

## Program Faculty

Susan Barr	Kathie Beals	Steve Blair
Barry Braun	Liz Broad	Nick Broad
Louise Burke	Sam Cheuvront	Michelle Cort
Greg Cox	Siobhan Crawshay	Vicki Deakin
Hannah Every-Hall	Jennifer Gibson	Mike Gleeson
Paul Greenhaff	John Hawley	Peter Hespel
Will Hopkins	Linda Houtkooper	Nikki Jeacocke
Asker Jeukendrup	Andrew Jones	Enette Larson
Jason WK Lee	Anne Loucks	Hank Lukaski
Melinda Manore	Dave Martin	Victor Matsudo
Ron Maughan	Nanna Meyer	Joe Millward
Chris Mohr	Scott Montain	Helen O'Connor
Susie Parker-Simmons	Stuart Phillips	Scott Powers
Craig Sale	Greg Shaw	Susan Shirreffs
Gary Slater	Lawrence Spriet	Trent Stellingwerff
Emma Stevenson	Arthur Stewart	Jorunn Sundgot-Borgen
Kevin Tipton	Luc van Loon	

### Dr Susan Barr

#### University of British Columbia, USA

Dr. Susan Barr is a Professor and Graduate Advisor for the Human Nutrition program at the University of British Columbia in Vancouver, Canada. She is a Fellow of the Dietitians of Canada and of the American College of Sports Medicine, and has received awards for teaching, research, and service.

Susan's research interests focus on interrelationships among nutrition, physical activity and women's health, with a particular emphasis on bone health. She has published over 100 articles in peer-reviewed journals and has over 100 other publications (published abstracts, book chapters, articles in newsletters, etc.). She is currently an editorial board member of the *International Journal of Sport Nutrition and Exercise Metabolism*, *Nutrition Today*, and the *ACSM's Health and Fitness Journal*. She is also active in many scientific and professional organizations.

Susan is an avid recreational athlete who particularly enjoys long-distance cycling. Highlights includes a trip through the Rockies from the Mexico-Texas border to Calgary, and trips in the French and Swiss Alps, climbing many of the mountain stages of the Tour de France.

### Dr Katherine A. Beals

#### University of Utah, USA

Katherine A. Beals, PhD, RD, FACSM is the Nutrition Clinic Director and an Associate Professor (clinical) in the Division of Nutrition and Department of Family and Preventive Medicine at the University of Utah. Prior to the University of Utah, she held an academic appointment as an Associate Professor in the Department of Family and Consumer Sciences at Ball State University in Muncie, IN. In addition to her academic work, Dr Beals provides scientific counsel in the area of nutrition to a number of commodity boards including the US Potato Board, The National Honey Board, The California Tree Fruit Agreement, and The Mango Board. She holds a PhD in Exercise Science and Physical Education from Arizona State University, is a Registered Dietitian, and a fellow of the American College of Sports Medicine. She has published over a dozen articles on disordered eating and the female athlete triad and recently published a book entitled "Disordered Eating Among Athletes". Dr Beals is a competitive triathlete and, in her spare time, rescues and rehabilitates abused and abandoned dogs.

### Prof Steve Blair

#### University of South Carolina, USA

Professor Steven Blair is a fellow in the American College of Epidemiology, Society for Behavioral Medicine, American College of Sports Medicine, American Heart Association, and American Academy of Kinesiology

and Physical Education; and was elected to membership in the American Epidemiological Society. He is a past-president of the National Coalition for Promoting Physical Activity and the American Academy of Kinesiology and Physical Education. He has received awards from many professional associations, including a MERIT Award from the National Institutes of Health, ACSM Honor Award, Robert Levy Lecture Award from the American Heart Association, and is one of the few persons outside the U.S. Public Health Service to be awarded the Surgeon General's Medallion. He has delivered lectures to medical, scientific, and lay groups in 48 US states and 30 countries. His research focuses on the associations between lifestyle and health, with a specific emphasis on exercise, physical fitness, body composition, and chronic disease. He has published over 360 papers and chapters in the scientific literature, and was the senior scientific editor for the *U.S. Surgeon General's Report on Physical Activity and Health*. He also is the author, editor or co-editor of several books, including *Fitness After 50*, *Active Living Every Day*, and *Physical Activity and Health*.

**Dr Barry Braun, BS, PhD**

**University of Massachusetts, Amherst, USA**

Barry Braun received his Ph.D. in Nutrition from the University of California, Berkeley. He is currently Associate Professor of Kinesiology and Director of the Energy Metabolism Laboratory at the University of Massachusetts Amherst in the USA. He has received several awards for outstanding undergraduate teaching including a Lilly Teaching Fellowship. His research program is focused on the mechanisms by which exercise and energy balance oppose insulin resistance and delay or prevent development of Type 2 diabetes in humans. Dr. Braun has published over 50 peer-reviewed research articles in journals such as *American Journal of Physiology*, *Journal of Applied Physiology* and *Journal of Clinical Endocrinology and Metabolism*. He is a Fellow of the American College of Sports Medicine and is past chairperson of their Nutrition Interest Group. Dr. Braun also serves as an Assistant Editor for *Exercise and Sport Science Reviews*.

**Dr Liz Broad, PhD**

**US Olympic Committee, USA**

Liz is currently a Senior Sports Dietitian for the US Olympic Committee, at Chula Vista in California, where she provides nutrition services for the US Paralympic programs. She began her 25 year sports nutrition career in the 1990s with 4 years at the AIS before spending 5 years in Scotland undertaking sports nutrition activities while completing her doctoral studies in carnitine supplementation. When she returned to Australia, Liz based her practice in Queensland with a wide caseload including Queensland Rugby Union, Queensland Roar football (soccer), Queensland Academy of Sport gymnastics, AIS sprint kayaking, and the National Equestrian squads. She has traveled extensively with teams domestically and internationally as both a sports dietitian and also as team manager. She attended the Beijing Olympic Games as sports science coordinator and dietitian for the Australian canoeing team. These experiences have given her an extensive understanding of the complexities of feeding athletes while traveling, and of managing within the food culture of different countries. Liz has a special interest in athletes with disabilities, having completed a masters degree in this area. Her return to the Australian Institute of Sport in 2009 as the Manager of Clinical Services within the Sports Nutrition team encompassed a position as Nutrition Lead for the Australian Paralympic Committee from 2010-2012 and attendance as team dietitian at the 2012 London Paralympic Games. The current lecture was prepared during Liz's period of work at the AIS.

