Ergogenic Aids and Exercise

Aim
The Ergogenic Aids and Exercise theme has three core research strands (1) nutrition (2) psychological skills training and (3) perceptual training. The primary aim is to investigate the effects of these strands on physical and cognitive performance during exercise and the resultant impact on sports and occupational performance, physical activity and health.

Members
Dr. Sam Blacker - Senior Lecturer (theme leader, s.blacker@chi.ac.uk)
Matthew Cook – MPhil/PhD Student
Dr Henriette Hogh - Senior Lecturer
Dr Mandy Gault – Senior Lecturer
Dr Iain Greenlees – Reader
Dr Phil Kearney - Senior Lecturer
John Kelly – Senior Lecturer
Dr Stephen Myers – Reader
Dr Jenny Page – Senior Lecturer
Ian Perkins – Senior Lecturer
Tilly Spurr - MPhil/PhD Student
Becky Warke - Senior Lecturer
Prof Mark Willems - Professor

Publications (since 2010)


