

## Associate Professor Gary Slater

PhD, MSc, Grad Dip Nutr Diet, BSc

**Research specialisation:** Physique assessment and manipulation



**Experience:** 22 years' as a practitioner and academic in sports performance nutrition in Australia and Asia. Prior to joining USC in 2009, held a Senior Sports Dietitian role at the Australian Institute of Sport and Singapore Sports Institute over a 15 year period, with both research and athlete servicing commitments across a range of sports. Teaching involvement spans postgraduate and undergraduate courses that include sport nutrition, physique and broader nutrition related assessment. Maintains an active athlete servicing role via consultation with both the Queensland and Australian Rugby Unions, and previously with the ACT Brumbies. Maintains representation on the scientific/sports supplement advisory board of several national sporting organisations, including the Australian Rugby Union, Australian Rugby League, Netball Australia, Surfing Australia and Australian Paralympic Committee, plus the Australian Institute of Sport and Sports Dietitians Australia. The Australian Paralympic Committee appointment afforded an opportunity to attend the 2008 and 2016 Paralympic Games as the team sports dietitian.

**Research overview:** Active areas of research interest include...

- Enhancing the reliability and validity of physique and metabolic assessment techniques
- Field based estimates of energy expenditure
- Nutrient timing and its impact on body composition and performance
- Health and performance implications of adjustments in protein intake
- Dietary strategies to enhance performance of rugby union athletes
- Towards optimisation of body mass management amongst weight category sport athletes
- Nutritional practices of exercise professionals
- Nutritional ergogenic aids

**Postgraduate supervision:** 3 Masters and 4 PhD research students to completion. Currently supervising 2 Masters and 3 PhD students. Topics contribute to the development of best practice techniques for assessment of physique and metabolism, plus direct, performance focused initiatives.

**Research publications:** 58 peer reviewed publications and 14 invited book chapters. Example publications include...

- Nana A, **Slater GJ**, Hopkins WG, Halson SL, Martin DT, West NP, Burke LM. Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 2016; 26:259-67.
- Kerr A, **Slater GJ**, Byrne N, Nana A. Reliability of 2 Different Positioning Protocols for Dual-Energy X-ray Absorptiometry Measurement of Body Composition in Healthy Adults. *Journal of Clinical Densitometry*. 2016; 19:282-9.
- Kerr A, **Slater G**, Byrne N, Chaseling J. Validation of Bioelectrical Impedance Spectroscopy to Measure Total Body Water in Resistance Trained Males. *International Journal of Sport Nutrition and Exercise Metabolism*. 2015; 25:494-503.
- Nana A, **Slater GJ**, Stewart AD, Burke LM. Methodology Review: Using Dual-Energy X-ray Absorptiometry (DXA) for the Assessment of Body Composition in Athletes and Active People. *International Journal of Sport Nutrition and Exercise Metabolism*. 2015. 25:198-215.
- Zemski AJ, **Slater GJ**, Broad EM. Body composition characteristics of elite Australian rugby union athletes according to playing position and ethnicity. *Journal of Sports Science*. 2015;33(9):970-8.



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