**Mr Nick Broad, BSc, MSc**

Nick Broad was a full-time sports nutritionist, who completed a Masters degree in Sports Nutrition from the University of Aberdeen under the tutorship of Professor Ron Maughan. At the time of the preparation of the lecture in this module, he worked as the sports nutritionist for Chelsea Football Club in the English Premier League, and later moved to French Football team, Paris Saint Germain. Nick was undertaking an updated lecture for the IOC Diploma when he was tragically killed on January 17 2013.

**Professor Louise M Burke, PhD, APD, FACSM**

**Australian Institute of Sport, Australia**

Professor Louise Burke has been head of Department of Sports Nutrition at the Australian Institute of Sport since 1990. She is a dietitian with 25 years experience in the education and counselling of elite athletes. She

holds an Honorary Chair in Sports Nutrition, at Deakin University in Melbourne for contribution to research and post-graduate and undergraduate units in Sports Nutrition. Her role as the dietitian for the Australian Swimming Team over the past 16 years has provided extensive overseas experience with the organisation of team travel and dietary concerns of the travelling athlete. She was appointed Australian Olympic Dietitian for 1996 Atlanta Olympic Games, 2000 Sydney Olympic Games and 2004 Athens Olympic Games. Louise's publications include over 60 research papers in peer-reviewed journals, 30 book chapters, and the authorship or editorship of several textbooks on sports nutrition. She is on the editorial board of International Journal of Sport Nutrition and Exercise Metabolism, and Medicine and Science in Sports and Exercise. Her research interests include sports supplements and ergogenic aids, post-exercise recovery of muscle glycogen, carbohydrate intake before and during exercise, fat adaptation strategies for athletes, and fluid intake during training and competition. Louise is a Fellow of the American College of Sports Medicine and Sports Dietitians Australia and is a member of the Working Group on Nutrition of the International Olympic Committee, and the Medical and Anti-Doping Commission of the International Association of Athletic Federations.

**Dr Sam Cheuvront**  
**USARIEM, USA**

Samuel N. Cheuvront, PhD, RD, is a Research Physiologist in the Thermal and Mountain Medicine Division at the U.S. Army Research Institute of Environmental Medicine (USARIEM), Natick, MA. His research includes the broad study of nutritional and environmental factors influencing human work performance. Specific aspects of his research include the study of human fluid needs, hydration assessment, heat stress mitigation, thermoregulation, ergogenic aids, and physiological modeling. Over the past 10 years he has published more than 80 peer-reviewed papers and book chapters on these topics. Dr. Cheuvront is a long-time member and Fellow of the American College of Sports Medicine (ACSM). He is also a member of the American Physiological Society (APS), and he is actively involved in regional chapters and interests groups within both ACSM and APS.

**Ms Michelle Cort**  
**Australian Institute of Sport, Australia**

Michelle is a sports dietitian who has been a member of the Department of Sports Nutrition at the Australian Institute of Sport since 2003, and is now the Sydney based provider to AIS sports. She has worked with a variety of AIS programs including rowing and athletics, and is presently working with AIS and national teams including tennis, sailing, Australian Football and softball. Michelle has been the nutrition consultant to the Sydney Swans AFL Club for several years. Her move to Sydney has also allowed her to take up consulting roles to other teams in professional football codes. Her research interests at the AIS have been in the area of ergogenic aids.

**Mr Greg Cox**  
**Australian Institute of Sport, Australia**

Greg has been part of the Sports Nutrition department at the Australian Institute of Sport in Canberra since 1998, having completed the AIS Berrivale Sports Nutrition Fellowship in 1995. He has a background in exercise physiology and nutrition, a perfect combination to deliver state-of-the-art nutrition programs to several AIS sports including triathlon, women's water polo and boxing. His research interests include nutrition strategies to enhance endurance exercise performance, ergogenic aids and fluid needs in sport. He has contributed to numerous sports nutrition resources, including the best-selling books *Survival for the Fittest* and *Survival from the Fittest*. Greg has a background in surf life saving and triathlon and is currently completing his PhD in nutrition-related issues for endurance athletes.

**Dr Vicki Deakin**  
**University of Canberra**

Vicki is a Senior Lecturer at the University of Canberra and convenes the undergraduate course in Human Nutrition and post graduate course in Sports Nutrition and Dietetics. She is a member of the Population Health Research team at the GADI Research Centre and Sports Dietitian with the ACT Academy of Sport in

Canberra. Her involvement with elite athletes dates back to her initiation of the nutrition services at the Australian Institute of Sport in 1985. She is passionate about enhancing professional education opportunities in sports nutrition for coaches and has developed a distance course for the Australian Coaching Council to facilitate this process. Her research interests include iron deficiency, dietary survey methods, and determining barriers and facilitators that affect food choice and physical activity behaviours in different population groups.

**Mrs Hannah Every-Hall,  
Australian Institute of Sport, Australia**

Hannah Every-Hall is a dual world champion lightweight rower (1999 and 2002) who in 2010 returned to the sport after a 6 year 'retirement' during which time she started a family (two young boys). During the 2010 season Hannah successfully returned to lightweight category only 18 months following the birth of her second son. She was successful in winning 3 Australian National Titles, Gold at the 2010 World Rowing Cup and 4th at the 2010 World Titles. Hannah is also a qualified dietitian (APD) and member of Sports Dietitians of Australia. Prior to her comeback to full time rowing, Hannah successfully practiced on the Sunshine Coast of Australia with a major focus on sports nutrition and also promoting healthy body image. Hannah currently combines rowing with working part time with the Australian Institute of Sport's Nutrition team. Hannah is also a level 3 accredited rowing coach and spent several years working as a rowing coach focussing on young female athletes in a school setting and coached medal winning crews at National Championship level.

