

Nicola Arjomandkhah
Senior Lecturer
School of Health, Sport and Life Sciences
Email: N.Arjomandkhah@leedstrinity.ac.uk

Qualifications

Doctor of Philosophy
Award Date: 21 Apr 2017
2016 → ... Fellow of the Higher Education Academy

Employment

Senior Lecturer
School of Health, Sport and Life Sciences
Leeds Trinity University
1 Jan 2022 → present

Research outputs

Skin Application of Menthol Enhances Maximal Isometric Lifting Performance

Over, D., Arjomandkhah, N., Beaumont, J., Goodall, S. & Barwood, M., Apr 2022, (Accepted/In press) In: Journal of Strength and Conditioning Research.

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. p. 1-7 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

Physiological Society: Resuming laboratory testing with human participants

Nicola Arjomandkhah (Chair)
27 May 2020

The Role of the Internal Examiner

Nicola Arjomandkhah (Chair)
13 May 2020

Trinity Performance: Physiological Assessment 1

Nicola Arjomandkhah (Consultant)
Aug 2019

Trinity Performance: Physiological Assessment 2

Nicola Arjomandkhah (Consultant)
Aug 2019

International Sport and Exercise Nutrition Conference

Christopher Curtis (Invited speaker), Nicola Arjomandkhah (Invited speaker), Carlton Cooke (Invited speaker) & Mark Russell (Invited speaker)
18 Dec 2018

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

Nicola Arjomandkhah (Invited speaker)
Apr 2018

The American College of Sports Medicine Main Meeting

Nicola Arjomandkhah (Invited speaker), John O'hara (Invited speaker) & Roderick King (Invited speaker)
2 Jun 2017