

Program Faculty

Lawrence Armstrong	Susan Barr	Kathie Beals
Mike Bergeron	Dan Bernadot	Steve Blair
Barry Braun	Liz Broad	Nick Broad
Louise Burke	Michelle Cort	Greg Cox
Ed Coyle	Vicki Deakin	Mike Gleeson
Paul Greenhaff	Will Hopkins	Linda Houtkooper
Roy Jentjens	Asker Jeukendrup	Bente Kiens
Peter Lemon	Anne Loucks	Melinda Manore
Dave Martin	Victor Matsudo	Ron Maughan
Nanna Meyer	Joe Millward	Chris Mohr
Helen O'Connor	Susie Parker-Simmons	Jeni Pearce
Stuart Phillips	Scott Powers	Susan Shirreffs
Gary Slater	Lawrence Spriet	Arthur Stewart
Lisa Sutherland	Kevin Tipton	Joe Verbalis

Professor Lawrence Armstrong, PhD, FACSM University of Connecticut, USA

Lawrence E. Armstrong, Ph.D., FACSM has been a professor at the Human Performance Laboratory, University of Connecticut since 1990. Prior to that time, he served as a Research Physiologist at the U.S. Army Research Institute of Environmental Medicine, Natick MA for seven years. His research specialties include physiological responses to exercise, dietary intervention (i.e., glucose-electrolyte solutions, sport drinks, low salt diets), heat illness, pharmacologic influences on thermoregulation, and acclimatization to heat as they apply to athletes and military personnel. Professor Armstrong's field studies have focused on fluid-electrolyte balance in tennis players (Miami, FL), effects of flavouring on fluid consumption by soldiers (Fort Benning, GA), and cooling of heatstroke patients after a summer road race (Falmouth, MA). He is author of *Performing in Extreme Environments* (Human Kinetics, 2000) and editor of the book *Exertional Heat Illnesses* (Human Kinetics, 2003). He has been a member and Chair of ad hoc writing groups that produced Fluid Replacement position statements for the American College of Sports Medicine and the National Athletic Trainers Association. Professor Armstrong developed a widely-used urine colour chart that can be used as a field-expedient technique to monitor hydration status.

Dr Susan Barr University of British Columbia,, Canada

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.

Dr Michael Bergeron
Medical College of Georgia, Augusta, GA

Michael F. Bergeron, Ph.D., FACSM is an applied physiologist and Director of the Environmental Physiology Laboratory at the Medical College of Georgia in Augusta, GA. His research includes studies on exercise, performance, and fitness with youth and adults, with an emphasis on the effects of exercise in the heat on fluid and mineral balance, as well as thermal and cardiovascular strain. He is also studying the effects of exercise and heat stress on erythrocyte sickling and inflammation in people with sickle cell trait. He has published and presented on these topics internationally.

Dr. Bergeron is a Fellow of the American College of Sports Medicine (ACSM) and Chair of the College's *Environmental Physiology Special Interest Group*. He is also Chair of the *ACSM Strategic Health Initiative – Youth Sports and Health Committee*. Dr. Bergeron is an Editorial Board member for the *International Journal of Sport Nutrition and Exercise Metabolism* and *Journal of Athletic Training* and was a recent member of the *Sport Science Committee* for the United States Tennis Association for 10 years. He also serves as a clinical and scientific consultant to the WTA Tour Medical Services and has been a regular member of scientific review panels of the Congressionally Directed Peer Reviewed Medical Research Program for the American Institute of Biological Sciences and the United States Army Medical Research and Materiel Command in the areas of disease prevention and epidemiology, bone health, military medical readiness and military nutrition. Dr. Bergeron has worked with a number of junior, collegiate, and professional athletes on training and nutrition related to preparation, competition, and recovery strategies in the heat, with a particular emphasis on helping athletes to avoid muscle cramping.

