Chris Tijs was born on August 18, 1985 in Deventer, The Netherlands. In 2010, he obtained a M.Sc. in Human Movement Sciences at the University of Groningen with a specialization in motor recovery and rehabilitation. In April 2011, he moved to Amsterdam to work as a Ph.D. candidate at the Faculty of Human Movement Sciences of the Vrije Universiteit Amsterdam under supervision of dr. Huub Maas and prof. dr. Jaap H. van Dieën. This project was funded by the Netherlands Organization for Scientific Research (NWO), and was aimed on evaluating the magnitude of mechanical interactions between muscles within physiological muscle lengths and relative positions, which is described in this doctoral thesis.

From February 2016 he will work as a post-doctoral fellow in the lab of Lyman professor of Biology Andrew A. Biewener at the Department of Organismic and Evolutionary Biology of Harvard University in Cambridge, USA.