

Cutting Edge Sports Science Research



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Client:

GlaxoSmithKline

School:

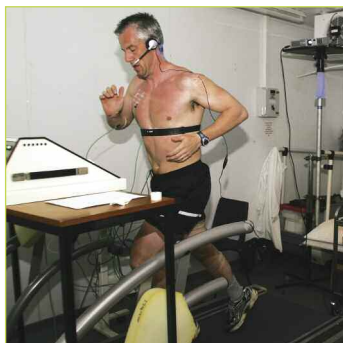
Sport and
Exercise Sciences

Staff:

Barry Drust
Tom Reilly
Don MacLaren
James Morton

Project:

This project involves new lead research for GlaxoSmithKline carried out by a team in Sport and Exercise Sciences, headed by Dr Barry Drust.



The aims of the investigation are to:

- evaluate the effects of initial muscle glycogen concentration on the physiological adaptations to chronic intermittent exercise
- evaluate the influence of exogenous carbohydrate supplementation on the physiological adaptations to chronic intermittent exercise programmes performed with both high and low initial muscle glycogen concentrations.

This information would help inform in the preparation of players in a variety of invasive team sports that predominantly utilise intermittent training programmes such as soccer, rugby, hockey and basketball.

Client benefits:

- GlaxoSmithKline are accessing the 5* facilities within the School of Sport and Exercise Sciences whilst utilising the expertise of Dr Barry Drust
- The project will help inform the use and development of GlaxoSmithKline's commercial available product lines relevant to sport and exercise

Academic and Student benefits

- The research has enabled LJMU to further strengthen its links with GlaxoSmithKline
- The project further reinforces LJMU's reputation as a leading authority in this field of applied intermittent exercise physiology
- The project will provide cutting edge scientific information to support the undergraduate and postgraduate academic programmes within the School of Sport and Exercise Sciences
- Enable the development of new analytical techniques for the laboratories located within the School of Sport and Exercise Sciences
- Provide opportunities for the development of future research programmes for new and existing staff within the School

For more information: 0500 876 543