Dan Benardot, PhD, RD, FACSM
Georgia State University, USA

Dr Dan Benardot is a tenured associate professor in the Division of Nutrition and in the Department of Kinesiology and Health at Georgia State University, where he co-directs the Laboratory for Elite Athlete Performance. He received his doctorate in human nutrition and health planning from Cornell University, and is a Registered/Licensed Dietitian as well as a Fellow of the American College of Sports Medicine. He has authored a number of books on

sports nutrition, including “Nutrition for Serious Athletes” and “Advanced Sports Nutrition” and was editor in chief of the second edition of the American Dietetic Association’s “Sports Nutrition: a guide for the Professional Working with Active People”. He was a co-author on the 1993 position paper of the American and Canadian Dietetic Associations position paper on “Physical Fitness and Athletic Performance for Adults”. He was the first American appointed to the Medical Commission of the international governing body for gymnastics (FIG), and works with the USA Figure Skating and USA Track and Field (marathon) and was a founding member of the Athlete Wellness Committee for USA Gymnastics. IN 1993 he received the ADA Sports and Cardiovascular Nutrition (SCAN) achievement award, in 1995 he was initiated into the Alumni Honor Roll for the State University System of New York, in 1996 he was presented by USA Gymnastics with the Outstanding Educator Award, and in 2002 he received a Doctor of Humane Letters, *honoris causa*, from Maryland University for his work in the area of sports nutrition. Dr Benardot was in charge of the nutritional health of the gold-medal winning US Gymnastics team at the 1996 Atlanta Olympic Games, and was nutritionist for the medal-winning USA marathon runners at the 2004 Athens Olympic Games. He currently services as chair of the nutrition committee for the Performance Enhancement Team of USA Figure Skating and is on the Advisory Board of the National Centre for Human Performance.

Steve Blair

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*.

Liz Broad, PhD**Queensland, Australia**

Liz has been a sports dietitian for 15 years, including 4 years at the AIS and 5 years in Scotland. Liz has worked with a wide range of sports, with her current caseload including Queensland Rugby Union, Queensland Roar football, QAS gymnastics, AIS sprint kayak, and the National Equestrian squads. She has travelled with teams domestically and internationally as both a sports dietitian and also as team manager. Her understanding of the complexities of feeding athletes when travelling abroad and the food culture of different countries is extensive. She has a special interest in athletes with disabilities, having completed her masters in that area and having worked with a number of athletes in Australia and Scotland.

Nick Broad, BSc, MSc**Chelsea Football Club, England**

Nick Broad is a full-time sports nutritionist currently employed by Chelsea Football Club in England. Following the award of his Masters degree in Sports Nutrition from the University of Aberdeen under the tutorship of Professor Ron Maughan he has worked continuously for a number of football clubs at various levels within the English leagues. He is also an invited speaker at various conferences held by FIFA, BASES and The Football Association.

Michelle Cort**AIS, Sydney, 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.

Dr Greg Cox**AIS, Canberra**

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.

Prof Edward Coyle, PhD, FACSM**University of Texas at Austin, USA**

Dr. Coyle is a Professor in the Department of Kinesiology and Health Education at the University of Texas at Austin where he directs the Human Performance Laboratory. Dr. Coyle investigates the physiological factors that limit human exercise performance. His research has focused upon the metabolic and cardiovascular factors that limit aerobic exercise

performance. Furthermore, he teaches scientists, professional athletic trainers and industry how to best apply this knowledge to benefit sport and health. He received his PhD from The University of Arizona and is the recipient of number honours and awards including a Citation Award from the American College of Sports Medicine. He has written extensively and has published 100 peer-reviewed scientific articles in top journals, 28 educational review articles and has been invited to present 100 national/international lectures.

Dr Vicki Deakin

University of Sydney, Australia

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.

Prof Mike Gleeson, BSc, PhD

Loughborough University, United Kingdom

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.

Professor Paul Greenhaff

Nottingham University, UK

Professor Paul Greenhaff obtained his Ph. D. 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 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.

Linda Houtkooper, PhD, RD, FACSM
University of Arizona, Tucson, 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.

