

## Assistant Professor Kristen MacKenzie-Shalders

PhD, Advanced Sports Dietitian, Accredited Sports Scientist

**Research specialisation:** Sports Nutrition, Exercise Metabolism, Applied Sports Nutrition, Body composition assessment.

**Experience:** Kristen MacKenzie-Shalders is an accredited practicing dietitian, advanced sports dietitian and accredited sports scientist who has worked within, and consulted to, elite sports programs for over a decade. She has previously held roles at the Millennium Institute of Sport & Health (2005 – 2008) and consulted to the (then) New Zealand Academy of Sport for a range of sports. She has consulted to elite teams in Australia including national-league football, cricket and AFL teams and has taught sports nutrition in several universities in Australia and New Zealand. She currently leads the Sports Nutrition component of the Master of Nutrition & Dietetics Practice Program at Bond University (Australia) Kristen has completed her level 3 ISAK accreditation and has technical and research expertise in anthropometry and body composition assessment including Dual-energy X-Ray Absorptiometry, 4 compartment model, Bioelectrical Impedance and Air-displacement plethysmography. She is on the Sports Dietitians Australia Continued Professional Development and Education Advisory committee.



**Research overview:** Kristen's PhD thesis at Queensland University of Technology was completed alongside her appointment there from 2009 - 2014 and was entitled 'Energy and Protein intake in developing male football players: nutritional solutions for optimal performance and body composition outcomes.' Her PhD included several studies in elite Rugby Union athletes. Kristen recently held a post-doctoral research fellow position where she was responsible for a team that conducted a range of metabolic assessments including the doubly-labelled water technique at Bond University.

**Postgraduate supervision:** As an early-career researcher, Kristen is currently supervising 1 PhD student and 1 Masters Student and has supervised several honours and masters projects to completion. Current topics include energy and load monitoring and super compensation in elite AFL players, food choice and muscle dysmorphia in elite rugby players.

### Research publications and presentations:

- MacKenzie, K. King, N. Byrne, N.M. & Slater, G. Increasing Protein Distribution has no Effect on Changes in Lean Mass During a Rugby Pre-season. *International Journal of Sports Nutrition and Exercise Metabolism* (Impact Factor 2.44). 07/2015  
DOI: 10.1123/ijsnem.2015-0040.
- MacKenzie-Shalders, K.L. Byrne, N.M., Slater, G.J. & King, N.A. The effect of a whey protein supplement dose on satiety and food intake in resistance training athletes. *Appetite* (92) (Impact Factor 2.69), 2015, pp. 178 – 184. 05/2015; 92.  
DOI: 10.1016/j.appet.2015.05.007.
- MacKenzie, K., Slater, G., King, N. & Byrne, N. The Measurement and interpretation of Dietary Protein Distribution During a Rugby Preseason. *International Journal of Sports Nutrition and Exercise Metabolism* (Impact Factor 2.44). 2015, 25, 353-358. 02/2015; 25(4). DOI: 10.1123/ijsnem.2014-0168.
- International Conference on Diet and Activity Methods (Invited Speaker). 'Measuring dietary intake in athletes.' Brisbane, 2015.
- International Conference on Diet and Activity Methods (Abstract Presentation). 'The accurate prediction of RMR in athlete populations: which methodologies and technologies are required?' Brisbane, 2015.
- Queensland Academy of Sport Symposium (Invited Speaker). 'Nutrition for recovery and adaptation.' Brisbane, 2009.
- International Congress of Dietetics (Poster Presentation). 'An evaluation of protein supplementation practices, knowledge and beliefs in recreational adult athletes.' Granada, 2016.
- The 42nd Annual Sports Medicine Australia QLD Branch Conference (Abstract presentation). 'DXA for body composition assessment: practicalities and limitations in athlete populations.' Brisbane, 2013.
- European Congress of Sports Science (Oral presentation). 'Protein dose and quantity amongst elite rugby players.' Barcelona, 2013.
- Sports Dietitians Australia Conference, (Abstract presentation). 'Estimating athlete metabolic rate, can we improve predictability using old and new techniques?' Melbourne, 2013.



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