**Ms Jennifer Gibson  
US Olympic Committee, USA**

Jennifer Gibson is a Canadian Registered Dietitian who works exclusively with high performance athletes and travels worldwide in her profession. Jennifer is currently working as a full time sport dietitian for the United States Olympic Committee (Colorado Springs, Colorado, USA) where she works with acrobat and combat sports. Jennifer has been a nutrition service provider for the Women's Professional Tennis Tour since 2006 and is the lead nutrition advisor for Tennis Canada. In her career thus far, Jennifer has worked with many sport disciplines including: Team Canada Women's Soccer, Canadian Snowboarding Federation, Canadian Alpine Disabled Ski team, Softball Canada, Team BC and the Vancouver Whitecaps Soccer Club. Jennifer completed her undergraduate education in Toronto, Canada at Ryerson University and her dietetic internship with the University Health Network. She is 2007 distinguished graduate of the IOC Diploma in Sport Nutrition. Jennifer's Masters research (University of Victoria) focused on investigating the nutrition and hydration status of junior elite female athletes

**Prof Mike Gleeson, BSc, PhD  
Loughborough University, UK**

Professor Mike Gleeson graduated in Biochemistry from the University of Birmingham and then completed a PhD on the effects of diet and exercise on energy metabolism at the University of Central Lancashire. He then worked as a research fellow at Salford University and a lecturer in veterinary physiology at the University of Edinburgh, before moving to Aberdeen University in 1985. There he teamed up with Ron Maughan and Paul Greenhaff and worked on research projects investigating the effects of dietary manipulation on metabolism and performance in high intensity exercise. In 1987 Mike was appointed senior lecturer in human physiology at Coventry University where he became interested in the effects of exercise on immune function. In 1996 he was appointed as a senior lecturer in the School of Sport and Exercise Sciences at the University of Birmingham and in 1999 he was awarded a personal chair in exercise biochemistry. Mike moved to Loughborough University in October 2002 as the new Professor of Exercise Biochemistry. Over the past 20 years he has published over 150 papers on exercise physiology, biochemistry and immunology and sports nutrition. He is a member of the Physiological Society, Nutrition Society, International Society of Exercise and Immunology, American College of Sports Medicine and the British Association of Sport and Exercise Sciences (BASES) and he is a BASES accredited exercise physiologist. He is also an elected Fellow of the European College of Sport Science. He is a past editor of the Journal of Sports Sciences and is currently editor of Exercise Immunology Review; he is also a member of

the advisory boards of several other journals including the European Journal of Applied Physiology and the Journal of Sports Sciences. He is a keen tennis player, a bit of a cinema buff, and an armchair football fan.

**Prof Paul Greenhaff**

**Nottingham University, UK**

Professor Paul Greenhaff obtained his PhD in Medical Sciences from the University of Aberdeen in 1988, and conducted post-doctoral research in muscle metabolism through 1991, including research with Professor Eric Hultman in Sweden. In 1991 he was appointed to the position of Lecturer on Research in Muscle Metabolism in the Department of Physiology and Pharmacology of the Faculty of Medicine and Health Sciences at the Medical School of the Queen's Medical Centre of the University of Nottingham. He was later promoted to a personal Professorship and is now Director of the Centre for Integrated Systems Biology and Medicine at Nottingham University. He has published extensively on diverse areas of muscle metabolism and was one of the first scientists to publish in the area of creatine supplementation.

**Prof John A Hawley BSc, PhD, FACSM**

**RMIT University, Australia**

John is currently Director of the Exercise Metabolism Research Group and Professor of Exercise Metabolism in the School of Medical Sciences at RMIT University, Melbourne, Australia. He has published over 125 peer-reviewed scientific papers, written over eighty articles for technical journals and has authored numerous chapters for sports medicine/exercise biochemistry texts. He co-authored (with Dr Louise Burke) a book on physiological and nutritional strategies for enhancing athletic performance, and recently edited a volume on the physiology, biochemistry and nutrition of running for the International Olympic Committee's Sports Medicine and Science series. A member of the American Physiological Society, the Australian Sports Medicine Association and the New Zealand Association for Sports Medicine, he became the first New Zealand researcher to be elected as a Fellow of the American College of Sports Medicine in 1994. His laboratory's current research interests include the regulation of carbohydrate and fat metabolism in skeletal muscle during exercise; the interaction of exercise and diet in the regulation of glucose metabolism in skeletal muscle (with special interest in type II diabetes); and the mitogenic and metabolic changes to intense exercise in previously well-trained humans.

**Peter Hespel,**

**KU Leuven, Belgium**

Peter Hespel obtained his Ph.D. degree in exercise physiology at KU Leuven (Belgium) in 1987. In 1988-1989 he was a post-doc at the August Krogh Institute (University of Copenhagen) where he worked on regulation of glucose and glycogen metabolism in skeletal muscles during contractions, under the supervision of Erik Richter. Thereafter he obtained a tenured position in exercise physiology at K.U.Leuven. His teaching responsibilities include courses in exercise physiology and sports nutrition to students in physical education, physiotherapy and sports medicine. His research interests focus on regulation of carbohydrate and fat metabolism during exercise, sports nutrition and nutritional supplements, as well as performance training in elite cyclists. He has published about 130 research papers in peer-reviewed scientific journals in the field of exercise physiology and sports sciences. He was a member of expert panels on sports nutrition in the context of consensus statements by the IOC, FIFA, and IAAF. Peter Hespel also is the director of the Athletic Performance Center at KU Leuven. He is consistently involved in training and nutritional follow-up of elite athletes, primarily elite cyclists and triathletes. He is connected as a scientific consultant to the OmegaPharma-QuickStep protour cycling team, the Belgian Cycling Association, as well as the Belgian Olympic Team.

**Prof Will Hopkins, PhD, FACSM**

**Auckland University of Technology, New Zealand**

Will is professor of exercise science in the Division of Sport and Recreation at AUT University, Auckland NZ. He is a fellow of the American College of Sports Medicine and an associate editor for ACSM's main journal, Medicine and Science in Sports and Exercise. He is also the statistical consultant for that journal. He founded the SportsScience site in 1997 and the SportsScience email list several years before then. His interest

in athletic performance enhancement has led to several projects with research students and colleagues on effects of diet and supplements. Two of his current PhD students are working with top athletes in the area of sport nutrition.

**Prof Linda Houtkooper, PhD, RD, FACSM**  
**University of Arizona, USA**

Professor Houtkooper is the Head of the Department of Nutritional Sciences at the University of Arizona, in Tucson. Her research focuses on the development of the understanding of the interrelationships among dietary intake, body composition, and physical activity on the prevention of osteoporosis and promotion of healthy weight management in women. She has contributed to the field of body composition assessment by developing methods and models for accurate assessment of body composition in children and elite female heptathletes. She has also directed studies that assess the nutritional status of elite track and field athletes. Her other contributions include: studies investigating the effects of school-based nutrition and physical activity curricula delivered through science, health and physical education classes on bone development, energy balance and body weight in elementary school and middle school boys and girls.