Dr Roy Jentjens BS, PhD
DSM Food Specialities, The Netherlands

In March 1999, Roy Jentjens received an MS degree in Human Movement Sciences from Maastricht University, The Netherlands. He then obtained a PhD from the University of Birmingham (UK). Following his PhD, Roy worked as a post-doctoral research fellow investigating the effect of different carbohydrate mixtures on energy metabolism during exercise. He received the third prize in the Young Investigators Award competition at the sixth annual congress of the European College of Sport Sciences (2001). In 2004, he moved to the Nutrition and Health Department at the Nestlé Research Centre, in Lausanne, Switzerland where he was appointed as research scientist sport nutrition. In 2006, Roy returned to the Netherlands where he is currently working as scientist at DSM food specialties in Delft. Roy has published over 20 scientific papers and abstracts in scholarly journals, including the *Journal of Applied Physiology, Metabolism, Medicine & Science in Sport & Exercise* and *Sports Medicine*. He is a member of the Nutrition Society, the British Association of Sport and Exercise Sciences (BASES) and the American College of Sports Medicine. Roy also regularly acts as a guest reviewer for several peer reviewed journals. He

has been an invited speaker at international scientific meetings and major sports events. Since 1998 he is also active as an advisor in sports nutrition and training.

Dr Peter Lemon, Ph.D., FACSM
The University of Western Ontario, Canada

Dr. Lemon completed his graduate training at The University of Wisconsin-Madison, USA where his research focused on protein metabolism during exercise. He was a faculty member in the Applied Physiology Research Laboratory at Ohio's Kent State University for nearly 20 years before becoming the Weider Chair in Exercise Nutrition at The University of Western Ontario, London, Canada in 1998. His research interests include how exercise alters nutrient requirements and whether specific nutrient supplementation can enhance exercise performance. Dr. Lemon and his spouse (Mary Ellen) have two daughters (Kristina and Kimberly Ann).

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 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 M.Sci. 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.

Nanna Meyer, PhD
University of Utah, Salt Lake City, 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 fulfill 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**

Dr Mohr is the owner of Mohr AResults, Inc (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).

**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.

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.

Jeni Pearce, Dip HSc, MSc

English Institute of Sport, UK

Jeni Pearce has accumulated many professional qualifications, including Dip H.Sc. (Otago), Dip Sec. Tchg (Auckland), M.Sc (Iowa, USA). She is a Registered, Dietitian and an accredited sports nutritionist and dietician. She is well known nationally and internationally for her private clinics, books, public lectures and media commentary. She appears in many national network television documentaries and educational videos and is a regular media commentator on health, diet and fitness fads as well as nutritional issues. Jeni has been involved at the highest level of sport, and works closely with many of the country's elite athletes including All Blacks, Olympians, rugby league players, netballers, tennis players, body builders, boxers, swimmers, marathon runners, top triathletes, Trans Atlantic rowers, touch rugby, snowboarders and jet skiers. Jeni is contracted to provide sports nutrition services to elite carded NZ Academy of Sport Athletes. Jeni is recognised internationally for her work in nutrition and food provisions for world yacht racing events. Jeni was in private practice with her own clinics from 1985 to the end of 2006, when she departed for a position with the English Institute of Sport.

Stuart Phillips, PhD

McMaster University, Hamilton, 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 Gary Slater, PhD

Department of Sports Nutrition at the AIS

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 Practicing 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

Dr Arthur D Stewart BSc (Hons), BPE, M.Phil, 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 M.Phil 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.

Lisa Sutherland

Sports dietitian, Melbourne, Australia

Lisa is a Sports Dietitian and Fitness Consultant, with a passion for sports science and sports nutrition. Lisa works with a range of athletes and sporting organisations, including the Victorian Institute of Sport, Hawthorn Football Club (Australian Football), Melbourne Storm Rugby League Club and Lifecare Sports Medicine Centres. Lisa is a regular lecturer at Deakin University, and has contributed to a number of sports nutrition resources, including

Clinical Sports Nutrition and Clinical Sports Medicine texts. Lisa is also an active board member of Sports Dietitians Australia.

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. 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.

Dr Joseph Verbalis, MD
Georgetown University, USA

Joseph Verbalis is Chair, and a Professor, of the Department of Medicine. He is also Chair of the Division of Endocrinology and Metabolism, Director of the General Clinical Research Center (GCRC), and Clinical Research Director of the Center for the Study of Sex Differences (CSD). His specialty is in the field of endocrinology and his special interests include pituitary diseases, disorders of water metabolism (DI, SIADH), and adrenal disorders. He specializes in pituitary function research, and specifically the posterior pituitary hormones vasopressin and oxytocin, and has published extensively in these areas. Dr Verbalis contributed to the First and the Second International Consensus meetings on Hyponatremia in Sport.