

Curriculum Vitae

Personal details

Name	Jan-Willem van Dijk, PhD
Nationality	Dutch
Sex	Male
Date of birth	July 20, 1982
Institute	HAN University of Applied Sciences
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Profile

Jan-Willem van Dijk is team leader of the expertise team Sports and Exercise Nutrition at the HAN University of Applied Sciences, The Netherlands. Besides providing education and conducting research, Jan-Willem's team provides nutritional counselling to elite athletes, including Olympic and Paralympic athletes. Hence, knowledge and skills acquired in the field are used as input for research and education, while new insights from research can be directly implemented in daily practice. The unique combination of education, daily practice, and research facilitates the optimization of nutritional strategies and nutritional counselling to promote health and performance of athletes.

Jan-Willem has published >35 articles in peer-reviewed scientific journals. Current research themes include the energy and nutritional requirements of athletes, bone health and body composition of athletes, and nutritional strategies to improve health and performance of athletes.

Professional experience

09/2017 – current	Team leader of expertise team Sports & Exercise Nutrition, at HAN University of Applied Sciences, Institute for Studies in Sports and Exercise, Nijmegen, The Netherlands.
03/2014 – current	Senior researcher and lecturer at HAN University of Applied Sciences, Institute for Studies in Sports and Exercise, Nijmegen, The Netherlands. Research topics: Nutritional counseling and nutritional strategies to optimize health and performance in athletes and active individuals.
09/2012 – 02/2014	Postdoctoral research fellow at the department of Human Movement Sciences, Maastricht University, The Netherlands; and Top Institute Food and Nutrition (TIFN), Wageningen, The Netherlands Project: The impact of gender, inactivity and obesity on basal and postprandial muscle protein synthesis.
03/2009 – 06/2014	PhD-student at the department of Human Movement Sciences, Maastricht University, The Netherlands Project: Physical activity strategies to improve glycemic control in patients with type 2 diabetes.

Awards/Grants

2021	TKI Agri&Food Friesland Campina and NZO (€266k), co-applicant, Dairy products as part of breakfast: The DAYBREAK project (LWV21.110)
2021	SIA RAAK Impuls research grant (10k), main applicant, Impulse for Paralympic project (RAAK.IMP.01.068)
2021	SIA KIEM research grant (40k), main applicant, Boosting Bone Health in Elite Cyclists (KIEM.K20.01.114)

2019	SIA RAAK-PRO research grant (€700k), main applicant, Optimizing Nutritional Counselling in the Disabled Athlete (RAAK.PRO03.043)
2018	Contract research NIZO (€90k), Protein supplementation to facilitate muscle recovery after exercise.
2018	ZonMW research grant (€420), co-applicant, ThermoTokyo: Beat the Heat (ZonMw 54600100)
2016	TKI Agri&Food FrieslandCampina, Protein4Endurance, (€254k), co-applicant,
2015	ZonMW research grant (€75k), main applicant, Testjeleefstijl.
2012	Nominee (2 nd place) best article in Sports Medicine, Dutch Society of Sports Medicine (VSG), Ermelo, The Netherlands
2011	Young Investigator Award, ECSS, Liverpool, United Kingdom
2011	Poster prize Annual NUTRIM Symposium (3 rd place), Maastricht, The Netherlands
2010	Poster prize Annual NUTRIM Symposium (2 nd place), Maastricht, The Netherlands

Recent publications relevant to topic

1. Hilkens L, van Schijndel N, Weijer VCR, Decroix L, Bons J, van Loon LJC, **van Dijk JW**. Jumping Exercise Combined With Collagen Supplementation Preserves Bone Mineral Density in Elite Cyclists. *Int J Sport Nutr Exerc Metab.* 2023 Oct 26;1-10. doi: 10.1123/ijsnem.2023-0080. Epub ahead of print. PMID: 37883634.
2. Hilkens L, Boerboom M, van Schijndel N, Bons J, van Loon LJC, **van Dijk JW**. Bone turnover following high-impact exercise is not modulated by collagen supplementation in young men: A randomized cross-over trial. *Bone.* 2023 May;170:116705. doi: 10.1016/j.bone.2023.116705. Epub 2023 Feb 16. PMID: 36804484.
3. Hilkens L, van Schijndel N, Weijer V, Boerboom M, van der Burg E, Peters V, Kempers R, Bons J, van Loon LJC, **van Dijk JW**. Low Bone Mineral Density and Associated Risk Factors in Elite Cyclists at Different Stages of a Professional Cycling Career. *Med Sci Sports Exerc.* 2023 May 1;55(5):957-965. doi: 10.1249/MSS.0000000000003113. Epub 2023 Jan 26. PMID: 36595659; PMCID: PMC10090358.
4. Hilkens L, Knuiman P, Heijboer M, Kempers R, Jeukendrup AE, van Loon LJC, **van Dijk JW**. Fragile bones of elite cyclists: to treat or not to treat? *J Appl Physiol (1985).* 2021 Mar 11. doi: 10.1152/jappphysiol.01034.2020.
5. Jonvik KL, Paulussen KJM, Danen SL, Ceelen IJM, Horstman AM, Wardenaar FC, van Loon LJC, **van Dijk JW**. Protein Supplementation Does Not Augment Adaptations to Endurance Exercise Training. *Med Sci Sports Exerc.* 2019 Oct;51(10):2041-2049. doi: 10.1249/MSS.0000000000002028.

Full publication record: <https://www.researchgate.net/profile/Jan-Willem-Van-Dijk/research>
<https://orcid.org/0000-0001-9674-1505>

Reviewer activities

Reviewer for Diabetes UK and FWO (Research Foundation Flanders)

Performed peer reviews for the following journals: *Diabetes Care*; *Diabetologia*; *Journal of Clinical Endocrinology and Metabolism*; *Journal of Applied Physiology*; *Diabetes, Obesity and Metabolism*; *Medicine and Science in Sports and Exercise*; *European Journal of Applied Physiology*; *Scandinavian Journal of Medicine & Science in Sports*; *Journal of Diabetes and its Complications*; *International Journal of Sports Nutrition and Exercise Metabolism*; *European Journal of Internal Medicine*; *Journal of Sports Sciences*;

Full peer-review record: <https://www.webofscience.com/wos/author/record/AAH-6344-2020>

Additional information

Languages Dutch: native language; English: fluent; German: basic communication
 Leisure Family, mountain bike, running, outdoor sports