**Mrs Nikki Jeacocke**  
**Australian Institute of Sport, Australia**

Nikki is a Sports Dietitian at the Australian Institute of Sport (AIS), responsible for the nutritional support of Men's and Women's Gymnastics, Netball and Women's Football. In addition, Nikki is also the National Nutrition Lead for the Football Federation of Australia (FFA). This role encompasses the co-ordination and implementation of nutrition services for all FFA national teams including the Socceroos and the Matildas. Nikki has also worked with professional football teams including the ACT Brumbies and the Canberra Raiders. Nikki was one of the inaugural graduates of the IOC Diploma in Sports Nutrition program. Her research interests include methods to standardise diets and dietary status prior to exercise testing.

**Professor Asker Jeukendrup, PhD, FACSM**  
**University of Birmingham, UK**

Asker Jeukendrup was born in Roermond in the Netherlands in 1969 and after completing his PhD at Maastricht University he worked as a post doc at the University of Texas followed by a post doc period in Maastricht. In 1998 Asker accepted a post at the School of Sport and Exercise Sciences at the University of Birmingham and became the Director of the Human Performance Lab. Asker Jeukendrup has recently taken on the role of Global Director for the Gatorade Sports Science Institute. Asker has published extensively on the links between nutrition, exercise metabolism and performance using stable isotopic techniques and mass spectrometry. He has also written books on Sport Nutrition and High Performance Cycling, is the Editor of the European Journal of Sport Science and member of the editorial board of Medicine and Science in Sports and Exercise, the International Journal of Sports Medicine and the Journal of Sport Sciences. He was awarded the Otto Wolff von Amerongen prize for his achievements in 2003 and in 2005 he was awarded a Danone Chair in Nutrition at the Free University Brussels in Belgium. Beside this he has worked with many top athletes including track and field athletes of UK Athletics, Chelsea Football Club, and Tour de France cyclists. Asker is also an Ironman triathlete himself.

**Professor Andrew Jones**  
**University of Exeter, UK**

Andrew Jones PhD took up his post as Professor of Applied Physiology at Exeter University in 2005. He leads the 'Bioenergetics and Human Performance' Research Group and is presently the Head of Sport and Health Sciences. Jones is internationally recognized for his research in the following areas: 1) control of, and limitations to, skeletal muscle oxidative metabolism; 2) mechanisms of skeletal muscle fatigue and causes of exercise intolerance in health and disease; 3) respiratory physiology, particularly the kinetics of pulmonary gas exchange and ventilation during and following exercise; and 4) sports performance physiology, particularly in relation to endurance athletics. Recent work, in collaboration with colleagues in the Peninsula College of Medicine and Dentistry, has focused on the role of dietary nitrate in enhancing nitric oxide production and in modulating blood pressure, blood flow, and muscle efficiency and

performance. Prof Jones has authored > 140 original research and review articles and is co-Editor of three books. Jones is a Fellow of the American College of Sports Medicine, the British Association of Sport and Exercise Sciences, and the European College of Sports Sciences, and a professional member of the Physiological Society and the American Physiological Society.

**Dr Enette Larson-Meyer**

**University of Wyoming**

Associate Professor, Human Nutrition and Food Program Area and Adjunct Professor, Division of Kinesiology and Health.

Overall research interests centre on the health and performance of active individuals, particularly women, at all stages of the lifecycle and at all levels of performance - from the casual exerciser to the elite athlete. Particularly interested in whole body and skeletal muscle metabolism, its relationship to nutrient intake, and its influence on both disease prevention and athletic performance.

**Dr Jason KW Lee (BSc, PhD)**

**Singapore**

Jason completed his first degree (Sports and Exercise Science - 1 Class Hons) at Loughborough University, UK. Following the award of G V Sibley Memorial Prize for topping the undergraduate programme, he pursued a PhD in Exercise Physiology under sponsorship from the UK Overseas Research Scholarship and the Faculty Studentship. He is a member of the American College of Sports Medicine, the British Association of Sport and Exercise Science and the Professionals in Nutrition for Exercise and Sport. Jason's work is published in various international peer reviewed journals and he has been invited to speak at several international conferences. His main research interests are in fluid balance, thermoregulation and mitigation strategies to improve human performance in the heat. Capitalising his experience as a Commando Officer in the Singapore Armed Forces, Jason applies his academic knowledge to his current work by working as a Research Scientist for the Defence Medical and Environmental Research Institute, DSO National Laboratories where he leads the Environmental Physiology Group. He provides consultancy to enhance performance of military and sports personnel and lectures for the Department of Physiology at the National University of Singapore.

**Dr Anne B. Loucks, Ph.D.**

**Ohio University, USA**

Anne Loucks is a professor of physiology in the Department of Biological Sciences at Ohio University. She received her doctoral degree in physiology from the Institute of Environmental Stress at the University of California at Santa Barbara, and post-doctoral training in reproductive endocrinology in the Department of Reproductive Medicine at the University of California at San Diego. At UCSB and UCSD, she characterized the endocrine status of female athletes. At OU, she investigates the physiological mechanisms by which diet and exercise can impair reproductive and skeletal health. Dr. Loucks is a co-author of the official position stands of the American College of Sports Medicine and the IOC on the Female Athlete Triad. She frequently speaks to national, foreign and international scientific, medical and sports organizations about the reproductive and skeletal disorders and nutritional needs of female athletes. In 2003, she participated in the IOC consensus conference on *Foods, Nutrition and Sports Performance*. In 2004, she received The Endocrine Society and the Pfizer, Inc. International Award for Excellence in Published Clinical Research. In 2005, she was selected by the U.S. National Institutes of Health to help identify future directions for research on human subjects investigating the regulation of the reproductive system.

**Dr Hank Lukaski**

**University of North Dakota**

Dr. Lukaski is Adjunct Professor, Department of Physical Education, Exercise Science and Wellness at the University of North Dakota, and a consultant to the biomedical industry and the nutrition community. He retired after conducting research and leading research teams at the US Department of Agriculture, Agricultural Research Service Grand Forks Human Nutrition Research Center. He is an international authority in the field of the interaction of diet, emphasizing micronutrients, and physical activity on body

structure and function, and is an international leader in development and validation of methods to assess human body composition. He has published extensively in the peer-reviewed scientific literature with numerous book chapters, and edited many special issues on sports nutrition and body composition. He made hundreds of invited presentations at academic, governmental and policy-making organizations worldwide.

Dr. Lukaski is a member of professional, scientific organizations and a past and current member of editorial boards of international, scientific journals and book publishers that focus on human nutrition and physiology in health and disease. He was elected to Fellowship in the American College of Sports Medicine, the Human Biology Council and the Society of Nutrition for Latin America, and received numerous awards and recognition for leadership and contributions to science and in outreach for minority students and the development of young scientists.

