

Jason Siegler, Ph.D.

Associate Professor, Sport & Exercise Science

Dr. Siegler is currently a senior member of academic staff in the Sport and Exercise Science Program. In an academic career that spans the US, UK and Australia, he has published and presented in numerous international forums on topics such as buffering supplementation and high intensity performance, hydration in team sports, training adaptations in team sports, and injury pre-habilitation or prevention. His research is focused primarily on improving elite sport performance. Most recently, projects have specifically focused on the relationship between blood pH and neural feedback mechanisms during fatiguing exercise, individualizing buffer supplementation protocols to improve performance, and the impact of ischemic preconditioning on vascular and neuromuscular mechanisms associated with skeletal muscle performance

