

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 / Nesson 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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Orthopaedic & Sports Medicine Hospital

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