

CV / Resumé for:

Laurent Bannock

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Personal Details

- Male, DOB: October 6, 1972
- UK Citizen, US Green Card Holder

Graduate University Education

- **Master of Science (Exercise Science & Health Promotion) | 2009**
California University of Pennsylvania, California, PA, USA
- **Master of Science (Nutrition) | 2007**
Huntington College of Health Sciences, Knoxville, TN, USA

Undergraduate University Education

- **Diploma (Sports Nutrition) | 2008**
Huntington College of Health Sciences, Knoxville, TN, USA
- **Advanced Diploma (Exercise & Health Studies) | 1995**
City University / APT, London, UK
- **Higher National Diploma (Science & Management of Exercise & Health) | 1994**
Farnborough College of Technology, Farnborough, UK

Professional Registrations

- **Registered Exercise Professional / Level 3 (Advanced Instructor/Lifestyle Weight Management) (#R0059394)**
The Register of Exercise Professionals, UK

Professional Education / Certifications

- **Certified Strength & Conditioning Specialist** | current / candidate
National Strength and Conditioning Association, USA
- **Certified Personal Trainer | 2009**
National Academy of Sports Medicine, USA
- **Certified Specialist in Speed and Explosion for Sports Competition | 2009**
National Association of Speed and Explosion, USA
- **Certified Sports Nutritionist | 2008**
International Society for Sports Nutrition, USA

- **Certificate (Nutrition & Health) | 1999**
The Royal Institute of Public Health & Hygiene, London, UK
- **Diploma (Fitness Training & Sports Therapy) | 1992**
Premier Training & Development, Trowbridge, UK

First Aid / CPR / AED Certifications

- **HeartSaver AED | 2009 (expires 2011)**
American Heart Association, USA

Professional Courses/Workshops etc Attended

- **Performance Nutrition Workshop**, Athletes Performance (3 days: Phoenix, Arizona, USA - 2009)
- **Sports Nutrition Symposium**, National Strength & Conditioning Association (2 days: Colorado Springs, Colorado, USA - 2009)

Professional Memberships

- **The National Strength & Conditioning Association (USA)**
- **International Society for Sports Nutrition (USA)**
- **American College of Nutrition (USA)**
- **National Academy of Sports Medicine (USA)**
- **Register of Exercise Professionals (UK)**
- **The Nutrition Society (UK)**
- **National Association of Speed and Explosion (USA)**

Teaching

- **Part Time Faculty & Adjunct Professor | 2006 - Present**
Department of Nutrition, Huntington College of Health Sciences, TN, USA
- **Tutor | 1999 - 2000**
Food & Health Certification Course, The Royal Institute for the Promotion of Health, London, UK

Experience

- **Nutritionist, Exercise Physiologist, & Personal Trainer | 2009 - present**
London, UK
- **Nutritionist & Exercise Physiologist**, private practice | 2003 - 2009 present
Santa Fe, NM, USA.
- **College Professor and Faculty Member**, Department of Nutrition, Huntington College of Health Sciences, Knoxville, TN | 2006 - present
- **Fitness & Nutrition Consultant**, private practice | 2000 - 2003
The Osborne Practice, Hove, Sussex UK
- **Personal Fitness Trainer | 1992 - 2000**
Private practice & contract trainer at various UK/ London health clubs & personal training studios

Journalism / Professional Publications

- **Contributor, CAM Magazine, UK** | Feb 2009

Television

- **Presenter & Concept Creator, 'Fat Academy'**, Discovery Health Channel (UK Television) | 2003 – re-runs to present
- **Presenter & Concept Creator, 'Why Weight'**, Channel Four (UK Television) | 2002 – 2003
- **Guest Expert, 'The Big Breakfast'**, Channel Four (UK Television) | 2001 – 2002

Magazine / Newspaper Features (about Laurent Bannock)

- **Numerous magazine and newspaper articles and features**, including: Outside Magazine (USA), Vogue (UK), Tatler (UK), Hello (UK), GQ (UK), The Sunday Times (UK), Style Magazine (UK), The Daily Mail (UK).

Specializations

- **Nutrition & Wellness Counseling** – Nutrition support for out-patients with diagnosed diseases (i.e. IBS, Obesity, Allergies etc). In support with patients physician.
- **Sports & Exercise Nutrition** – Supporting and optimizing professional and recreational athletes and their training – i.e. fueling, body composition, strength athletes, physique athletes, injury support and recovery etc.
- **Creation of personalized nutrition and wellness programs** that are based on nutritional and metabolic laboratory tests & physiological assessments – especially for clients involved in exercise programs with a personal trainer.
- **Exercise Physiology** – Musculoskeletal/Postural/Gait analysis via digital 2d and 3d assessment, metabolic testing (VO2 uptake, indirect calorimetry etc), body composition analysis (i.e. ultrasound, perometry, somatotyping etc), general/clinical/sports-specific exercise program design.