

## **BIOGRAPHICAL SKETCH – NICKI DE VILLIERS**

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Nicki de Villiers is a dietitian with a special interest in the field of sport nutrition. She is currently in private practice in Pretoria.

Nicki has graduated as dietitian at the University of Pretoria, completed a postgraduate diploma in sport nutrition through the International Olympic Committee, and obtained a master's degree in dietetics at the University of Pretoria. She recently also partook in the Mastermind program for sport nutrition lead by Asker Jeukendrup. Her career started as dietitian at Charlotte Maxeka Hospital and later in private practice at Pretoria Heart Hospital. She then developed an interest in sport nutrition whilst playing basketball at national level. She is currently working as a private consulting dietitian at her own practice at The Sports Performance Hub in Hatfield.

Throughout her career, she consulted for various PSL teams, professional rugby teams, the Comrades Marathon Association and individual athletes at Olympic and recreational levels. She was also involved in the coaching courses presented by CSA. She is a part-time lecturer of sport nutrition for students studying sport science, biokinetics, dietetics and medical doctors specializing in sport at the University of Pretoria.

Her mission is to support optimal sport performance through science based nutrition protocols.