireland’, *Sport in Society* (2020), 1-19.

Heffernan, Conor, “Physical Culture, the Royal Irish Constabulary and Police Masculinities in Ireland, 1900–14.” *Irish Historical Studies* 43, no. 164 (2019), 237–51.

Ramachandran, Aishwarya, and **Conor Heffernan**. "A Distinctly Indian Body? KV Iyer and Physical Culture in 1930s India." *The International Journal of the History of Sport* 36.12 (2019), 1053-1075.

Heffernan, Conor, "Soldiers, Sokol, and Symbolism: Forging a National Identity in 1930s Ireland," *Éire-Ireland* 54:3&4 (Fall/Winter 2019), 37-60.

Heffernan, Conor, 'Taking Muscles Seriously: Physical Culture in Ireland, 1898 – 1939', *Irish Archives* (2019), 1-12.

Heffernan, Conor, 'An Irish Race Convention? Body Politics and the 1924 Tailteann Games,' *Irish Economic and Social History* 46.1 (2019), 46-65.

Heffernan, Conor, 'Physical culture and Irish modernity, 1893 to 1918,' *Leisure/Loisir* 43, no. 2 (2019), 159-184.

Heffernan, Conor, 'The Irish Sandow School: Physical Culture Competitions in Fin de Siècle Ireland', *Irish Studies Review*, 27, no. 3 (2019), 402-421.

Heffernan, Conor, 'Born swinging': Tom Burrows and the forgotten art of endurance club swinging,' *Sport in History* 39, no. 1 (2019): 45-73.

Heffernan, Conor, 'Fitness and fun that's not just for mum: the Women's League of Health and Beauty in 1930s Ireland,' *Women's History Review* 28.7 (2019), 1017-1038.

Callan, Mike, **Conor Heffernan**, and Amanda Spenn. "Women's Jūjutsu and Judo in the Early Twentieth-Century: The Cases of Phoebe Roberts, Edith Garrud, and Sarah Mayer." *The International Journal of the History of Sport* 35, no. 6 (2018), 530-553.

Heffernan, Conor, 'Biology and the beast? The white man's quest for physical dominance in early twentieth-century America,' *Sport in History* 38.4 (2018): 427-456.

Heffernan, Conor, 'Strength Peddlers: Eddie O'Callaghan and the selling of Irish strength.' *Sport in History* 38.1 (2018), 23-45.

Heffernan, Conor, 'What's Wrong with a Little Swinging? Indian Clubs as a Tool of Suppression and Rebellion in Post-Rebellion India,' *The International Journal of the History of Sport* 34.7-8 (2017): 554-577.

Heffernan, Conor, 'Indian club swinging in the early Victorian period,' *Sport in History* 37.1 (2017): 95-120.

Heffernan, Conor, 'In Zaire, we do not consider sport as a mere amusement': Mobutu, sport and Zairian identity, 1965-74, *Sporting Traditions*, 31 (2014), 1-15.

BOOK CHAPTERS, [PEER REVIEWED]

Heffernan Conor, ‘Muscle Building and Society Bending: The Slow Birth of Irish Bodybuilding’, *Playing Pasts*, ed. Dave Day (Manchester: MMU Press, 2020).

Heffernan Conor, ‘A Different Breed? Animal History for the Sporting Historian’, *Sporting Cultures: Global Perspectives*, eds. Nick Piercy and Samantha Oldfield (Manchester: MMU Press, 2019).

BOOK REVIEWS

Heffernan, Conor, ‘Higher and Colder: A History of Extreme Physiology and Exploration by Vanessa Heggie’, *The International Journal of the History of Sport* (2020) (invited book review).

Heffernan, Conor, ‘Sport in the African World ed. by John Nauright and Mahfoud Amara’, *Journal of Sport History*, 46, no. 9 (2019), 428-429 (invited book review).

Heffernan, Conor, ‘Edward Thring's Theory, Practice and Legacy: Physical Education in Britain since 1800 by Malcolm Tozer’, *History of Education* (invited book review).

