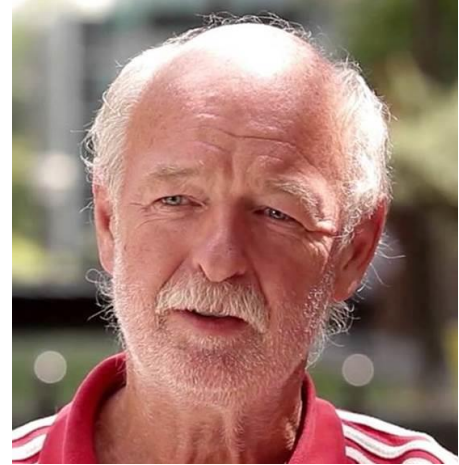


## **PROF. RON MAUGHAN**

**SESSION: SYMPOSIUM 4 (DAY 2: 1615 – 1640)**

**TOPIC: BIOENERGETIC SUPPLEMENTATION IN SPORTS**



Prof. Ron Maughan obtained a BSc (Physiology) and PhD from the University of Aberdeen, and held a lecturing position in Liverpool before returning to Aberdeen where he was based in the Medical School for almost 25 years.

Prof. Ron Maughan is now the Honorary Professor at the University of St Andrew. He was the Emeritus Professor of Sports and Exercise Nutrition at Loughborough University. He is the Visiting Professor of many other universities including Stirling University and the Chinese University of Hong Kong. He has spent much of his career working on a range of projects that have attempted to understand the physiological responses to exercise and the nature of fatigue, but has included many digressions along the way. He chairs the Nutrition Working Group of the Medical Commission of the International Olympic Committee (IOC). He is the director of the IOC Diploma program in Sports Nutrition (since 2004), Sports Medicine (since 2013) and Sports Physical Therapies (since 2015).

Prof. Ron Maughan is a Fellow of the American College of Sports Medicine and received that organisation's Citation Award in 2007. He is also a member of the Physiological Society, the Nutrition Society, the Biochemical Society, and the Medical Research Society. 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 group established by the IOC Medical Commission in 2002.

He has acted as an adviser to UK Sport, UK Athletics, The FA, FIFA, the Irish Sports Council and to various other sporting bodies. In 2006-07 he was adviser to the House of Commons Select Committee enquiry on Human Enhancement Technologies in Sport.