

Nicola Arjomandkhah
Associate Professor
School of Sport and Wellbeing
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Qualifications

Doctor of Philosophy, Sport and Exercise Science
Award Date: 21 Apr 2017
2016 → ... Fellow of the Higher Education Academy

Employment

Associate Professor
School of Sport and Wellbeing
Faculty of Health, Wellness and Life Sciences
1 Jul 2022 → present

Research outputs

The test-retest reliability and validity of food photography and food diary analyses

Curtis, C., Hills, S., Arjomandkhah, N., Cooke, C., Ranchordas, M. & Russell, M., 24 Sept 2024, (E-pub ahead of print) In: Nutrition & dietetics : the journal of the Dietitians Association of Australia.

Exogenous glucose and fructose oxidation during exercise in normobaric hypoxia at simulated altitude

Arjomandkhah, N., 30 Jul 2024, (In preparation) In: Medicine and Science in Sports and Exercise.

Student-led resource development for sport and physical education: a COIL project

Arjomandkhah, N. & Rowley, C., 8 Sept 2023, (Unpublished).

Estimated energy expenditures and energy intakes of international female rugby sevens players in five days of a training camp and competition preparation

Curtis, C., Arjomandkhah, N., Cooke, C., Ranchordas, M. K. & Russell, M., 19 Jul 2023, In: Nutrients. 15, 14, 3192.

Skin application of menthol enhances maximal isometric lifting performance

Over, D., Arjomandkhah, N., Beaumont, J., Goodall, S. & Barwood, M., Mar 2023, In: Journal of Strength and Conditioning Research. 37, 3, p. 564-573

Validation of the use of a mouth piece for indirect calorimetry and 13C breath analysis

Arjomandkhah, N., May 2022, (Unpublished).

Improved blood glucose control, cardiovascular health and empowerment in people attending X-PERT structured diabetes education

Wheatley, S., Arjomandkhah, N., Murdoch, C., Whitaker, M., Evans, N., Hollinrake, P., Reeves, T., Wellsted, D. & Deakin, T., 2 Dec 2021, In: Practical Diabetes. 38, 6, p. 31-35 5 p.

Season-long changes in the body composition profiles of competitive female Rugby Union players assessed via dual energy x-ray absorptiometry

Curtis, C., Arjomandkhah, N., Cooke, C., Ranchordas, M. & Russell, M., 15 Oct 2021, In: Research Quarterly for Exercise and Sport. 93, 3, p. 601-607 7 p.

Low carbohydrate dietary approaches for people with type 2 diabetes: a narrative review

Wheatley, S., Deakin, T., Arjomandkhah, N., Hollinrake, P. & Reeves, T., 15 Jul 2021, In: Frontiers in Nutrition. 8, 687658.

Developing student belonging in a blended learning environment

Torn, A., Rowley, C. & Arjomandkhah, N., 6 Jul 2021.

Using student voice to co-create an approach to blended delivery

Rowley, C. & Arjomandkhah, N., 6 Jul 2021.

Fuel use during exercise at altitude in women with glucose–fructose ingestion

O'Hara, J., Duckworth, L. C., Black, A., Woods, D., Mellor, A., Boos, C., Gallagher, L., Tsakirides, C., Arjomandkhah, N., Morrison, D. J., Preston, T. & King, R. F., 1 Dec 2019, In: *Medicine and Science in Sports and Exercise*. 51, 12, p. 2586–2594 9 p.

Estimated energy balance of international female rugby sevens players in training and competition scenarios

Curtis, C., Arjomandkhah, N., Cooke, C. & Russell, M., 3 May 2019, *International Journal of Sport Nutrition and Exercise Metabolism: Abstracts from the December 2018 International Sports and Exercise Nutrition Conference*. S1 ed. Human Kinetics, Vol. 29.

Liver and muscle glycogen oxidation and performance with dose variation of glucose–fructose ingestion during prolonged (3 h) exercise

King, A., O'Hara, J., Arjomandkhah, N., Rowe, J., Morrison, D. J., Preston, T. & King, R., 6 Mar 2019, In: *European Journal of Applied Physiology*. 119, 5, p. 1157-1169 13 p.

Markers of physiological stress during exercise under conditions of normoxia, normobaric hypoxia, hypobaric hypoxia, and genuine high altitude

Woods, D., O'Hara, J., Boos, C., Hodkinson, P., Tsakirides, C., Hill, N., Jose, D., Hawkins, A., Phillipson, K., Hazlerigg, A., Arjomandkhah, N., Gallagher, L., Holdsworth, D., Cooke, M., Green, N. & Mellor, A., 1 May 2017, In: *European Journal of Applied Physiology*. 117, 5, p. 893-900 7 p.

A comparison of substrate oxidation during prolonged exercise in men at terrestrial altitude and normobaric normoxia following the coingestion of 13C glucose and 13C fructose

O'Hara, J., Woods, D., Mellor, A., Boos, C., Gallagher, L., Tsakirides, C., Arjomandkhah, N., Holdsworth, D., Cooke, C., Morrison, D. J., Preston, T. & King, R., 13 Jan 2017, In: *Physiological Reports*. 5, 1, e13101.

A Four-Way Comparison of Cardiac Function with Normobaric Normoxia, Normobaric Hypoxia, Hypobaric Hypoxia and Genuine High Altitude

Boos, C., O'Hara, J., Mellor, A., Hodkinson, P., Tsakirides, C., Reeve, N., Gallagher, L., Green, N. & Woods, D., 21 Apr 2016, In: *PLoS ONE*. 11, 4, e0152868.

Carbohydrate and protein recovery mixtures with or without added galactose does not improve subsequent high-intensity cycling performance

Warrick, E., King, R., O'Hara, J., Reeve, N. & Luke, H., Jan 2010, In: *Proceedings of the Nutrition Society*. 69, OCE1, E59.

Activities

British Association of Sport and Exercise Sciences: Physiology and Nutrition Division Day

Arjomandkhah, N. (Chair)
27 Jun 2024

British Association of Sport and Exercise Science (Event)

Arjomandkhah, N. (Editorial board member)
2024

British Association of Sport and Exercise Sciences (External organisation)

Arjomandkhah, N. (Chair)
2024

British Association of Sport and Exercise Sciences (External organisation)

Arjomandkhah, N. (Chair)

2024

Nutrition Support

Arjomandkhah, N. (Consultant)

2024

Trinity Performance Physiology Support

Arjomandkhah, N. (Consultant)

2024

Physiological Society: Resuming laboratory testing with human participants

Arjomandkhah, N. (Chair)

27 May 2020

The Role of the Internal Examiner

Arjomandkhah, N. (Chair)

13 May 2020

Trinity Performance: Physiological Assessment 1

Arjomandkhah, N. (Consultant)

Aug 2019

Trinity Performance: Physiological Assessment 2

Arjomandkhah, N. (Consultant)

Aug 2019

International Sport and Exercise Nutrition Conference

Curtis, C. (Invited speaker), Arjomandkhah, N. (Invited speaker), Cooke, C. (Invited speaker) & Russell, M. (Invited speaker)

18 Dec 2018

SSHS Research Seminar Series: Use of ¹³C Isotope Tracing Methods in Exercise Metabolism

Arjomandkhah, N. (Invited speaker)

Apr 2018

The American College of Sports Medicine Main Meeting

Arjomandkhah, N. (Invited speaker), O'hara, J. (Invited speaker) & King, R. (Invited speaker)

2 Jun 2017