Heffernan Conor, ‘Conor Curran, Irish Soccer Migrants: A Social and Cultural History (Cork, Cork University Press, 2017), pp.,xiii+450, £35–00 (hardback). ISBN: 978-178205-216-6.’, *International Journal for the History of Sport* (Invited Book Review)

Heffernan, Conor, ‘The Temple of Perfection: A History of the Gym by Eric Chaline’, *Sport in History*, (2018): 1-3. (Invited Book Review)

Heffernan, Conor, ‘The Ideal of Manliness: The Legacy of Thring’s Uppingham, by Malcolm Tozer’, *Sport in History*, (2018): 1-3. (Invited Book Review)

Heffernan Conor, ‘Why the Pain, What’s the Gain? by Daniel Kunitz’, *Sport in History*, (2018): 1-3. (Invited Book Review)

Heffernan, Conor, ‘Embodied Nation: Sport, Masculinity, and the Making of Modern Laos, by Simon Creak’, *The International Journal of the History of Sport*, (2017): 288-290. (Invited Book Review)

TEACHING

Assistant Professor, Kinesiology/History University of Texas at Austin

KIN352K The History of Physical Culture (Instructor Rating 5/5)
KIN349K The History of Sport and Physical Activity (Instructor Rating 5/5)
KIN395 Power, Physical Culture and the British Empire (Reviews Forthcoming)
KIN395 The History of Sport Nutrition (Spring 2021)
KIN395 The History of Physical Culture and Alternative Medicine (Fall 2021)
KIN395 Physical Cultures of the Body: Race, History and Ideas on Body Perfection
(Spring 2022)

Teaching Assistant, History University College Dublin

From Union to Bailout

The Spanish Civil War

The French Revolution

Writing Centre Member University College Dublin

HONORS, AWARDS AND GRANTS

Faculty Travels Grant, University of Texas: 2019

Winner of 2019 North American Society for Sport History Graduate Student Essay Prize.

Winner 2019, UCD Teaching and Learning Award as member of UCD Writing Centre.

Winner of 2017 British Society for Sports History - Richard Cox Postgraduate Prize for Graduate Writing.

2017 Winner, Best Article Award - The International Journal of the History of Sport

Runner up in 2017 European Committee for Sport History Postgraduate Writing

Competition.

Winner Lord Edward FitzGerald Memorial Fund (Research Grant): 2018

Winner, The North American Society for Sport History Dissertation Research Grant: 2018

The North American Society for Sport History Roberta Park Travel Award: 2019, 2018, 2017

Irish Research Council Government of Ireland Scholarship (Tuition and Living Stipend):
2016-2019

Universities Ireland Postgraduate Bursary (Tuition and Research Expenses): 2016

Sir John Plumb Charitable Trust (Tuition and Research Expenses): 2016

Darwin College Cambridge Research Grants (Travel Expenses): 2016

OSA Summer Scholarship (Travel Expenses): 2014.

INVITED PRESENTATIONS

‘The Irish and the Shaping of American Sport,’ SUNY Cortland, September 25, 2020.

‘Physical Culture in Britain and Beyond,’ Stellenbosch University, September 22, 2020.

‘Desirable Bodies and Eugen Sandow’s Curative Institute in Edwardian England,’ History of Philosophy and Science, University of Texas, at Austin, Austin, February 21, 2020.

‘Muscle Building and Society Bending: The Slow Birth of Irish Bodybuilding,’ UCD History Society, University College Dublin, March 4, 2019.

‘Understanding the Troubles’, UCD/NUin Freshman Programme, October 08 2018.

‘English Swingers: Indian Clubs in Victorian England’, University of Texas, Physical Culture Class, September 27 2018.

‘Physical Culture in Ireland’, Bright Club Dublin, Dublin, Ireland July 24 2018.

‘Physical Culture in Ireland’, PubPhD Dublin, Dublin Ireland, May 2 2018.

‘The GAA in Ireland’, for IRST30150 Ireland Uncovered, March 12 2018.

‘Social Change in Twentieth-Century Ireland’, for IRST30150 Ireland Uncovered, November 12 2017.

‘Old School Health Behaviours’, TedX Tallaght, Dublin Ireland, October 12 2017.

CONFERENCE PRESENTATIONS

‘The Iron Rusted and Decayed: The Failure of Weightlifting in Ireland,’ ISHPES Zoom Conference, August 23, 2020.

