



Mastering Sport Symposium 2018  
Performance, Nutrition and Injury Considerations  
for Older Athletes

## PROF PETER REABURN

### Head of Exercise and Sports Science – Bond University

Peter received his PhD from The University of Queensland in 1994. His PhD thesis focused on “The Lifetime Athlete - Physiological, Biochemical and Histochemical Characteristics”. Since completing his PhD Peter has written or edited five books including:

1. [The Masters Athlete](#) (2009)
2. [Nutrition and Performance in Masters Athletes](#) (2014)

Peter is a highly-respected educator who won the CQUniversity Vice-Chancellor's Award for Excellence in Learning and Teaching in 2012 as well as a national teaching award (Office of Learning and Teaching Citation) in 2013.



He currently supervises 5 PhD projects, three of whom are undertaking projects related to masters athletes. He is currently on the editorial panel for the European Review of Aging and Physical Activity.

Peter practices what he preaches and retains a lifelong passion for competitive sport. A former national champion in surf lifesaving and sub three-hour marathon runner, as a masters athlete he won the national open water (5k) championship in masters swimming (1990), the National Ironman Triathlon Championship (50-54 years) in 2005, a gold medal in the Rescue Tube (60-64 years) event at the National Surf Lifesaving Championships (2017) and recently (2018) won the 60-69 years 2.8k swim at *The Big Swim* at Sydney's Whale Beach.

Peter will be sharing a lifetime of study, training and competitive experience at the Symposium.

### Credentials & Education

- American College of Sports Medicine (2102-Present)
- Sports Medicine Australia (1992-Present)
- Exercise and Sport Science Australia (1990-Present)

## Qualifications

- Grad Cert Flex Learn
- BHMS (Ed) (Hons)
- PhD