**Dr Melinda Manore BS, PhD, FACSM**

**Oregon State University, USA**

Dr Melinda Manore is chair and professor of the Department of Nutrition and Food Management at Oregon State University (OSU), where she has won numerous awards for excellence in research and teaching in the area of nutrition and exercise. She was previously a nutrition professor at Arizona State University and on the graduate faculty of the Exercise Science and Exercise and Wellness doctoral programs. Her research expertise is in the nutrient and energy balance needs of active people, especially active women across the lifecycle. Dr Manore has a master's degree in health education and community health from the University of Oregon and a doctorate in human nutrition and a minor in exercise physiology from Oregon State University. Dr Manore is a registered dietitian and is a member of the Sports, Cardiovascular and Wellness Nutritionists (SCAN) and Nutrition Research dietetic practice groups of the American Dietetic Association (ADA). She is the current chair of the Research Committee for ADA. Dr Manore is a member of the American Society of Nutritional Sciences, the American Society for Clinical Nutrition, North American Society for the Study of Obesity, and a Fellow of the American College of Sports Medicine (ACSM), where she is active in ACSM committees. In addition, she is a former member of the USA Gymnastics National Health Care Advisory Board and currently a member of Golf Magazine's Fitness Experts and the USA Swimming Performance Team on Nutrition. Dr Manore is an associate editor for ACSM's Health and Fitness Journal and writes the nutrition column for the journal. She is on the editorial boards of Medicine and Science in Sports and Exercise, the International Journal of Sports Nutrition and Exercise Metabolism, Journal of Physical Activity and Health, and the Journal of the American Dietetic Association. She has published widely and is the author of Sports Nutrition for Health and Performance published by Human Kinetics, Nutrition: An Applied Approach by Benjamin Cummings, and an author on the Position Paper on Nutrition and Athletic Performance published by the ACSM, ADA and Dietitians of Canada in 2000.

**Dr David T Martin, B Sci, MSci, PhD, CSCS**

**Australian Institute of Sport, Australia**

David received his B.Sci. degree in Zoology from the College of Idaho, his MSci degree in Exercise Physiology from Northern Michigan University and his Ph.D. in Physiology from the University of Wyoming. For 1.5 years prior to beginning doctoral studies, David worked as a research assistant at the United States Olympic Training Centre in Colorado Springs Colorado. Master's research focused on stability of the "Anaerobic Threshold" training intensity and doctoral research was aimed at better understanding peaking, tapering and overtraining in cyclists. David is currently a senior sports physiologist working within the Department of Physiology at the Australian Institute of Sport in Canberra and is also the sport science coordinator for Cycling Australia.

**Dr Victor Matsudo, MD, PhD**

**CELAFISCS, Sao Paulo, Brasil**

Victor Matsudo qualified with MD and PhD degrees from Santa Casa Medical School in Sao Paulo, Brasil, and is now a Full Professor of Medicine at University Gama Filho. He is President of the Physical Fitness Research Center of São Caetano do Sul (CELAFISCS), and is General Manager of Programa Agita São Paulo. He is a member of the International Consultative Group on Active Living of World Health Organization

(WHO) and a member of Executive Board and Regional Director of the International Council of Sports Sciences and Physical Education ICSSPE/CIEPSS affiliated to UNESCO. He has won numerous international awards, including the International Prize of Sports Medicine in the Olympics (Barcelona,1992), the Philip Noël Baker prize for Sports Medicine (1995) and the International Prize Principe Faisal of the International Federation of Physical Education (1996). He is a member of the Talent Detection Commission of the International Olympic Committee and is also a member of numerous international organizations. He has published extensively in peer-reviewed international Journals and is a Member of Editorial Board of the European Physical Education Review Journal and of numerous Brazilian Journals.

**Professor Ron Maughan BSc, PhD**  
**Loughborough University, UK**

Ron Maughan obtained his BSc (Physiology) and PhD from the University of Aberdeen, and held a lecturing position in Liverpool before returning to Aberdeen where he was based for almost 25 years. He is now Professor of Sport and Exercise Nutrition at Loughborough University, England. His research interests are in the physiology, biochemistry and nutrition of exercise performance, with an interest in both the basic science of exercise and the applied aspects that relate to health and to performance in sport. He has published extensively in the scientific literature, and is on the Editorial Board of several international journals. He is a Fellow of the American College of Sports Medicine (he received that organisation's Citation Award in 2007) and a member of many scientific organisations. He chaired the Human and Exercise Physiology group of the Physiological Society for 10 years and was a member of the Council of that organisation. He is Chair of the Sports Nutrition Working Group established by the IOC Medical Commission in 2002.

**Dr Nanna Meyer, PhD**  
**University of Colorado, USA**

Nanna is a native of Switzerland and former member of the Swiss Alpine Ski Team. She received her Master's degree at Arizona State University and her Doctorate degree at the University of Utah in exercise physiology in 2003. Further, she continued in the Division of Nutrition as a graduate student to fulfil the requirements to become a registered dietitian. She currently works for The Orthopedic Specialty Hospital (TOSH Sport Science) as a research associate and sports dietitian. As part of her work at TOSH Sport Science, she specializes in nutrition for exercise and sport and covers areas of research, education, and community programs. Her research interest is focused on the female athlete. Since 1999, she has been the sports dietitian of US Speed Skating and has worked at both the 2002 Salt Lake City and 2006 Torino Olympics. She is also an adjunct faculty in the Division of Nutrition at the University of Utah. She directs the sports dietetics curriculum and supervises students who specialize in sports dietetics within the Coordinated Master's Program. Nanna is also a visiting faculty at the Institute for Sport Science in Salzburg, Austria, and is a leadership team member of Sports Dietetics-USA.

**D Joe Millward BSc, PhD, DSc**  
**University of Surrey, UK.**

Professor Millward trained as a biochemist, and has taught nutrition and metabolism to under and post graduates at the London School of Hygiene and Tropical Medicine and at The University of Surrey for more than 35 years. His main research interest has been the regulation of protein metabolism in muscle and the whole body, and the metabolic basis and magnitude of protein and amino acid requirements. He is currently Co Chair of FAO/WHO expert consultation on protein requirements. Professor Millward has published more than 200 papers on muscle growth regulation by nutrition, hormones, stretch-induced hypertrophy, and on protein and amino acid requirements in children, adults the elderly and during exercise.

