

José L Areta currently works as a lecturer in Sports Nutrition and Metabolism at the School of Sport and Exercise Sciences at LJMU.

José's primary interest is in the area of training-nutrient interactions in humans. In other words, he investigates how to manipulate ingestion of carbohydrates, fat and protein around training to optimise physical performance and health.

What has been his contribution to the field of Exercise Physiology, Nutrition and Metabolism?

His scientific work has been published in influential journals such as The Journal of Physiology, The American Journal of Physiology, Endocrinology and Metabolism, The Journal of Applied Physiology and Sports Medicine, among others.

The outputs of his research have not only expanded the knowledge of the field but had significant impact and influence on determining current dietary recommendations and practices world-wide.

His work has provided novel insights in relation to the amount, timing, quantity and distribution of carbohydrates, fat and protein and dietary supplements around training. Over the last few years José has been developing his research in the area of the endocrinological, metabolic and physiological effects of energy restriction, in which he is currently growing his research team and capability.

What makes him special?

Originally trained as a Biologist (with a minor in Zoology) at the National University of La Plata in Argentina, he specialised in exercise physiology and nutrition during his PhD at RMIT University in Australia working with world-leaders in his field. As part of his PhD he led human research trials at the prestigious Australian Institute of Sport and established links with researchers of different Universities and institutes in Australia. Following his PhD he undertook post-doctoral training at the Norwegian School of Sport Sciences, a world-leading institute in sport and exercise sciences. This post-doctoral experience provided not only further research experience but also with a network of collaborators in Scandinavia.

What are his experience and skills?

Science. His main strength is on devising, planning and executing studies where the physiological and metabolic effect of nutrient manipulation and supplements are evaluated to provide new insights and unravel new frontiers. His highly innovative ideas are sought by collaborators, clients and athletes to provide new solutions to old and contemporary problems.

Applied work. A lifelong athlete, in parallel with his academic work José not only has competed in different sports (predominantly endurance-based), in some cases at National-

level, but also works closely with top endurance athletes and teams to optimise their training and nutrition for performance.

Philosophy. Among other influential scientists, José's inspiration is on the work of Louis Pasteur and strives to use scientific knowledge to inform applied practice. He believes the understanding of the underlying mechanisms of a system provides the capacity to devise innovative solutions and interventions to common and complex problems.

On January 2021, José was awarded a Society for Endocrinology 'Early Career Researcher' grant on a project titled "Can energy deficit enhance skeletal muscle oxidative phenotype after exercise despite disrupting the endocrine milieu? An exploration of skeletal muscle epigenetic status during energy stress".

Languages

Spanish - Latin American

English

Degrees

2014, RMIT University, Australia, PhD

2010, National University of La Plata, Argentina, BSc (UK equivalent to BSc + MSc)

Postgraduate training

Post-doctoral researcher, Norway, Norwegian School of Sport Sciences (Norges Idrettshøgskole), 2015 - 2018