

SUMMARY CV

DR. AMANDA CLAASSEN REGISTERED DIETITIAN & EXERCISE SCIENTIST (PHD)

UNIVERSITY DEGREES OBTAINED:

B.Sc (NWU)

B.Sc (Hons) Dietetics (NWU) - *Cum Laude*

Post-Grad Dip Dietetics (Univ. Pret.)

B.Sc (Med) (Hons) Exercise Science (*UCT)

PhD (Exercise Science) (*UCT Exercise Science & Sports Medicine Unit, Sports Science Institute of SA).

Currently: Busy with PGD Health Economics distance learning course (UCT)

Member of ADSA - Chair lady: ADSA-Sports Nutrition Working Group Committee

SA Representative on Global PINES Committee (Professionals in Nutrition for Exercise & Sport);

Member of SASMA EXCO.

Professional Member of ACSM;

WORK EXPERIENCE:

~15 years work experience involving a combination of Nutrition and Sports Nutrition Consultancy, involvement in academic lecturing and research (*UCT and Univ. Stellenbosch), and corporate/commercial health & fitness industry (Virgin Life Care/Virgin Active). Course co-ordinator for Sports Nutrition Module within Masters in Nutrition (Stellenbosch Univ). Consulting experience involves working with recreational to elite-level sportsmen and women from all walks of life, including National Paralympic team, U19 & U21 national level and Springbok Rugby, SARFU Women's Rugby, WP and Stormers Rugby, Protea National Cricket team, AJAX Cape Town soccer club, WECSA Swimming, Netball, Basketball etc. Invited speaker at many key local and international conferences, and a list of publications in local and international scientific journals and media.