**Dr Christopher R Mohr, PhD, RD, CSSD**  
**MohrAResults, USA**

Dr Mohr is the owner of Mohr AResults, Inc ([www.MohrResults.com](http://www.MohrResults.com)), a nutrition and fitness consulting company to a number of media outlets and corporations including the Discovery Health Channel, Clif Bar,

Nordic Naturals and University of Louisville Athletics. Has appeared on the Montel Williams show as a nutrition expert, is a regular nutrition expert on radio and TV outlets in Louisville, Kentucky and has appeared on CBS, NBC, FOX and ABC affiliates throughout the USA. He was the nutrition consultant for the NY Times Bestselling book "LL Cool J's Platinum Workout" (Rodale Press 2006) and co-authored "Fitness Nutrition for Special Dietary Needs" (Human Kinetics 2007). Dr Mohr is the Sports Nutrition Advisor to *Men's Fitness Magazine* and has written more than 500 articles for consumer publications, newspapers and websites such as *Men's Health*, *Weight Watchers Magazine* and *Fitness Magazine*. Dr Mohr has a Bachelor and Master of Science degree in Nutrition from Penn State university and University of Massachusetts, respectively. He received his PhD in exercise physiology, with a focus on the treatment and prevention of overweight and obesity, from the University of Pittsburgh. He is a registered dietitian (RD) and a board certified specialist in sports dietetics (CSSD).

**Dr Scott Montain**

**USARIEM, USA**

Dr Scott J. Montain, is a Research Physiologist and Deputy Chief in the Military Nutrition Division at the U.S. Army Research Institute of Environmental Medicine (USARIEM), Natick, MA. His research includes the broad study of nutritional and environmental factors influencing human exercise performance. Specific aspects of his work have been the study of fluid needs, thermoregulatory and nutritional demands of military operations, physiological modeling, and interventions to improve Soldier resilience to operational stress. Dr. Montain has authored or coauthored over 130 peer-review journal papers, book chapters or reports on these topics. He is a fellow of the American College of Sports Medicine and a member of the American Physiological Society

**Dr Helen O'Connor BSc Dip ND PhD APD**

**University of Sydney, Australia**

Helen has over 20 years experience as a dietitian, working initially in clinical dietetics then completing her PhD in the area of metabolism and obesity in the Department of Endocrinology at Royal Prince Alfred Hospital (Sydney). Helen now works in the School of Exercise and Sport Science at the University of Sydney where she teaches sports and public health nutrition to exercise and sport science students. Helen is an accrediting practicing Dietitian (APD) and a level 3 anthropometrist with the International Society of Kinanthropometry (ISAK). Helen has extensive experience as a sports dietitian, consulting to elite athletes at the NSW Institute of Sport and coordinating the sports nutrition provider network. She has also worked for over 15 years with professional Rugby League and Australian Rules Football players and in private practice at highly regarded sports medicine clinics in Sydney. Helen was the inaugural president of Sports Dietitians Australia (SDA) and was part of the team reviewing the menu for the 2000 Olympic Games. She also helped to organise a nutrition information kiosk operating in the dining hall at the games. In 2005, Helen was awarded a fellowship with SDA. In addition to scientific papers and book chapters, Helen has published six lay books in sports nutrition.

**Ms Susie Parker-Simmons**

**USOC, Colorado Springs, USA**

Susie Parker-Simmons is an Australian Sports Dietitian who works for the United States Olympic Committee (USOC). There she works within the strength and power sports folio which includes the following sports: track and field, swimming, weightlifting, BMX cycling, alpine skiing and sliding sports. From 2001-2006 Susie worked as the Sports Dietitian and Physiologist for the United States Ski and Snowboard Association (USSA) and assisted in the food service program at the 2002 and 2006 Olympic Games. Since 2002 Susie has been the nutrition advisor for the Women's Tennis Association (WTA). As a consultant she works within the sport science and medicine department which supports the professional women's tennis tour. Prior to 2001, Susie resided in Australia teaching Sports Science and Nutrition at RMIT University, she worked in private practice at Olympic Park Sports Medicine Center and was the sport dietitian for the Collingwood Football Club. Susie has worked at three Olympic Games and five World Championships.

**Dr Stuart Phillips, PhD**

### **McMaster University, Canada**

Stuart Phillips graduated with an honours B.Sc. in biochemistry from McMaster University in 1989, obtained a M.Sc. in Human Nutritional Biochemistry in 1991, also from McMaster University. He then obtained a Ph.D. from the University of Waterloo in Human Physiology in 1995, where he received the University's Outstanding Graduate Thesis Award. He went on to work in Dr. Robert Wolfe's laboratory at the University of Texas Medical Branch in Galveston, Texas. Returning to McMaster University in 1999 he accepted a position as an Assistant Professor in the Department of Kinesiology with a cross-appointment in Medicine. He was subsequently promoted to Associate Professor in 2003. He has received awards from the Canadian Society for Exercise Physiology, being awarded their Graduate Student award in 1996 and their Young Investigator Award in 2003. His research is focused on the impact of nutrition and exercise on human protein turnover, specifically in skeletal muscle. He is also interested in how exercise affects the requirements for protein in humans. His research is funded by the Canadian Institutes for Health Research, the National Science and Engineering Council of Canada, the US National Dairy Council, and the Canadian Foundation for Innovation. Dr. Phillips is a New Investigator award recipient from the Canadian Institutes for Health Research and also a recipient of the Ontario Premier's Research Excellence Award. An enthusiastic and energetic group of graduate students are the true heart of Dr. Phillips' more than 70 publications and continuing enthusiasm for research.

### **Dr Scott Powers BS, PhD, FACSM**

#### **University of Florida at Gainesville, USA**

Dr Scott K. Powers is Director of the Center for Exercise Science at the University of Florida at Gainesville. He received his bachelor's degree in physical education from Carson Newman College, his master's degree in exercise physiology from the University of Georgia, and a doctorate in exercise physiology from the University of Tennessee, before earning a second doctoral degree in physiology from Louisiana State University. He has earned several awards for outstanding teaching. His teaching and research interests have focused on the role of dietary antioxidants in protection of cardiac and skeletal muscle from oxidative injury, cause and prevention of skeletal muscle atrophy. This research work has been funded by grants from the National Institutes of Health, American Heart Association-Florida, and American Lung Association-Florida, and has resulted in more than 100 peer-reviewed scientific papers and he has co-authored four college textbooks for use in exercise physiology and fitness courses. He is a member of the editorial board for the Journal of Applied Physiology, Medicine and Science in Sports and Exercise, International Journal of Sports Medicine, and the International Journal of Sport Nutrition and Exercise Metabolism.

