



**Peter Harrison Centre**  
for Disability Sport

## Student Profile

### **Mhairi Keil**

***Part-time Doctoral Research Student, part funded by the English Institute of Sport and supported by Loughborough University's School of Sport & Exercise Sciences and The Peter Harrison Centre for Disability Sport.***

The research programme is supported and part funded by Mhairi's current employers, The English Institute of Sport where she works as a Performance Nutritionist. In this role, Mhairi works with the GB Wheelchair Basketball team and GB Archery team as well as running a multisport clinic, servicing sports such as Trampolining, Wheelchair Rugby and Bob Skeleton.

#### **Qualifications:**

IOC Diploma in Sport and Exercise Nutrition, International Olympic Committee (2006-2007)

MSc in Sport and Exercise Nutrition, Loughborough University (2004-2005)

BSc in Sport and Exercise Science, Birmingham University (2000-2003)

#### **Current Research Interests:**

Mhairi's research explores the Body Composition and Energy Requirements of Paralympic Athletes.

#### **Previous Research & Experience:**

Mhairi was particularly interested in fluid requirements of athletes and hence her Masters dissertation concentrated on aspects of post exercise rehydration.

#### **Membership of Professional Bodies/Associations:**

Mhairi is a member of the Nutrition Society and The Royal Society of Medicine

#### **Published Papers & Articles:**

Keil, M. (2007) [Performance Nutrition for Young Athletes](#) in *Coaching Edge*, July, (8), 32-33.

Shirreffs, S.M., Aragon-Vargas, L.F., Keil, M., Love, T.D, and Phillips, S. [Rehydration After Exercise in the Heat: A Comparison of 4 Commonly Used Drinks](#). *International Journal of Sport Nutrition & Exercise Metabolism*, 17(3):244-258, 2007.

#### **Contact Details:**

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