

ANDREAS KASPER

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PhD, MSc, MPhil, BSc (Hons), SENr, RNutr

Education



Post-Graduate Masters Degree (MSc)
St Marys University, Twickenham, UK
(2023 - Current)
Strength & Conditioning (MSc) - Final Project Unconfirmed.



Post-Graduate Research Degree (PhD)
Liverpool John Moores University, Liverpool, UK
(2015 - 2022)
Sports Nutrition and Physiology (PhD) - From paper to podium: Applying laboratory based sports nutrition to applied practice.



Post-Graduate Masters Degree (MPhil)
Liverpool John Moores University, Liverpool, UK
(2015 - 2017)
Cellular and Molecular Physiology (MPhil) - Personalising elite training and nutrition through the use of individualised in-vitro bioengineered 'mini-muscles'.



Post-Graduate Masters Degree (MSc)
Liverpool John Moores University, Liverpool, UK
(2014 - 2015)
Sport & Exercise Nutrition (MSc) - Short-term reduced dietary carbohydrate intake does not impair contractile properties of human skeletal muscle.



Undergraduate Honors Degree (BSc Hons)
Liverpool John Moores University, Liverpool, UK
(2011 - 2014)
Sport & Exercise Science (BSc Hons) - Carbohydrate mouth rinse and caffeine improves high-intensity interval running capacity when carbohydrate restricted.

Academia



Liverpool John Moore University
Liverpool, UK
Honorary Lecturer



University of Newcastle
Newcastle, UK
Guest Lecturer



Football Science Institute
Granada, ESP
Master Professor



University of Bath
Bath, UK
Guest Lecturer



University of Salford
Manchester, UK
Nutrition Module Leader

Experience



Newcastle United Football Club Nutritionist
St James Park, Newcastle, UK
July 22 - Current



England Rugby Union Nutritionist
Twickenham Stadium, London, UK
March 14 - December 25



Chelsea Football Club Nutritionist
Stamford Bridge, London, UK
July 19 - July 22



Private Nutrition Service Provider
Various Locations, Worldwide
August 2014-Current



London Irish Rugby Club Nutritionist
Brentford Stadium, Brentford, UK
September 19 - July 22



Sale Sharks Rugby Club Nutritionist
AJ Bell Stadium, Manchester, UK
July 21 - July 22



AC Sparta Prague Nutritionist
GČP Arena, Prague, CZE
November 20 - July 22



Catalans Dragons Nutritionist
Stade Brutus, Perpignan, FRA
December 17 - October 21



Fulham Football Club Nutritionist
Craven Cottage, London, UK
November 18 - August 20



England Rugby League Nutritionist
Redhall, Leeds, UK
November 15 - February 20



Derby County Nutritionist
Pride Park, Derby, UK
June 18 - August 19



Blackburn Rovers Nutritionist
Ewood Park, Blackburn, UK
December 14 - June 18



Everton Football Club Ass. Sport Scientist
Goodison Park, Liverpool, UK
June 13 - August 14



Formby Hall Golf Resort Chef
Formby Hall, Formby, UK
September 08 - August 13

Notable Team Achievements



EFL League Cup Winners
Newcastle United Football Club (2025)



FIFA Club World Cup Winners
Chelsea Football Club (2021)



UEFA Supercup Winners
Chelsea Football Club (2021)



UEFA Champions League Winners
Chelsea Football Club (2021)



Ballon d'Or Club of the Year
Chelsea Football Club (2021)



Betfred Superleague Leaders
Catalans Dragons (2021)



Six Nations U20 Championship Winners
England Rugby Union (2024,2021,2016, 2014)



U20 Junior World Cup Winners
England Rugby Union (2024, 2017, 2016, 2014)



U18 Premier League South Winners
Fulham Football Club (2020)



EFL Championship Playoff Winners
Fulham Football Club (2020)



Betfred League Leaders Shield Winners
Toronto Wolfpack (2019,2018)


















Rugby League Playoff Final Winners
Toronto Wolfpack (2019)



Coupe de France Winners
Catalans Dragons (2018)



Ladbrokes Challenge Cup Winners
Catalans Dragons (2018)

 EFL League One Promotion Winners Blackburn Rovers (2018)	 U18 6N Championship Winners England Rugby Union (2024)
 U18 Championship Winners England Rugby Union (2014)	
 Ladbrokes/Betfred Challenge Cup Finalists Leeds Rhinos Women's (2024) Catalans Dragons (2018)	 EFL League Cup Finalists Newcastle United Football Club (2025,2023) Chelsea Football Club (2022)
 Premiership Rugby Cup Finalists London Irish Rugby Union (2022)	 FA Cup Finalists Chelsea Football Club (2022,2021,2020)
 Czech Cup Finalists AC Sparta Prague (2022)	 UEFA Supercup Finalists Chelsea Football Club (2021,2019)
 Czech First League Runners Up AC Sparta Prague (2021)	 Super League Grand Final Runners Up Catalans Dragons (2021)
 EFL Championship Playoff Finalists Fulham Football Club (2020) Derby County Football Club (2019)	 £1 Million Game Finalists Toronto Wolfpack (2019,2018)
 Rugby League World Cup Finalists England Rugby League (2017)	 Junior World Cup Finalists England Rugby League (2024, 2018, 2017, 2016 2015, 2014)

Publications

Kasper AM, Cocking S, Close GL, Morton JP, et al. Carbohydrate mouth rinse and caffeine improves high-intensity interval running capacity when carbohydrate restricted. *Eur J Sport Sci.* 2016.

