**Dr Adam Zemski**

PhD, BNutrDiet, BCom, IOC Diploma Sports Nutr.

**Research specialisation:** Body composition in elite athletes



**Experience:** Previously a sports dietitian at the Australian Institute of Sport, including lead nutrition management roles within the residential basketball, netball and tennis programs. Completed the Sports Nutrition Fellowship during this time. Held roles as the head dietitian at the Brisbane Lions (AFL) and Adelaide Thunderbirds (Suncorp Super Netball, formally the ANZ Championships). Consulted for the Queensland Academy of Sport water polo, athletics, and triathlon programs, as well as the New South Wales Institute of Sport and Athletics Australia. Previously and/or currently involved in the Sport Nutrition and Exercise Science programs as an academic at the University of the Sunshine Coast and the Australian Catholic University, and has been involved with the International Olympic Committee’s Diploma in Sports Nutrition for over 5 years. As an athlete, former underage state cricket player, and national and international representative in Men’s and Mixed netball as both an athlete and coach. Currently enjoying a change in pace professionally, teaching high school mathematics, psychology and physical education, whilst still being involved in university academia part-time.

**Research overview:** Worked closely with elite rugby union athletes within the Australian Rugby Union system in the assessment and interpretation of body composition data.

**Research publications:** 10 peer reviewed publications and 2 invited book chapters. Previous board member of Sports Dietitians Australia*.* Example publications:

* Zemski AJ, Slater GJ, and Broad EM. Body composition characteristics of elite Australian rugby union athletes according to playing position and ethnicity*.* *Journal of Sports Sciences*. 2015; 33: 970-978.
* Zemski AJ, Broad EM, and Slater GJ. Skinfold prediction equations fail to provide an accurate estimate of body composition in elite rugby union athletes of Caucasian and Polynesian ethnicity*.* *International Journal of Sport Nutrition and Exercise Metabolism*. 2018; 28: 90-99.
* Zemski AJ, Keating SE, Broad EM, and Slater GJ. Longitudinal changes in body composition assessed using DXA and surface anthropometry show good agreement in elite rugby union athletes. *International Journal of Sports Nutrition and Exercise Metabolism.* 2018; 14: 1-25 [Epub ahead of print].
* Zemski AJ, Keating SE, Broad EM, Marsh, DJ, Hind K, and Slater GJ. Pre-season body composition adaptations in elite Caucasian and Polynesian rugby union athletes. *International Journal of Sports Nutrition and Exercise Metabolism.* 2018; [Epub ahead of print].
* Zemski AJ, Keating SE, Broad EM, Marsh, DJ, and Slater GJ. Abdominal adiposity distribution in elite rugby union athletes using magnetic resonance imaging. *Sport Sciences for Health*. 2018; [Epub ahead of print].
* Zemski AJ, Hind K, Keating SE, Broad EM, Marsh, DJ, and Slater GJ. Same-day versus consecutive-day precision error of dual-energy X-ray absorptiometry for interpreting body composition change in resistance trained athletes. *Journal of Clinical Densitometry.* 2019; 22: 104-114.