

Dr. Graeme Close: A Masterclass on Exercise and nutrition

Graeme Close is a Senior Lecturer in Exercise Metabolism and Applied Sports Nutrition at Liverpool John Moores University. Graeme gained his BSc in Sport and Exercise Sciences from Liverpool John Moores University in 1996 and then went on to study for his PhD in Muscle Metabolism at the same institution.

Graeme is a former professional rugby league player and has played first team rugby for several clubs including Warrington Wolves, Leigh Centurions and Workington Town. Since retiring from professional sport Graeme has been actively involved as a strength & conditioning and nutrition consultant in a variety of sports including rugby, rowing, golf and football and he is currently head of sports nutrition at Munster RUFC in Ireland. Graeme is accredited by the British Association of Sport and Exercise Sciences (BASES) as well as the United Kingdom Strength and Conditioning Association (UKSCA).