Kasper AM, Turner DC, Martin NRW, Sharples AP, et al. Mimicking exercise in three-dimensional bioengineered skeletal muscle to investigate cellular and molecular mechanisms of physiological adaptation. *J Cell Phys.* 2017.

Langan-Evans C, Crighton B, Kasper AM, Wilson G, et al. Current practices in weight making sport. *BASES Sport & Exerc Sci.* 2017.

Kasper AM, Crighton B, Close GL, Morton JP et al. Case Study: Extreme weight making causes relative energy deficiency, dehydration and acute kidney injury in a male mixed martial arts athlete. *Int J Sport Nutr Exerc Metab.* 2018.

Kasper AM, Turner DC, Stewart CE, Sharples AP et al. Exercising bioengineered skeletal muscle in-vitro: Biopsy to bioreactor. *Methods in Molecular Biology, Spr Nature.* 2019.

Close GL, Kasper AM, Morton JP. From paper to podium: Quantifying the translational potential of performance nutrition research. *Sports Med.* 2019.

Close GL, Kasper AM, Morton JP. From paper to podium: Evaluation of the translational potential of performance nutrition related research. *GSSI Sport Science Exchange.* 2019.

Stokes K, Jones, B, Close GL, Kasper AM, et al. Returning to play after prolonged training restrictions in professional collision sports. *Int J Sports Med.* 2020.

Kasper AM, Sparks SA, Morton JP, Close GL et al. High prevalence of cannabidiol (CBD) use within male professional rugby union and league players: A quest for pain relief and enhanced recovery. *Int J Sport Nutr Exerc Metab.* 2020.

Kasper AM, Close GL. Cannabidiol (CBD) & the athlete. *BASES Sport & Exerc Sci.* 2020.

Saad M, Kasper AM, Close GL. Ramadan and sports performance. *Nutrition X-Change.* 2021

Kasper AM, Close GL. Oral tobacco use in elite sport: Snus you lose. *Eur J Sport Sci.* 2021.

Stables R, Kasper AM, Morton JP, Close GL et al. An assessment of the validity of the remote food photography method (termed Snap-N-Send) in experienced and inexperienced sport nutritionists. *Int J Sport Nutr Exerc Metab.* 2021.

Close GL, Gillham S, Kasper AM. Cannabidiol (CBD) and the athlete: Claims, evidence, prevalence and safety concerns. *GSSI Sport Science Exchange.* 2021.

Close GL, Kasper AM, Morton JP. Nutrition for human performance. *Strength & Conditioning for Sports Performance 2nd Edition.* Routledge. 2021.

Kasper AM, Langan-Evans C, Morton JP, Close GL, et al. Comeback skinfolds, all is forgiven: An appraisal of the efficacy of common body composition methods in applied sports practice. *Nutrients.* 2021.

Burr J, Kasper AM, Gillham S, Close GL et al. Cannabis and Athletic Performance. *Sports Med.* 2021.

Kasper AM, O'Donnell A, Langan-Evans C, Close GL, et al. Assessment of energy expenditure during tournament golf: The effects of bag carrying, electric manual trolleys. *Eur J Sport Sci.* 2022.

Close GL, Kasper AM. Cannabidiol (CBD): Claims, risks and unanswered questions. *My Sport Science.* 2022.

Close GL, Kasper AM, Walsh, NP, Maughan RJ. 'Food first' but not 'food only': Recommendations for an evidence-based approach to using dietary supplements in sport. *Int J Sport Nutr Exerc Metab.* 2022.

Hannon MP, Kasper AM, Close GL. Nutrition for tournament soccer: A practical focus on the FIFA World Cup Qatar 2022™. *Aspetar Sports Medicine Journal.* 2022.

Close GL, Morton JP, Kasper AM. Nutrition for rugby. *The Science of Rugby 2nd Edition.* Routledge. 2023.

Wilson G, Langan-Evans C, Kasper AM, Close GL et al. Longitudinal changes in body composition and resting metabolic rate in male professional flat jockeys: Preliminary outcomes and implications for future research directions. *Int J Sport Nutr Exerc Metab.* 2023.

