



Biography

Krzysztof Durkalec-Michalski is the head of the Department of Sports Dietetics and associate professor at the Poznan University of Physical Education, and a visiting professor at Charles University (Faculty of Physical Education and Sport). He was also an assistant professor at the Poznan University of Life Sciences (Institute of Human Nutrition and Dietetics) and a visiting professor at Deakin University in Melbourne (*School of Exercise and Nutrition Sciences*) and the University of São Paulo (*Escola de Educação Física e Esporte*). In addition, Krzysztof is a dietician at the Polish Olympic Rowing Team and the Polish National Golf Team. For many years he also had a leading position as a member of the medical staff at the Polish Wrestling Association.

His research interests include experimental and practical sports nutrition. In practice, this specifically involves beta-hydroxy-beta-methylbutyric acid (HMB), sodium bicarbonate, beta-alanine, colostrum and caffeine supplementation, and different nutritional interventions (e.g., ketogenic diet, glycemic index-based carbohydrate diets). This is all connected to the inquiry and subsequent regulation of their influence upon discipline-specific performance, aerobic and anaerobic physical capacity, training activities, exercise metabolism, body composition and blood biochemical markers in trained athletes and active individuals, as well as the body mass regulation, rapid weight loss, and the fast nutritional recovery before competitions in combat sports and sport disciplines with weight categories.

He is also an expert member of the Polish Council for Supplements and Nutritional Foods (KRSiO) and a member of several societies including the Committee of Kinesiology of the Polish Academy of Sciences - Poznan Branch, the International Society of Sports Nutrition, the American College of Sports Medicine and the Polish Society of Nutritional Sciences.