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Sport Nutrition 2nd Asker Jeukendrup

Asker Jeukendrup, PhD, is a professor of exercise metabolism in the School of Sport and Exercise Sciences at the University of Birmingham in Edgbaston, Birmingham, UK. He is an active researcher credited with many of the new findings in sport nutrition in the past decade.

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Asker Jeukendrup, PhD, is a professor at Loughborough University in the United Kingdom, the director of the Mysportscience performance consulting firm, and cofounder and co-CEO of CORE Nutrition Planning. After obtaining his degrees at Maastricht University in the Netherlands, he spent a year at the University of Texas at Austin before accepting a position at the University of Birmingham in the United Kingdom.

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Jeukendrup has authored several books on sports nutrition and over 200 peer reviewed journal articles on exercise and sports nutrition. His research interests include metabolic responses to exercise, regulation of carbohydrate and fat metabolism, sports nutrition, gastrointestinal complaints during exercise, training and over-training.

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About the author (2004) Asker E. Jeukendrup, PhD, is a recognized authority on exercise biochemistry and physiology and sport nutrition. He was an invited speaker and author delegate to the...

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'Periodized nutrition' refers to the strategic combined use of exercise training and nutrition, or nutrition only, with the overall aim to obtain adaptations that support exercise performance. The term nutritional training is sometimes used to describe the same methods and these terms can be used interchangeably.

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