



The Science Behind Beetroot Juice and Athletic Performance

*Sunday, October 19th; 6:45 – 8:00 AM
Omni at CNN Center, Grand Ballroom ABC*

Abstract

The Science Behind Beetroot Juice and Performance will shed light on why beetroot juice and other root vegetables are getting so much attention with the media, athletes and sport nutrition experts. Professor Andrew Jones, head of the Sport and Health Sciences department at the University of Exeter will present the latest research on how beetroot may not only help improve sports performance but also help cardiovascular conditions by providing a nutritional breakdown of beetroot juice and revealing the drivers behind the health and performance benefits.

Learning Objectives

1. To have an understanding of the nutritional breakdown of beetroot juice
2. To understand the physiological impact nitrates have on the body
3. To be able to identify three or more food/supplement nitrate sources
4. To understand the health and performance benefits related to nitrates

Speaker

Andrew Jones, PhD

Andrew Jones is Professor of Applied Physiology at the University of Exeter in the UK. He is presently Head of Sport and Health Sciences and leader of the Bioenergetics and Human Performance' Research Group. Prof. Jones is internationally recognized for his research in the following areas: 1) control of, and limitations to, skeletal muscle oxidative metabolism; 2) causes of exercise intolerance in health and disease; 3) respiratory physiology, particularly the kinetics of pulmonary gas exchange and ventilation during and following exercise; and 4) sports performance physiology, particularly in relation to endurance athletics. Recent work, in collaboration with colleagues in the Peninsula College of Medicine and Dentistry, has focused on the role of dietary nitrate in enhancing nitric oxide production and in modulating blood pressure, blood flow, and muscle efficiency and performance. Prof Jones has authored more than 150 original research and review articles and is co-Editor of three books. He is a Fellow of the American College of Sports Medicine, the British Association of Sport and Exercise Sciences, and the European College of Sports Sciences and he serves on the Editorial Board of ten international journals in sports medicine and exercise science. Prof Jones has acted as consultant physiologist to UK Athletics for many years and has advised the majority of the UK's leading distance runners.