

Robert Davidson, PhD

Causes and Contributors to Body Fat Accumulation: Identifying, Addressing and Education

About the Speaker

Dr. Robert Davidson has been an Associate Professor and Program Director of the Nutrition and Human Performance MS program at Graceland University since 2021. Before that he has been an Associate Professor and Program Director of the Nutrition and Performance MS program at Logan University in St Louis, MO and an Assistant Professor at Brigham Young University in Provo, UT. Dr. Davidson is an established researcher and entrepreneur with professional interests in the development of mathematical models and computer simulations of nutrition, lifestyle, physical training and environment on physical performance, body composition, health and disease. His research lab has developed and validated significant models including energy balance and regional

Session Description

This presentation covers multiple causes of fat accumulation in the human body including hormones, diet composition, environmental factors, energy imbalance, circadian rhythm disruptions, and more. Strategies and methods to identify and distinguish causes will be presented as well as options to educate clients to take ownership of their own health.

Learning Objectives

At the conclusion of this session, participants will be able to:

- Become aware of causes of fat accumulation in the human body.
- Become aware of how to identify and distinguish between causes of fat accumulation.
- Become aware of available options in educating clients.