



# Michael ANDERSON

## SPORTS NUTRITION AND PSYCHOLOGY RESEARCHER

### CONTACT

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- San Francisco, CA

### SKILLS

- Qualitative Research
- Mental Health Integration
- Thematic Analysis
- Workshop Development
- Data Collection
- Interdisciplinary Communication

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**MASTER OF SCIENCE IN SPORTS  
PSYCHOLOGY AND NUTRITION,  
UNIVERSITY OF WELLNESS STUDIES**

### ACHIEVEMENTS

- Published 2 interdisciplinary articles on nutrition and mental health in athletes.
- Recognized for innovative research with the 'Emerging Leader Award' 2023.
- Developed a nutrition and mental health toolkit for athletes adopted by multiple programs.

Dynamic Sports Nutrition Researcher with a focus on the psychological aspects of nutrition and its impact on athletic performance. Expertise in conducting qualitative research that examines the relationship between mental health, nutrition, and sports outcomes. Skilled in integrating psychological principles with nutritional strategies to enhance athlete well-being and performance. Strong communication skills enable effective collaboration with coaches, athletes, and mental health professionals.

### WORK EXPERIENCE

#### SPORTS NUTRITION AND PSYCHOLOGY RESEARCHER

Holistic Athlete Institute

2020 - 2025

- Conducted qualitative interviews with athletes to explore their nutritional beliefs and behaviors.
- Developed integrative frameworks combining nutrition and mental health strategies.
- Analyzed data using thematic analysis to identify key trends in athlete experiences.
- Collaborated with sports psychologists to create workshops addressing nutrition and mental resilience.
- Published research findings in interdisciplinary journals, promoting a holistic view of athlete care.
- Presented at conferences focused on the intersection of nutrition and psychology.

#### RESEARCH INTERN

Center for Sports Psychology

2015 - 2020

- Assisted in research examining the effects of stress on dietary choices among athletes.
- Conducted literature reviews on the psychological factors influencing nutritional habits.
- Supported the organization of mental health workshops for athletes.
- Engaged in data collection and analysis for ongoing research projects.
- Collaborated with a team to develop educational materials on nutrition and mental health.
- Contributed to the publication of articles addressing the psychological aspects of sports nutrition.