ASPETAR SPORTS NUTRITION SYMPOSIUM AGENDA 12th November 2017





Target Audience

Sports physicians, AHPS, sports scientists, physiologists, nurses and physiotherapists.

Agenda

07:15 Registration Opens

08:15 Introduction & Welcome

MORNING SESSION: Nutrition for Injury & Return to Play

Learning Objectives

- **1.** Explain how nutrition can be used to optimise healing and muscle adaptation in different stages of injury and rehabilitation.
- Develop strategies to optimise healing and muscle adaptation using nutrition.
- **3.** Evaluate sports nutrition supplementation and their benefits at key stages along the rehabilitation continuum.
- **08:30 09:30 Nutrition for Injury -** Now and Future Advances
 Professor Keith Baar, Department of Physiology
 and Membrane Biology, University of California

09:45 - 10:45 Workshops

- **1 Muscle and Tendon Adaptation** (Prof Keith Baar, Laurent Bannock)
- **2 Lessons in Nutrition and Injury Management** (Fabricio Forchino, Mark Ellison)

10:45 - 11:15 Coffee Break Including Best Practice Abstract Posters

Session Two: Panel Discussion: Current Topics in Sports Nutrition

Learning Objectives

- **1.** Assess the challenges associated with the use of sports supplements in the Gulf region and how this relates to the global picture.
- Critique hydration metrics and decide the most appropriate methods of assessment for different situations.
- **3.** Compile an acclimation and hydration strategy for athletes training and competing in the heat.

11:15 - 11:45 Expert Panel Discussion - Hydration and

Performance in the Heat

Dr Marco Cardinale, Dr Roger Palfreeman, Dr Sebastien Racinais, Dr Laurent Bannock

Facilitator: Dr Olaf Schumacher

11:45 - 12:00 Meeting the Challenges of Sports Nutrition Supplemen Daniel Kings, head of sports nutrition services, Aspetar Facilitator: Professor Mathew Wilson

AFTERNOON SESSION: Sports Nutrition for Performance and Health

Learning Objectives

- **1.** Identify novel strategies to impactfully alter practice using a "sports nutrition" tool box.
- 2. Illustrate the effect of intermittent fasting on athlete routine and their dietary habits.
- **3.** Determine the use of sports nutrition and the role of the modern sports nutritionist to ethically enhance athlete performance.
- **4.** Justify the use of novel sports nutrition strategies during fasting periods.

13:00 - 13:50 Does Modern Sports Nutrition Make an Impact on Performance?

Mark Ellison, senior performance nutritionist Great Britain Boxing, Manchester United FC

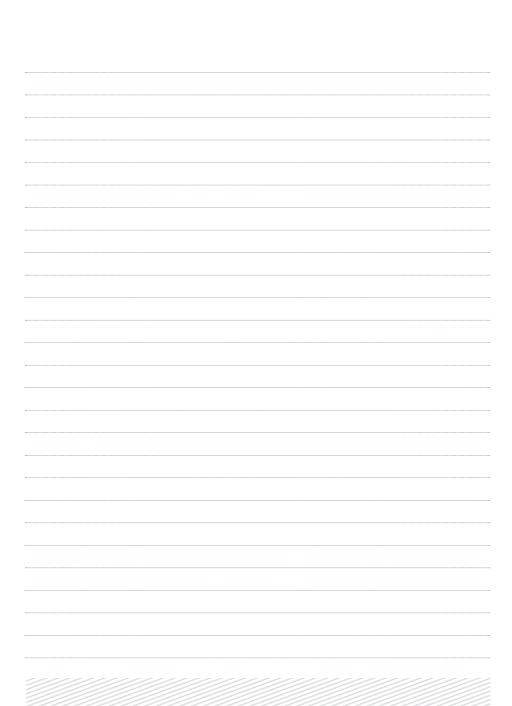
14:00 - 14:30 Fasting and Cognitive Performance Dr Anissa Cherif, research biochemist, Aspetar

14:40 - 15:00 Coffee Break Including Best Practice Abstract Posters

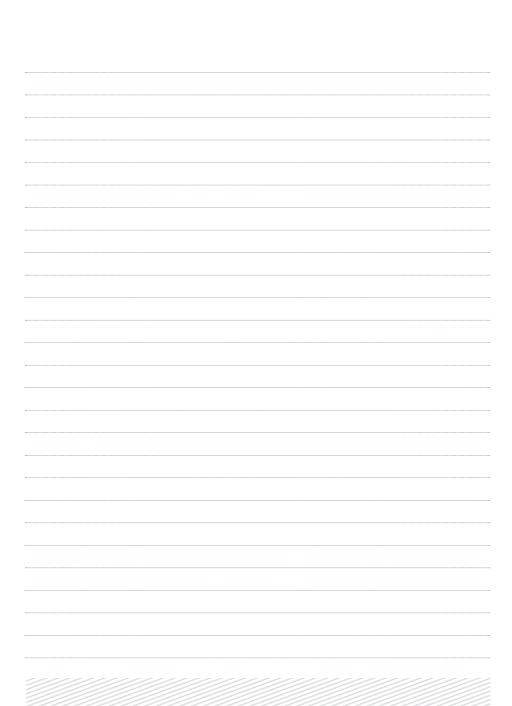
Learning Objectives

- **1.** Contrast pathways for effective blood marker interventions in young athletes.
- 2. Identify useful key blood and saliva markers used in the screening of full time adolescent athletes.
- **3.** Interpret how sports science and nutrition can impact on military preparation and function.
- Formulate safe, ethical and effective weight making protocols for combat athletes.

15:00 - 16:00	Interactive Workshops candidates can select 2 out of 3
	Nutrition and Health: Dealing with Adolescent Sports Nutrition Issues in a Multi-disciplinary Context Marco Cardinale, Roger Palfreeman, Amanda Johnson
	Sports Science, Nutrition and the Military <i>Laurent Bannock, UK</i>
	Nutrition for Combat Sports and Making Weight <i>Mark Ellison</i>
16:00	Summary, Recommendations and Close Aspire Academy and Aspetar tour Optional
Notes	







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