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Specialisation:

Exercise physiology

Research Interest:

Exercise and bone health, combined effects of nutritional supplementation and exercise on bone and immune functions, nutritional supplementation on sports performance and physiological responses, genetic and sports ability

Research Recognition and Achievements:

Editorial board of Asian Journal of Exercise and Sports Science

Available Postgraduate Research Topics:

1. Combined effects of nutritional supplementation and exercise on blood lipid profiles, bone metabolism markers and antioxidant status in hypercholesterolemic postmenopausal women
2. Combined effects of a training program and nutritional supplementation on muscular strength and power, blood bone metabolism markers, antioxidant status and immune function parameters
3. Association between gene polymorphisms, sports ability and bone in athletes and non-athletes