

Curriculum Vitae

Eliran (Eli) Mizelman, PhD.

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EDUCATION

PhD, Bio-Medical Physiology and Kinesiology

Simon Fraser University, Burnaby, BC

- Thesis: “Physiological models of Velocity-duration data from GPS tracking in soccer players”
- Supervisor: David Clarke, PhD
- Director of the Sports Analytics Club and member of the Sport Analytics Group (SAG)
- Founder of the Sports Analytics Journal Club
- Mentor of undergraduate students pursuing Honors projects and Master’s students
- Founder and designer of the BPK 420 - The Practice of Sports Data Analytics course, the first multi-disciplinary course in the field of sports analytics
- Co-developer of an R package “Creetspeed”, used to model critical speed from player tracking data

Master of Science, Kinesiology and Sports Nutrition

University of Saskatchewan, Saskatoon, SK

- Thesis: “The Effect of bovine colostrum and soy protein supplementation on performance, muscle mass, inflammation, and immune function during intense training in rugby players”
- Supervisor: Philip Chilibeck, PhD
- Director of Catapult GPS System in research and university soccer teams
- Clinical Research Coordinator in the following studies:
 - Health and performance benefits of a pulse-based diet for soccer players
 - The effect of creatine supplementation and resistant training on bone mineral density in post-menopausal women
 - The effect of pulse-based diet and physical activity on polycystic ovary syndrome (PCOS) patients

BSc, Medical and Life Sciences

Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel

- Research project: The effect of the time from maximal strength to takeoff, on vertical jump performance
- Supervisor: Dario Liebermann, PhD

EMPLOYMENT

- **August 2025 – Present: Assistant Professor (Full-Time), Exercise Science**
North Carolina Wesleyan University, Rocky Mount, NC
- **December 2022 – June 2025: Assistant Professor (Full-Time), Exercise and Health Science**
Briar Cliff University, Sioux City, IA
- **August 2011 – November 2022: Founder and Nutrition Consultant**
EM-SportScience, Vancouver, BC
- **September 2017 – August 2022: Research Assistant and Coordinator**
Laboratory for Quantitative Exercise Biology, Department of Bio-Medical Physiology and Kinesiology, Simon Fraser University, Burnaby, BC
- **September 2016 – August 2021: Teaching Assistant and Tutor-Marker**
Department of Bio-Medical Physiology and Kinesiology, Simon Fraser University, Burnaby, BC
- **September – December 2019: Lecturer, Coordinator, and Course Designer**
Department of Bio-Medical Physiology and Kinesiology, Simon Fraser University, Burnaby, BC
- **September 2014 – August 2016: Performance Analyst and Head of The Catapult GPS System**
Huskies Athletics Soccer Teams, University of Saskatchewan, Saskatoon, SK
- **September 2013 – August 2015: Teaching Assistant**
College of Kinesiology, University of Saskatchewan, Saskatoon, SK
- **September 2013 – August 2015: Clinical Research Coordinator and Research Assistant**
College of Kinesiology and College of Pharmacy and Nutrition, University of Saskatchewan Saskatoon, SK

