

Technology in sport: What? How? And When?

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In this lecture on technology in sports nutrition we will discuss the various areas where new technology is being developed. But first we will discuss what questions need to be addressed before considering the use of technology and various gadgets in the work with athletes. We must carefully consider the pros and cons of using a technology and also have a clear understanding of the validity, reliability and sensitivity of the methods. We will also talk about examples where the technology is sound but our understanding of physiology is the main limiting factor. Then we will screen a number of technologies to see which technologies will pass the test.