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Dr. Mark Willems graduated from the Vrije Universiteit Amsterdam (the Netherlands) in 1994 with a PhD in Human Movement Sciences. He obtained postdoctoral experience at the University of Bristol (UK) and West Virginia University (USA) before obtaining an academic position at the University of Chichester (UK) in 2003. He is currently Professor of Exercise Physiology in the Department of Sports and Exercise Sciences at the University of Chichester (2012-current). He is first or last author on more than 66 peer-reviewed articles. His research interests are Sports Nutrition, Muscle Physiology and Exercise and Health. He has a keen interest in the application of functional foods in Sport, Exercise and Health Sciences with focus on New Zealand blackcurrant and Matcha green tea. Recent work on New Zealand blackcurrant provided first observations of the effects of a berry product during exercise with focus on cardiovascular, physiological, metabolic and performance responses. Mark is a fellow of the European College of Sport Science.