‘Eugenics and Exercise in Interwar Ireland,’ Cambridge Food and Body Studies Ideal Body Conference, July 30, 2020.

‘When Kayfabe Goes Wrong: Big Daddy and various truths in British wrestling’, Professional Wrestling Studies Association, Zoom Conference, April 4, 2020.

‘Heroes, Hulks and Hawaiians: The Multiple Lives of Athletes,’ North American Society of Sport History, Chicago, May 22-25, 2020 (Cancelled).

‘Masculinity, Muscles and Motivation: Bodybuilding after the Great Depression,’ Popular Culture Association, Philadelphia, April 12-19, 2020 (Cancelled).

‘Physical Culture and Cross Border Cohesion in 1940s Ireland,’ *American Conference for Irish Studies*, Houston, April 1-5, 2020 (Cancelled)

‘Desirable Bodies and Eugen Sandow’s Curative Institute in Edwardian England,’ International Health Humanities Consortium, Vanderbilt University, Nashville, March 26-28, 2020 (Cancelled).

‘Kathleen O’Rourke and Women’s Exercise in Catholic Ireland’, *The Global Conference on Women and Gender*, Dundalk, Christopher Newport University, VA, March 19-21, 2020 (Cancelled)

‘Irish Gymnasts on Tour,’ Sidelines, Tramlines: Women in Irish Sport, *Dundalk County Museum*, Dundalk, Ireland, February 28, 2020.

‘Building the Perfect Man? Scientific Progress, Physical Culture and Personal Health in the Early Twentieth Century’, *British Society for the History of Science*, February 12, 2020.

‘Using the Stark Center for Research’, *Stark Center Anniversary*, University of Texas, Austin, Texas, October 25, 2019.

‘The Apocalypse Workout: Health, Identity and Zombies’, *Theorizing Zombiism*, University College Dublin, Dublin, Ireland, July 27, 2019.

‘Free From British Influence: Sokol and Army Physical Training in 1930s Ireland’, *The Percy French Festival*, Roscommon Ireland, July 12, 2019.

‘Superfood or Superficial? Plasmon and the Birth of the Supplement Industry’, *North American Society of Sport History*, Boise, Idaho, May 27, 2019.

‘Docile Bodies or Active Agents? Physical Culture in *fin de siècle* Ireland’, *Talking Bodies*, Chester, England, April 12, 2019.

‘Marching Forwards or Backwards? Physical Education and the Army in Early Twentieth-Century Ireland’, *Irish History Students Association 2019*, Mary Immaculate College, Limerick, March 02, 2019.

‘Physical Culture and the Birth of Ireland’s New Man’, *New Directions in Irish History*, Teesside University, Middlesbrough, February 23, 2019.

‘Muscle Building and Society Bending: The Slow Birth of Irish Bodybuilding’, *Playing Pasts Forum*, Manchester, United Britain, February 9, 2019.

‘Two Roads Diverge: Physical Education and Partition in 1920s Ireland’, *Economic and Social History Society of Ireland*, Belfast, Ireland, December 1 2018.

‘The Irish Sandow School: Physical Culture in *Fin de Siècle* Ireland’, Cambridge Gender and Sexuality History Workshop, November 13 2018.

‘All Changed, Changed Utterly? Fashioning the Body in Post-Independence Ireland’, Deeds Not Words National Museum Conference, November 3 2018.

‘Building the Body Beautiful: Ireland, Physical Culture and *Fin de Siècle* Muscle Building’, Cambridge Body and Food History Workshop, October 30 2018.

‘Fitness and Fun That’s Not Just for Mum: The Women’s League of Health and Beauty in 1930s Ireland’, *North American Society for Sport History*, Winnipeg, Canada, May 24 2018.

‘More Sinned Against than Sinning? Building the Body Beautiful in 1930s Ireland’, *Irish Conference of Historians*. Cork, Ireland, April 27 2018.

‘Hidden Voices: The Women’s League of Health and Beauty in 1930s Ireland Hidden Voices: The Women’s League of Health and Beauty in 1930s Ireland’, *UCD Graduate Symposium*, Dublin, Ireland, April 14, 2018.

‘Body Work, Empowerment and the Female Form: The Case of Irish Physical Culture’, *European Social Science History Conference*, Belfast, Northern Ireland, April 4 2018.

