

Joseph Agu
Assistant Professor & PhD Student
University of Nottingham



Joseph received his master's degree in Sports Nutrition in 2011 from the University of Chester before moving into elite sport.

As a former Performance Nutritionist for the English Institute of Sport (EIS) and British Athletics, Joseph provided world-leading nutritional support to Britain's best track and field athletes, leading to many medal wins in international competitions.

In 2018, Joseph was appointed as Assistant Professor in Sport & Exercise Medicine at the University of Nottingham, where he is the convenor of the MSc Sports and Exercise Nutrition module.

In May 2019, Joe began his doctoral research at the University of Nottingham and Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis, in which he is looking into the effects of exercise and nutrition on knee osteoarthritis progression.

Twitter: @JosephAgu