### **Dr Craig Sale MSc, PhD.**

#### **Nottingham Trent University, UK**

Craig is currently a Reader in Applied Physiology at Nottingham Trent University. He was awarded his doctorate from Liverpool John Moores University in 2002 following the completion of his BSc (Hons) and MSc programmes at the same institution. Following his studies, he was a Senior Lecturer in Exercise Physiology at the University of Chichester and then a Senior Scientist at QinetiQ Ltd. Much of Craig's previous research has been in the areas of muscle biochemistry, function and fatigue, particularly in respect to the effects of various nutritional interventions. More recently he has published in the areas of exercise, nutrition and bone metabolism. Craig is on the editorial board of *Amino Acids* and was on the Scientific Committee of the recent International Congress on Carnosine in Exercise and Disease, for which he is also the Principal Conference Editor for the forthcoming Special Issue to be published in *Amino Acids*.

### **Mr Greg Shaw**

#### **Australian Institute of Sport**

Greg Shaw is an Accredited Practising Dietitian and Senior Sports dietitian at the Australian Institute of Sport. Since completing his degree, Greg has worked with elite professional football teams such as the Brisbane Lions AFL club, Queensland Reds Super 14 rugby team, ACT Brumbies Super 15 rugby team and has worked individually with Olympic champions and world record holders consulting to Australian, Queensland and British swimming teams, and the Queensland Academy of Sport. He is currently the lead nutrition provider for Swimming Australia Limited directing their nutrition service delivery and education

programs across the whole swimmer lifecycle. Greg is a Level 3 ISAK accredited anthropometrist and is passionate about teaching methods of monitoring body composition that are both accurate and reliable. He was one of the inaugural graduates of the IOC Diploma in Sport Nutrition, and contributed to the 2013 FINA consensus meeting on Nutrition for Aquatic athletes.

**Susan M Shirreffs BSc, PhD, FACSM**  
**GlaxoSmithKline, UK**

Susan Shirreffs studied physiology at the University of Aberdeen, where she qualified with BSc and PhD degrees. She has been undertaking research and teaching in the area of exercise physiology and nutrition for the past 16 years. She has published in both peer-reviewed journals and in physiology and nutrition textbooks. She is a member of the Editorial Board of International Journal of Sports Nutrition and Exercise Metabolism, Medicine and Science in Sports and Exercise, Journal of Sports Science and Asian Journal of Exercise and Sport Science.

**Dr Gary Slater, PhD**  
**University of the Sunshine Coast, Australia**

Dr Gary Slater began his career in sports nutrition as the 1996 Fellow in Sports Nutrition at the Australian Institute of Sport, and after further work in the Department he undertook research opportunities in the AIS Department of Physiology, culminating in the completion of a Masters degree in research (HMB and athletic performance) and a doctoral degree (strategies for making weight in lightweight rowing). He is an Accredited Practising Dietitian and member of Sports Dietitians Australia, and is currently a senior dietitian in the Department of Sports Nutrition at the AIS where he works with track and field, rowing and tae kwon do. He has also worked for the Singapore Sports Council, both as a nutrition consultant and Deputy Director of the Sports Science Sports Medicine Division. He has had 12 years experience working with world class sport scientists, elite athletes and coaches within the Australian and Singapore systems, including professional sporting teams such as the Wallabies and Brumbies Rugby

**Professor Lawrence L Spriet, BS, PhD, FACSM**  
**University of Guelph, Canada**

Dr. Lawrence L. Spriet is a professor in the Department of Human Health and Nutritional Sciences at the University of Guelph in Guelph, Ontario, Canada. He has been an active researcher in a number of areas of exercise physiology, particularly skeletal muscle metabolism during aerobic and sprint exercise and also following exercise training. He examines the regulation of the key enzymes in the pathways of carbohydrate and fat metabolism, which provide the substrate for the production of energy during exercise in human skeletal muscle. His laboratory also examines the performance and metabolic effects of numerous compounds purported to be ergogenic aids. His research appears in numerous scientific journals, including *American Journal of Physiology*, *Journal of Applied Physiology*, and *Journal of Physiology*. Dr. Spriet is a member of the editorial board for the International Journal of Sports Medicine and the U.S. based Sports Medicine Review Board of the Gatorade Sports Science Institute. He is also the Chair of the Advisory Board of the Canadian Gatorade Sports Science Institute. Dr. Spriet teaches senior undergraduate courses in the "Regulation of Skeletal Muscle Metabolism" and lecture and laboratory sections in "Human Cardio-Respiratory Physiology". He also advises a number of undergraduate students in literature review courses and senior level research projects. At the graduate level, he teaches a course in "Skeletal Muscle Metabolism" and advises 3-5 Ph.D and M.Sc. students at any given time. He is an expert speaker on the regulation of skeletal muscle carbohydrate and fat metabolism during aerobic exercise and the provision of "anaerobic" energy during high intensity exercise. He also speaks on the effects of potential ergogenic aids on athletic performance, including blood doping, and the ingestion of caffeine, pyruvate, taurine and selected nutraceuticals. Dr. Spriet is an avid hockey player in the winter and runner and cyclist in the summer. He is married to Anne and together they have three very active children, Andrew, Stephanie and Sarah. The common winter theme is ice, as Anne has been a member of the local synchronized skating team, Andrew and Sarah are also hockey players, and Stephanie is a figure skater! In the summer the family spends 4-5 weeks at a cottage in Long Point of the shores of Lake Erie in Ontario, Canada.

**Dr Trent Stellingwerff****Canadian Sport Institute Pacific, Australia**

Since 2011, Dr Trent Stellingwerff has served as the **Director of Innovation & Research and Lead** of Performance Services at the Canadian Sport Institute Pacific (Victoria, Canada). In this role, he helps direct 7 PhD to Master's students involved in projects in sport. His primary sport and research focuses is via his physiology and nutrition expertise primarily to Canada's National Olympic rowing and track and field teams, with consulting roles to Cycling Canada and Triathlon Canada. Trent has more than 60 peer-reviewed scientific publications in the areas of sports nutrition, exercise physiology and skeletal muscle metabolism. In 2010, Trent was a lead author and presenter at the IOC Consensus Meeting in Nutrition, and in 2011 wrote a chapter on 'Nutrition for the Endurance Athlete', for the newest version of the IOC Sports Nutrition Encyclopedia. Trent has attended many World-Championships, Commonwealth and Olympic Games providing Nutrition and Physiology support as part of the Canadian Integrated Support Team.

