



**ALISA  
NANA**

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## EDUCATION

### **2009 - 2013 Doctor of Philosophy**

Enrolled through RMIT University, Melbourne, Australia Undertaken at Sports Nutrition,  
Australian Institute of Sport, Australia

### **2002 - 2006 Honours Degree of Bachelor of Nutrition and Dietetics**

Monash University, Australia Grade: First Class Honours Honours

Title: "The development and validation of culturally-specific Food Frequency Questionnaires targeting four  
populations potentially at-risk of vitamin D deficiency"

## PROFESSIONAL EXPERIENCE

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### **AUGUST 2014 - PRESENT**

#### **Instructor**

College of Sports Science and Technology  
Mahidol University, Thailand

### **2013**

#### **Physique and Fuel Centre Dietitian**

Sports Nutrition, Australian Institute of Sport, Australia

### **2007 - 2009**

#### **Clinical Dietitian, Research Centre for Nutrition Support**

Siriraj Hospital, Bangkok, Thailand

## PROFESSIONAL SOCIETIES AND ORGANIZATIONS

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2014 - Present Member of Sports Science Society of Thailand  
2008 - Present Accredited Sports Dietitian, Sports Dietitian Australia  
2007 - Present Accredited Practising Dietitian, Dietitians Association of Australia  
2007 - Present Member of the Golden Key International Honour Society  
2007 - Present Member of Thai Dietetic Association  
2007 - Present Member of Nutrition Association of Thailand

## PUBLICATIONS

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### NATIONAL

Arlai S & **Nana A**. Carbohydrate and caffeine mouth rinse after 45-min of an intermittent shuttle run test did not enhance football performance in collegiate players. *Journal of Sports Science and Technology*. 2019 July;19(1):37-48

Pechphongsai N, Pachotikarn C, **Nana A**, Akavipat R. Development of SPORT D-IET Smartphone Application for Thai Female Football Players. In: Proceedings of The 7th STOU National Research Conference; 2017 Nov 24; Nonthaburi, Thailand

### INTERNATIONAL

Mallari MFT, **Nana A**, Pinthong M, Kongkum S, Chaunchaiyakul R & Valleser CW. Post-exercise ingestion of lactose-free skim milk affects thirst but not subsequent performance and net fluid balance of collegiate badminton athletes. *Malaysian Journal of Nutrition*. 2019 Nov;25(3):337-350

Mallari MFT, **Nana A**, Pinthong M, Kongkum S, Chaunchaiyakul R & Valleser CW. Effect of ad libitum intake of lactose-free milk on subsequent performance of collegiate badminton athletes. *German Journal of Exercise and Sport Research*. 2019 June;49(3):266-274

**Nana A**, Slater GJ, Hopkins WG, Burke LM. Importance of standardized DXA protocol for assessing physique changes in athletes. *Int J Sport Nutr Exerc Metab*. 2016 Jun;26(3):259-67

Kerr A, Slater GJ, Byrne N, **Nana A**. Reliability of 2 Different Positioning Protocols for Dual-Energy X-ray Absorptiometry Measurement of Body Composition in Healthy Adults. *J Clin Densitom*. 2016 Jul-Sep;19(3):282-9

Haakonssen EC, Ross ML, Knight EJ, Cato LE, **Nana A**, Wluka AE, Cicuttini FM, Wang BH, Jenkins DG, Burke LM. The effects of a calcium-rich pre-exercise meal on biomarkers of calcium homeostasis in competitive female cyclists: a randomised crossover trial. *PLoS One*. 2015 May 13;10(5):e0123302

**Nana A**, Slater GJ, Stewart AD, Burke LM. Methodology review: Using dual-energy X-ray absorptiometry (DXA) for the assessment of body composition in athletes and active people. *Int J Sport Nutr Exerc Metab*. 2015 Apr;25(2):198-215

## PUBLICATIONS (CONT.)

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### INTERNATIONAL

Haakonssen EC, Ross ML, Cato LE, **Nana A**, Knight EJ, Jenkins DG, Martin DT, Burke LM. Dairy Based Pre-Exercise Meal Does Not Affect Gut Comfort or Time-Trial Performance in Female Cyclists. *Int J Sport Nutr Exerc Metab.* 2014 Oct;24(5):553-8.

**Nana A**, Slater GJ, Hopkins WG, Burke LM. Effects of Exercise Sessions on DXA Measurements of Body Composition in Active People. *Med Sci Sports Exerc* 2013;45:178-185

**Nana A**, Slater GJ, Hopkins WG, Burke LM. Techniques for Undertaking DXA Whole Body Scans to Estimate Body Composition in Tall and/or Broad Subjects. *Int J Sport Nutr Exerc Metab* 2012;22:313-322.

**Nana A**, Slater GJ, Hopkins WG, Burke LM. Effects of daily activities on DXA measurements of body composition in active people. *Med Sci Sports Exerc* 2012;44:180-189.

### BOOK CHAPTER

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Slater GJ, **Nana A** & Kerr A. Chapter 13: Imaging Method: Dual-Energy X-Ray Absorptiometry. *Best Practice Protocols for Physique Assessment in Sport* (edited by Patria Hume, Deborah Kerr, and Timothy Ackland). Springer. 2018

Shaw G, **Nana A** & Broad E. Chapter 3: Physique assessment of the athlete. *Clinical Sports Nutrition* (edited by Louise Burke and Vicki Deakin). 5th ed. McGraw-Hill Education, Australia. 2015

### RESEARCH INTERESTS

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- Use of DXA to monitor body composition
- Body composition assessment techniques
- Body composition and performance
- Physique manipulation