

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.
2. 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.
 2. 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.
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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 Supplement
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.
4. 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

Laurent Bannock, UK

Nutrition for Combat Sports and Making Weight

Mark Ellison

16:00

Summary, Recommendations and Close

Aspire Academy and Aspetar tour Optional

Notes

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Orthopaedic & Sports Medicine Hospital

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