**Dr Emma Stevenson****Northumbria University, UK**

Emma is a senior lecturer in Sport and Exercise Nutrition and Associate Director of the Brain, Performance Nutrition Research Centre at Northumbria University, Newcastle-upon-Tyne (UK). Emma obtained her PhD in 2005 from Loughborough University on the influence of the glycaemic index of mixed meals on postprandial and exercise metabolism in men and women under the supervision of Prof Clyde Williams. Following this, Emma worked as a post-doctoral research fellow at the University of Nottingham before taking up her current post at Northumbria. Emma has published over 20 scientific papers in sports nutrition and has been an invited speaker on the glycaemic index and sports nutrition at a number of international conferences. She regularly acts as a guest reviewer for a number of international peer reviewed journals and is a member of the Nutrition Society, the British Association of Sport and Exercise Sciences (BASES) and the American College of Sports Medicine. As well as her research in the area, Emma also works as a consultant sports nutritionist for a Premiership football club and has advised a number of national sports squads.

**Dr Arthur D Stewart BSc (Hons), BPE, MPhil, PhD****Robert Gordon University, UK**

Arthur Stewart graduated in science in Edinburgh University, and proceeded to study for a bachelor's degree in Physical Education in Calgary, Canada. He returned to Edinburgh University as a lecturer in Physical Education in 1984 while completing an MPhil in Body Composition with the Department of Physiology. He later pursued his PhD with the Department of Medical Physics, using dual X-ray absorptiometry (DXA) scanning to quantify tissue mass in athletes. In 1999, he worked in the Osteoporosis Research Unit at the University of Aberdeen, before accepting a lectureship in Biomedical Sciences supporting the undergraduate sports degrees and postgraduate MSc in sports nutrition. He has been closely involved with the International Society for the Advancement of Kinanthropometry (ISAK) since 1995, has served on ISAK Executive since 2002, and received the award of Criterion Anthropometrist in 2003. He moved to The Robert Gordon University in 2005 as a senior lecturer in Health Sciences, leading the undergraduate Sports Science programme. His research interests include body composition and physique assessment, body image, and their relationships with sports performance and health.

**Prof Jorunn Sundgot Borgen MSc, DSc****Oslo, Norway**

Jorunn Sundgot-Borgen is a Professor of Physical Activity and Health at the Department of Sports Medicine at the Norwegian School of Sport Sciences. She is also chair of the National Council on Physical Activity. For 10 years she also was at the Medical Department at the National Olympic Training Center and Chair of the Nutrition Department. Under the auspices of the IOC Medical Commission she was part of the following working groups; The Female Athlete Triad working group and is part of an ad Hoc Research Working Group on Body Composition, Health and Performance. She was co-author of the ACSM position paper on the Female Athlete Triad. Her main research area is the female athlete triad. Professor Sundgot-Borgen is also a former national team gymnast and coach, and has three children.

**Dr Kevin Tipton, BS, MS, PhD**  
**University of Birmingham, UK**

Kevin received his Bachelor's and Master's degrees in Zoology from the Univ. of Kentucky and the Univ of South Florida, respectively. He began his doctoral studies at the Florida State Univ. and transferred to Auburn Univ where he earned a PhD in Nutrition. He did his postdoctoral studies on the interaction of nutrition and exercise on muscle protein metabolism under the direction of Dr. Robert Wolfe at the Univ. of Texas Medical Branch in Galveston. Subsequently, he was appointed as an Assistant Professor, Dept of Surgery, University of Texas Medical Branch and on the Scientific Staff of the Metabolism Unit, Shriners Hospital for Children – Galveston. He continued his research on muscle protein metabolism, exercise and nutrition and served as the Director of the Exercise Metabolism Laboratory at the Shriner's Hospital. In spring 2005, Kevin began as Senior Lecturer in Exercise Metabolism in the School of Sport and Exercise Sciences, University of Birmingham and is now a Professor at Stirling University, Scotland. Kevin's research has been focused on exercise, nutrition and muscle metabolism in humans. The general goal of the research has been to examine means of increasing muscle anabolism in athletes and exercising individuals as well as those populations that suffer from muscle loss. The studies primarily utilize stable isotopic tracer methods to measure muscle protein synthesis, breakdown and net muscle protein balance in response to exercise and nutritional interventions, as well as the molecular mechanisms of the metabolic responses. He has published over 30 papers in peer-reviewed journals and book chapters and has been invited to speak at numerous international and national conferences. He is an Associate Editor for the Canadian Journal of Applied Physiology and on the Editorial Board of the International Journal of Sports Nutrition and Exercise Metabolism. In addition he is a member of the American College of Sports Medicine, American Physiological Society, American Society of Nutritional Sciences, National Strength and Conditioning Association and the American Diabetes Association. He recently served on the National Academy of Science's, Institute of Medicine, Committee for Military Nutrition Research. His interest in exercise science extends to the application of the science to athletic populations. He was the Sports Nutrition adviser for the Athletic Department at Auburn University and recently served as a Visiting Scientist at the Australian Institute of Sport in the Department of Sports Nutrition and for the International Olympic Committee on the IOC Sports Nutrition Consensus Conference committee. He also has coached and served as fitness and nutrition advisor for amateur soccer and rugby clubs. Whenever uninjured, he still trains for and plays soccer and rugby and runs road races and, with luck, triathlons.

**Prof LJC van Loon**  
**Maastricht University Medical Centre, The Netherlands**

Luc van Loon is a Professor of Physiology of Exercise and Head of the M3-research unit at the Department of Human Movement Sciences at Maastricht University Medical Centre. Luc has an international research standing in the area of skeletal muscle metabolism. Current research in his laboratory focuses on the skeletal muscle adaptive response to exercise, and the impact of nutritional and pharmacological interventions to modulate muscle metabolism in health and disease. The main research interests of his laboratory include exercise metabolism, sports nutrition, adaptation to endurance and resistance type exercise, and the use of physical activity and/or dietary interventions to improve health in chronic metabolic disease (aging and type 2 diabetes). The latter are investigated on a whole-body, tissue, and cellular level, with skeletal muscle as the main tissue of interest. Luc has authored more than 100 original, peer-reviewed research and review articles. He is member of the Editorial Board of the International Journal of Sport Nutrition and Exercise Metabolism (IJSNEM) and the European Journal of Sport Science (EJSS). He is a member of the Scientific Board of the European College of Sport Science (ECSS) and the Benelux Association for Stable Isotope Scientists (BASIS). To support the use of stable isotopes in biomedical research, Prof. van Loon is also scientific coordinator of the Stable Isotope Research Center (SIRC) at the Academic Hospital in Maastricht and coordinator of the Human Performance Laboratory at the Department of Human Movement Sciences.