CONFERENCE PRESENTATIONS

- **2023 NSCA Tactical Annual Training Conference, Las Vegas, NV**
 - Presentation and a Chalk Talk: “Sport Science in Tactical Training”
- **2021 NSCA Tactical Annual Training Conference, Norfolk, VA**
 - Presentation: “Sport Science in Tactical Training – Evaluating Aerobic and Anaerobic Performance without Fancy Equipment”.
- **2021: The 12th Annual BPK Research Day, Simon Fraser University, Burnaby, BC**
 - Presentation: “Training load metrics for team sports from player tracking data”
- **2020 NSCA National Conference, Las Vegas, NV**
 - Presentation: “Enhancing Performance Using the Critical Velocity Model”
- **2019 NSCA Rocky Mountain Regional Conference, Tempe, AZ**
 - Presentation: “Enhancing performance using velocity & GPS data”.
- **2019 SPIN Summit, Toronto, ON**
 - Presentation: “Physiologically Inspired Models of Velocity-Duration Data from GPS-based Systems in Soccer”
- **2019 NSCA Missouri State Clinic, Kansas City, MO**
 - Presentation: “Quantification of Aerobic and Anaerobic Performance Using the Critical Power Model”
- **2019: The 10th Annual BPK Research Day, Simon Fraser University, Burnaby, BC**
 - Presentation: “Physiologically Inspired Models of Velocity-Duration Data from GPS-based Systems in Soccer”
- **VanSASH2018 Hackathon, Vancouver, BC**
 - Organizer
- **2018 ACSM Northwest Annual Meeting, Bend, OR**
 - Symposium: “Critical Power Model and Human Performance” symposium.
- **2018 CSEP Professional Development Day, Vancouver, BC**
 - Keynote speaker: “Quantification of Aerobic and Anaerobic Performance Using the Critical Power Model”
- **2017 NSCA British Columbia Clinic, Vancouver, BC**
 - Presentation: “Quantification of Aerobic and Anaerobic Performance Using the Critical Power Model”
- **2016: World Speed Summit 2, Toronto, ON**
 - Keynote Speaker: “Power Principles: A Deep Dive”
- **Experimental Biology 2016, San Diego, CA**
 - Presentation: “The Effect of a Low-Glycemic Index Pulse-Based Diet on Performance and Body Composition in Soccer Players”
- **2015: ACSM 62nd Annual Meeting, San Diego, CA**

- Presentation: “The Effect of Bovine Colostrum on Performance, Body Composition, and Immunoglobulin-A Levels in Rugby Players”
- **2014 Exercise Physiologists of Western Canada Annual Meeting Conference, Kelowna, BC**
 - Presentation: “The Effect of Bovine Colostrum on Performance, Body Composition, and Immunoglobulin-A Levels in Rugby Players”.

PEER-REVIEWED PUBLICATIONS

- **Mizelman** et al. (2025). Bovine Colostrum Supplementation in Rugby, *European Journal of Applied Physiology*. Ahead of print. EJAP-D-25-00438R1.
- **Mizelman** et al. (2024). Critical Speed Models of High-Resolution Speed-Duration Profiles Describe Peak Running Demands in Soccer. *International Journal of Sports Science & Coaching* 19(5), 2056-2066.
- **Mizelman** et al. (2020). A Low-Glycemic Index, High-Fiber, Pulse-Based Diet Improves Lipid Profile, but Does Not Affect Performance in Soccer Players. *Nutrients* 12, 1324.
- **Mizelman** (2019). Statistical Power in a Recent Study by Schoenfeld et al. *Medicine & Science in Sports & Exercise*; vol. 5, Issue 9, p 1971.
- Puchowicz, **Mizelman** et al. (2018). The critical power model as a potential tool for anti-doping. *Frontiers in physiology*, 9, 643.
- **Mizelman** et al. (2017). The Health Benefits of Bovine Colostrum, Watson RR., *Nutrients in Dairy and Their Implications for Health and Disease*; pp. 51-60. London, UK., Cambridge, MA., Oxford, UK., San Diego, CA: *Elsevier*.
- **Mizelman** et al. (2016). The Effect of a Low-Glycemic Index Pulse-Based Diet on Performance and Body Composition in Soccer Players. *The Federation of American Societies for Experimental Biology Journal*; vol. 30 supplement 421.7.
- **Mizelman** et al. (2015). The effect of bovine colostrum on performance, body composition, and immunoglobulin-A levels in rugby players. *Medicine & Science in Sports & Exercise*; 47 (Suppl. 1), 583.
- Hanifi, **Mizelman** et al. (2015). Health benefits of a pulse-based diet for soccer players during regular season play. *The Federation of American Societies for Experimental Biology Journal*; vol. 29, no. 1 Supplement 733.19.