

# CURRICULUM VITAE

NAME: IAN M ROLLO  
Contact telephone: 07793238555  
E-mail: ian.rollo@pepsico.com

**QUALIFICATIONS**

**BSc** (Second class, Div 1), Sport and Exercise Sciences, Birmingham University 2003

Biochemistry and Immunology	Physical Activity: Benefits & Limitations
Muscle Fatigue Pain and Damage	Motivation in Sport and Exercise settings

**MSc**, Exercise Physiology, Loughborough University 2005

Exercise Physiology	Advanced Research Methods
Exercise Immunology	Sports Nutrition
Current Research in Exercise Physiology	Project

**PhD**, Loughborough University 2009. "Influence of carbohydrate feedings on self-selected endurance running performance". Supervisor Prof. Clyde Williams OBE.

Supervision of MSc Sports Nutrition student projects.  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year undergraduate physiology lab classes and physiology lectures.  
Lecturer ASS football module 2006-12. Nutrition, Physiology & Training in Football.

**Disruptive Strategy**. Harvard Business School. 2023  
Disruption Theory, Strategic Frameworks, New Opportunity Assessment, Aligning with Innovation and Disruption, Discovering Customer Jobs to be done, Organizing for Innovation, Maintaining a Disruptive Scope, Managing the Strategy Development Process, Executive-Level Strategy Formulation and Team Management.

**CURRENT POST**

**Principal Scientist**, Gatorade Sports Science institute, PepsiCo Int. Life Sciences. 2012-2023

Head of International Service	Clinical research management
Sports nutrition innovation	Sports Nutrition education
Manage 50 nutrition scientists globally, working in/supporting professional sport.	

**Visiting Research Fellow**, Loughborough University (2014-2023)

**FC Barcelona Innovation Hub**, Certificate in sports Nutrition for football. Lead: 2018- present.

**PREVIOUS POSTS**

**Course Leader**, Masters in Sport Nutrition, Loughborough University, 2011-2012  
Lead lecturer and course coordinator of MSc in Sport and Exercise Nutrition

**Postdoctoral Research Associate**, Loughborough University, 2011 Knowledge Transfer position between Loughborough University and Leicester City Football Club.  
Conference organizer of "Science of Football, Principle to Practice"  
Supervision of BSc and MSc student projects  
Leicester City FC performance nutritionist

**GSSI, Scientific advisor, UK & Netherlands** 2009-2012  
Deliver educational lectures to elite athletes, sports teams and coaches  
Advise elite athletes and teams on scientific evidence in the area of sports nutrition  
Sweat and hydration testing – physiological testing of elite athletes

**Research Assistant**, August Krogh Institute, Denmark 2006  
Football related studies under the supervision of Prof. Kustrup and Prof. Bangsbo  
Mechanisms of fatigue during high intensity exercise  
Main projects: Copenhagen Soccer test & the influence of creatine supplementation and diet on post soccer match muscle glycogen re-synthesis

**Applied Sports Scientist**, Loughborough University, 2004-2006

Maintenance of Human Performance Laboratory, Powerbase Loughborough  
Perform fitness tests for various sport organisations providing appropriate feedback  
Designed and delivered nutrition workshops for athletes, schools, colleges and team sports

**Exercise Physiologist**, Women's Football Association, 2005-2006

Planned and assisted in field based and laboratory fitness testing  
Anthropometrical measurements and analysis

**PRO EXPERIENCE**

UEFA: 2021-23: Elite female match officials  
FC Barcelona (2013 – present, 1<sup>st</sup> team, Barca B and Fem soccer, pro basketball)  
Manchester City FC (2016-Present)  
Olympic / World swimmers 2012 - present  
Pro Tennis player (Top 5) 2016  
CBF (Brazilian National Football team) 2012-2014  
GB athletics: Elite marathon runner 2012-2014  
Buriram United, Thailand, Director of Sports Science 2011-2013.  
Leicester Tigers Rugby Union, Performance Nutritionist 2010-2012  
Leicester City FC, Performance Nutritionist, 2011  
  
Other athletes and experience (2009-2014): UK: athletics, Nuneaton Borough F.C, Scottish Rugby, Sale sharks, Pro-cyclist, Team SKY, GB cycling, British Triathlon, Nottingham Cricket, British Kayak, Loughborough Dynamos F.C. F.A women center of excellence. Triathlon, Ironman-Triathlon. Ultra-marathon runner, Marathon de sables, 2008-2010

**MEMBERSHIP**

European College of Sports Sciences  
American College of Sports Medicine  
British Association of Sport and Exercise Sciences (2011)  
Professionals In Nutrition for Exercise and Sport (2015)

**INVITED REVIEWER**

Journal of Sports Sciences  
International Journal of Sports Nutrition and Exercise metabolism  
Medicine and Science in Sport and Exercise  
European Journal of Sports Sciences

**PROFESSIONAL/  
DEVELOPMENT**

PepsiCo Research and development Innovation Dossier lead: Vitality (Active aging)  
SENr: Sport & Exercise Nutrition Register: Applied Sports Nutritionist. 2017-present.  
Chair of ECSS Sports Nutrition Interest Group 2015-2020  
PepsiCo Outstanding research award, 2012  
PepsiCo LeAD (leadership course) 2016  
Qualified Phlebotomist (OCNNR) 2012  
IRMER qualified DXA radiologist 2012  
ISAK : Level 1 2009  
The FA, Fitness Trainers Award, 2004  
The FA 1<sup>st</sup>4sport, UEFA B license, 2004  
1<sup>st</sup> Dan black belt Judo, British Judo Association, 2003  
Climbing instructor, Camp Councilor, 2002

**REFEREES**

Professor Clyde Williams O.B.E  
School of Sport, Exercise and Health Sciences  
Loughborough University  
Leicestershire,  
LE11 3TU, UK  
C.Williams@lboro.ac.uk

Dr James Carter  
Director of the Gatorade Sports Science Institute  
PepsiCo Global Life Sciences  
Leicestershire  
LE35 3TU, UK  
James.carter@pepsico.com