MA

CONTACT

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✉️ michael.anderson@email.com

📍 San Francisco, CA

EDUCATION

Master of Science in Nutritional Science

University of Nutrition and Health
2016-2020

SKILLS

- Metabolic assessment
- Personalized nutrition
- Performance analysis
- Research publication
- Athlete education
- Data analytics

LANGUAGES

- English
- Spanish
- French

MICHAEL ANDERSON

Metabolic Sports Dietitian

Experienced Sports Dietitian with a profound understanding of metabolic nutrition and its impact on athletic performance. Over 7 years of experience in applying metabolic principles to enhance energy utilization and recovery strategies for athletes across various sports disciplines. Expertise includes conducting comprehensive metabolic assessments and utilizing findings to inform personalized nutrition plans.

💼 WORK EXPERIENCE

Metabolic Sports Dietitian   2020-2023

Performance Nutrition Group

- Conducted metabolic assessments to inform individualized nutrition strategies.
- Developed targeted meal plans based on metabolic profiles.
- Collaborated with sports scientists to analyze performance data.
- Educated athletes on the importance of metabolism in sports.
- Utilized technology for tracking metabolic changes and dietary adherence.
- Presented findings at industry conferences on metabolic nutrition.

Sports Nutrition Researcher   2019-2020

Institute of Sports Research

- Conducted research on metabolic responses to various dietary interventions.
- Published findings in peer-reviewed journals focused on sports nutrition.
- Collaborated with academic institutions to enhance research initiatives.
- Presented research outcomes at national and international conferences.
- Engaged in community outreach to promote nutritional awareness.
- Supported the development of educational materials for athletes.

★ ACHIEVEMENTS

- Improved athlete energy utilization by 25% through targeted nutrition.
- Awarded 'Research Excellence' by the Sports Nutrition Society.
- Published a book chapter on metabolic nutrition in athletics.