

Amanda is a registered dietitian and sport scientist. She started her academic and professional journey with a BSc and BSc Honours in Dietetics (NWU), followed by a PhD in Exercise Science and PG-Dip. in Health Economics (UCT). She has worked with recreational to elite-level athletes, as well as working in public, government and private sector, where applying the latest research and innovation within a real-life environment was a key feature of her approach. She spent 8 years as Education & Research Manager at the South African Institute for Drug-Free Sport (SAIDS, the National Anti-Doping Agency), and is a member of the UNESCO Inter-Governmental Committee for Physical Education & Sport, South Africa. In 2021 she was invited to join the World Anti-Doping Agency (WADA) Global Learning & Development Framework Technical Working Group for Education, tasked with developing professional standards and training content for various audiences within the industry. She is also a member of the Africa Zone VI Regional Anti-Doping Organisation Technical Working Group for Education, assisting with education strategy and programme development within the Zone VI region. Throughout her career she has remained involved with sports nutrition consulting, as well as academic research and lecturing, always seeking opportunities for the co-creation of projects between industry and academia, ranging from health, nutrition and physical activity interventions, to anti-doping education and research. She is a member of the South African Sports Medicine Association EXCO. She recently joined the UCT Researcher Development & Innovation Cluster, where she contributes to the training and skills development of African researchers at all stages of their careers, whilst continuing her academic involvement at the UCT Health through Physical Activity, Lifestyle & Sport Research Unit.

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