



Dr. Jon Kolb

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Own the Podium (summer)

Dr. Kolb provides leadership, expertise, and assistance to targeted Olympic and Paralympic summer sports in the creation, implementation and assessment of an integrated sport science and medicine program. He also assists with establishing specialized service agreements between the Canadian Sport Centres and OTP, and the National Sport Organizations and the Canadian Sport Centres. Jon provides expertise and mentoring to targeted sports in the areas of sport science, sports medicine, and the planning and periodization of training. Research interests include altitude training; heat acclimatization; physiological factors of performance, clinical applications of hypoxia.

Sport Affiliations

National Team Coach, Men's Artistic Gymnastics (1983-1993); Director, National Coaching Institute – Calgary (2005-2009); Exercise Physiology Consultant for the Canadian Olympic Committee (2006-2009); Health Science Team 2008 Beijing Olympics; Physiology Consultant, 2007 Pan American Games – Rio, Brazil; Physiologist and IST Lead for Men's Artistic Gymnastics; National Sport Science and Medicine Advisory Council; Team Leader – Coaching and Applied Sport Science, for the 2010 Commonwealth Games – Delhi, India.

Recent Publications

- Kolb, J. C. (2000). Environmental Factors. In; *International Olympic Committee Sport Medicine Manual 2000. P303-319. Published by Hurford Enterprises Ltd.*
- Kolb, J. C., Farran P., Norris, S. R., Smith, D. and Mester, J. (2004). Validation of pulse oximetry during progressive normobaric hypoxia utilizing a portable chamber. *Canadian Journal of Applied Physiology* 29(1): 3-16.
- Kolb, J. C., Ainslie, P. N., Ide, K. and Poulin, M. J. (2004). Effects of 5 consecutive nocturnal hypoxic exposures on the cerebrovascular responses to acute hypoxia and hypercapnia in humans. *Journal of Applied Physiology* 96: 1745-1754.
- Kolb, J.C. (2006) Altitude Advantage: Training for high and low altitude. *Impact; the Olympic issue*, January/February: 38-40
- Kolb, J.C., Olivier, M., McCormack, B. (2007). Olympic Preparation; Environmental, Nutritional and Medical Issues. *Canadian Olympic Committee (Technical Report 17pgs).*