



Peter Harrison Centre
for Disability Sport

Completed PhD Student

Katherine Black

Former PhD Student at the Peter Harrison Centre for Disability Sport

Qualifications:

MSc Sport and Exercise Nutrition, Loughborough University, 2005.

BSc (Hons) Exercise and Health Sciences, University Of Salford, 2001.

Current Research Interests:

Katherine gained her PhD in 2008 from Loughborough University. The title of her thesis was 'The Fluid Balance of Special Populations'.

Katherine studied fluid balance (sweat loss and fluid intake) and thermoregulation (ability to control the body's internal temperature) of athletes with a disability. She looked at water turnover in individuals with spinal cord injury.

Published Papers & Articles etc:

Watson, P., Black, K.E., Clarke, S.C. and Maughan, R.J. (2006). 'Exercise In the Heat: Effect of Fluid Ingestion on Blood-Brain Barrier Permeability' in *Medicine in Science Sports and Exercise*. Vol. 38. (12) pp. 2118-2124.