‘Physical Culture and The Absent Body in Historical Writing’, *Irish History Students Association*, Derry, Northern Ireland, February 24 2018.

‘Tracing Ireland’s Early Physical Culture Movement’, *Universities Ireland Decade of Remembrance Conference*, Dublin, Ireland, November 18 2017.

‘Truly Muscular Gaels: Physical Culture and Irish Modernity’, *Economic and Social History Society of Ireland*, Dublin, Ireland, November 16 2017.

‘Marshalling Change in the Fleishy Body: Physical Culture in 1900s Ireland’, *History of Technology, Science and Medicine Conference*, Dublin, Ireland, October 13 2017.

‘From Bloom to Battle: Physical Culture in Early Twentieth Century Ireland’, *Dublin Festival of History*, Dublin, Ireland, September 30 2017.

‘Between a Rock and a Hard Place: The History of Irish Stone Lifting’, *Sport History Ireland*, Belfast, Northern Ireland, September 22 2017.

‘Selling Strength or Selling Dreams: Eddie O’Callaghan in Ireland’, *British Society of Sports History*, Worcester, England, September 2 2017.

‘Ireland’s Separate Spheres? Re-evaluating Female Physical Culture in the Digital Age’, *Digital Women’s History Conference*, Maynooth, Ireland, July 7, 2017.

‘Fitness and Fun That’s Not Just for Mum: The Women’s League of Health and Beauty in 1930s Ireland’, *Women’s Voices Conference*, Cork, Ireland, June 10 2017.

‘From Bloom to Battle: Tracing Ireland’s Physical Culture Movement’, *North American Society for Sport History*, Fullerton, United States of America, May 26, 2017.

‘Sport and Politics in Mobutu’s Zaire’, *British Society of Sports History Regional Conference*, London, England, May 22 2017.

‘Physical Culture in Early Twentieth-Century Ireland’, *MMU International Sport and Leisure History Colloquium*, Manchester, England, March 3 2017.

‘Physical Culture in Ireland, 1893-1916’, *Irish History Students Association*, Dublin, Ireland, February 24 2017.

‘Taking Muscles Seriously: Physical Culture in Ireland 1898 to 1939’, *Irish Society for Archives*, Dublin, Ireland, February 7 2017.

‘Taking Muscles Seriously: Physical Culture in Ireland 1898 to 1939’, *Centre for the History of Medicine, University College Dublin*, Dublin, Ireland, November 7 2016.

‘Indian Clubs in Victorian England’, *European Committee for Sport History*, Leicester, England, September 6 2016.

‘English Swingers: Indian Clubs in Victorian England’, *British Society of Sports History*, Edinburgh, Scotland, September 2 2016.

‘Indian Clubs: A Uniquely English Exercise?’, *British History Workshop, University of Cambridge*, Cambridge, England, April 18 2016.

‘Indian Clubs and Victorian Gender’, *Graduate Day, University of Cambridge*, Cambridge, England, February 5 2016.

‘“Hey Skinny, Your Ribs Are Showing”’: Charles Atlas and Constructing American Masculinity’, *British Sociological Association*, Glasgow, Scotland, June 13 2014.

‘In Zaire, we do not consider sport as a mere amusement, but as a socio-cultural political phenomenon’, *Sport History Ireland*, Dublin, Ireland, September 20 2014.

‘Mobutu, Sport and Politics in Zaire’, *British Society of Sports History*, Leeds, England, September 5 2014.

ADMINISTRATIVE AND UNIVERSITY SERVICE (SELECTED)

McCraw Lecture Series Organiser

Member, Merit and Pay Committee

Member, Dell Medical School Medical Humanities Masters Group

Junior Fellow, British Studies

Member, Teaching Evaluation Committee

H.J. Lucher Stark Center for Sport and Physical Culture, Content Editor and Writer

Member, Exercise Physiology Hiring Committee

Member, Graduate Studies Committee

Member, Physical Culture and Sport Management Committee

RECENT TEACHING ACTIVITIES

Masters (5 in progress) and Ph.D. Supervision (1 in progress)

Graduate Dissertation Committee

Peer Mentor (External)

Plan II, Second Advisor

Created Two New Graduate Courses