

Scott Robinson

Doctoral Researcher

[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)

Contact details

Telephone [+44 \(0\)121 414 8738 \(tel:+44 121 414 8738\)](tel:+441214148738)

Email [slr247@bham.ac.uk \(mailto:slr247@bham.ac.uk\)](mailto:slr247@bham.ac.uk)

School of Sport, Exercise and Rehabilitation Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK



About

PhD Title: The physiological significance of variations in substrate metabolism in relation to the maintenance of lifelong health and in the achievement of optimal sporting performance

Supervisor: Dr Gareth Wallis

Scott Robinson (BSc; MSc) is an upcoming research scientist in the field of Exercise Metabolism.

Qualifications

- BSc Sports Science (Physiology): 1st Class with Honors
- MSc Sports Physiology: Awarded with Distinction
- ISAK Level 1
- IR(ME)R Operator for DEXA Body Composition Scanning

Biography

Scott is a Doctoral Researcher in Exercise Metabolism. Prior to his move to the University of Birmingham Scott studied at Liverpool John Moores University, where he completed his B.Sc. and M.Sc. in Sports Science (Physiology) to which he was awarded the highest honours.

Research

- Exercise metabolism
- Exercise performance
- Measurement of the maximal rate of lipid oxidation during exercise
- The association between an impaired capacity to oxidise fat and ones susceptibility to metabolic disease.
- Evidence-based nutritional and physical activity strategies to improve general health and well-being and exercise performance.

Other activities

Scott currently works for Guru Performance as an Exercise Physiologist and Performance Nutritionist. Here, Scott works with a host of elite level athletes and teams, as well as the general public, to deliver metabolic fitness testing and evidence-based and individually tailored nutritional plans to optimise sporting performance, health and well-being.

Scott is also a lecturer on several courses run by Guru Performance, which includes the World Recognised International Society of Sports Nutrition Diploma in Sports and Exercise Nutrition.