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Dr. Paddon-Jones is the Sheridan Lorenz Distinguished Professor in Aging and Health in the Department of Nutrition and Metabolism at the University of Texas Medical Branch. He is a Fellow of the American College of Sports Medicine and senior fellow of the Sealy Center on Aging.

He has undergraduate degrees from the University of Queensland, a master's degree in Exercise Physiology from Ball State University, a PhD from the University of Queensland and completed a postdoctoral fellowship in Metabolism in the Shriners Burns Hospital in Galveston, Texas.

Research in the Paddon-Jones Lab is supported by NIH, NASA and industry grants and focuses on the regulation of muscle mass and function in healthy and clinical populations. Recent studies have included: dietary protein distribution, the effects of physical inactivity in middle-aged and older adults and leucine metabolism.