# ASPETAR SPORTS NUTRITION SEMINAR AGENDA 13th November 2017





## Aspetar Sports Nutrition Seminar Agenda

07:15 Registration Opens

08:00 Introduction & Welcome

#### **MORNING SESSION: Working in Sports Nutrition**

**08:00** Session 1: What Does it Take to Succeed as a Sports Nutrition Practitioner in GCC?

Daniel Kings

08:30 Session 2: The Role of Food in Physical Performance and Cultural Implications

Mark Ellison

08:50 Session 3: The Use of Behaviour Change and Innovative New Approaches to Dietary Assessment

Laurent Bannock / Nessan Costello

#### **BREAK**

#### 09:45 - 11:00 Workshop: Working with at Risk Groups

1 Adolescent Athletes Iron, bones, energy availability Stephen Gurr

**2 Injured Athletes**weight management and wound healing
Fabricio Forchino

**3 Masters and Recreational Athletes** Daniel Kings

#### **BREAK**

11:30 Panel Discussion: Habits, Knowledge and Beliefs of Athletes
Mahmoud Alkhateib, Rita Mansour + Athlete + Coach
Facilitator: TBC

12:00 Panel Discussion: The Role of the Modern Day Sports and Exercise Nutritionists Across Different Cultures

Daniel Kings, Laurent Bannock, Mark Ellison, Marco Cardinale Facilitator: Prof M Wilson

1230 LUNCH

### AFTERNOON SESSION: From Sports Nutrition Theory to Field and Back Again

- 13:30 Session 4: Insights into Sports Science and Nutrition Support at Major Events & Olympic Games

  Marco Cardinale, Mark Ellison
- 14:15 Expert Panel Discussion: Controversial Topics in Current Sports Nutrition

  Marco Cardinale, Daniel Kings, Laurent Bannock, Mark Ellison Facilitator: Nicol Van Dyke

#### BREAK ===

- **15:00** Session 5: Developing Sports Nutrition Expertise Laurent Bannock
- 15:30 Session 6: The Sports Nutrition CPD Tool Kit and the Role of Technology

  Laurent Bannock
- **16:00** Closing Remarks and Optional Tours of Facility

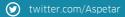








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