Close GL, Pugh J, Ravikanti S, Mata F, Kasper AM. Micronutrients, health and performance. Nutrition X-Change. 2024

Kasper AM, Hodges D, Hearris M, Close GL et al. Nutritional habits of professional team sport athletes: An insight into the carbohydrate, caffeine and fluid habits of Premier League football players during match play. J Sport Sci. 2024.

Owens DJ, Kasper AM, Close GL. Current Practice in the Measurement and Management of Vitamin D Status in Elite Sport and Parasport. Eur J Sport Sci. 2025.

Peeters, WM, Hodges D, Hearris M, Kasper AM et al. The effect of different carbohydrate ingestion rates on physical, skill and cognitive performance during extended simulated soccer: a randomized controlled trial. Perf Nuts. 2025.

Haworth, JJ, Kasper AM, Wardenaar F, Pugh J et al. Gastrointestinal symptoms in athletes beyond endurance sports: A scoping review. Perf Nutr. 2026.

Hannon MP, Kasper AM, Close GL. Nutrition for tournament soccer: A practical focus on the FIFA World Cup 2026™. Aspeter Sports Medicine Journal. 2026.

Close GL, Kasper AM, Morton JP. Nutrition for human performance. Strength & Conditioning for Sports Performance 3rd Edition. Routledge. Expected 2027.

Kasper AM, Hearris M, Fell JM, Close GL et al. Assessing the situation - Is experimental research on carbohydrates for team sport lacking?. Eur J Sport Sci. Expected 2027.

Kasper AM, Hodges D, Hearris M, Close GL et al. Changing nutritional habits of professional team sport athletes: An insight into the evolving carbohydrate, caffeine and fluid habits of Premier League football players during match play following education and intervention. TBC. Expected 2027.

Kasper AM, Allan J, Hodges D, Close GL et al. Body composition methods: Validity and reliability of A-Mode ultrasound for body composition assessment of Premier League football team sport athletes. TBC. Expected 2027.

Kasper AM, Hobson A, Whelan K, Pugh J et al. Gastrointestinal issues in team sports (Part 1): Not just an endurance runners problem. TBC. Expected 2027.

Kasper AM, Hobson A, Whelan K, Pugh J et al. Gastrointestinal issues in team sports (Part 2): A guide for practitioners. TBC. Expected 2027.

Other Qualifications

ISAK Level One Accreditation.

IR(ME)R Operator Certified for DXA Scanning.

Achieved LJMU's World of Work (WoW) Bronze, Silver and Gold certificate in employability.

Was a certified Member of The National Academy for Gifted and Talented Youth.

The Scouting Association Adventure Crest Award and Chief Scout Gold Award.

Emergency First Aid Certified.

TEFL 30 Hour Grammar Course and TEFL 140 Hour Combined Course.

Football Association Level One and Two in Football Coaching and Development.

Football Association Safeguarding Children Certificate.

Other Information

Full registrant of the Association for Nutrition Registrant status (RNutr).

Sport and Exercise Nutritionist Registrant status (SENr).

SENr Award for Graduate Registrant Of The Year 2018.

Registered member of The British Association of Sports and Exercise Science.

Third placed (3/155) in the Paper Of The Year Award for European Journal of Sports Science at the annual ECSS conference - Vienna 2017.

Presented at various conferences since 2014 in a range of subject areas ("*from molecule to man*").

Reviewer for Sports Medicine (Sports Med.), Medicine & Science in Sports & Exercise (Med. Sci.), European Journal of Sport & Exercise Science (EJSS), Frontiers in Nutrition (Front. Nutr.), International Journal of Sport & Exercise Nutrition & Metabolism (IJSNEM), & Clinical Physiology and Functional Imaging (Clin. Physiol. Funct. Imaging).

Referees

Prof. J.P. Morton,
Associate Prof. / Head of Nutrition at Team Ineos,
Liverpool John Moores University

Prof. C.E. Stewart,
Prof. / Chair of The BSRA,
Liverpool John Moores University

Mr. J. Collins,
Managing Director,
INTRA Performance Group

Mr. J. Bunce,
Performance Director,
Newcastle United Football Club

Mr. Alastair Harris,
Former Head of Performance,
Fulham Football Club

Prof. G.L. Close,
Prof. / Nutrition Consultant at RFU,
Liverpool John Moores University

Mr. M. Naylor,
Head of Performance Nutrition,
EIS / England FA

Mr. Chris Jones,
Former Head of Performance,
Chelsea Football Club

Mr. D. Hodges,
Head of Performance,
Newcastle United Football Club

Dr. Tim Harkness,
Former Head of Sports Science,
Chelsea Football Club

Mr. B. O'Leary,
Former Head of Medicine & Performance,
London Irish Rugby Union

Mr. Richard Hunwicks,
Former Head of Performance,
Catalans Dragons Rugby League

Mr. C. Neville,
Former Head of Performance,
Blackburn Rovers Football Club