

Sports Supplement Workshop

30th March 2022



ASPETAR اسپيتار

Sports Supplement Workshop

March 30th 2022

Target Audience:

Allied health professionals (Dietitian, Physiotherapist, Psychologist, Podiatrist), Nurses, Physicians, Others (Coaches, Dietetic Students)

Venue:

Online (Microsoft Teams)

Activity code:

HGI-03-P90

Time:

08:00am - 09:30am

Overall learning objectives:

On completion of this activity, participants will be able to:

1. Demonstrate an understanding of supplement classification and science-based sport supplements.
2. Apply the knowledge of choosing safer types of sports supplements for athletes.
3. Explain the benefits of the 5 science-based sports supplements.
4. Explain the risks of using contaminated sports supplements and the implications of doping.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 1.5 hours.



Date and time	Topic	Session Learning Objectives By the end of this session participants will be able to:	Speaker/ Facilitator
8.00 AM - 8.05 AM	Introduction: 1. Introduction to learning objectives and Sports Supplementation.	<ul style="list-style-type: none"> Identify the learning objectives of the workshop. 	Nelda Nader Amna Al Sulaiti
8.05 AM - 8.10 PM	2. Sports Supplement Quiz.	<ul style="list-style-type: none"> Assess the knowledge of sports supplements. 	Nelda Nader Amna Al Sulaiti
8.10 AM - 8.20 AM	Overview: 3. Supplementation definition/ classification/ prevalence of sport supplement use among athletes/WADA prohibited list.	<ul style="list-style-type: none"> Demonstrate an understanding of supplements and their classification. 	Nelda Nader Amna Al Sulaiti
8.20 AM - 8.30 AM	4. Sports Supplements evidence base – the 5 big.	<ul style="list-style-type: none"> Identify the evidence-based sports supplements. 	
8.30 AM - 8.40 AM	Risks and benefits: 5. Risks/benefits of sports supplement.	<ul style="list-style-type: none"> Identify the benefits of the evidence-based sport supplements. Demonstrate an understanding of the combination effects of evidence-based sports supplements. 	
8.40 AM - 8.50 AM	6. How to compete in a safer manner?	<ul style="list-style-type: none"> Identify the risks involved in herbal/ botanical supplements and vitamins. List the risks of sports supplement contamination and doing. List the suitable resources to refer to for sports supplement. Demonstrate an understanding on how to choose trusted sport supplements. Demonstrate an understanding on the differences between certified tested programs. 	
8.50 AM - 8.55 AM	7. What happens when an athlete has an adverse clinical finding? Qatar implications.	<ul style="list-style-type: none"> Analyse the implications where an athlete under their care has an adverse analytical finding from a contaminated supplement. 	

Date and time	Topic	Session Learning Objectives By the end of this session the participants will be able to:	Speaker/s
8.55 AM - 9.00 AM	Questions and Answers		Nelda Nader Amna Al Sulaiti
9.00 AM - 9.05 AM	Break Time		
9.05 AM - 9.15 AM	1. Case Study (interactive session)	<ul style="list-style-type: none"> Relate the effectiveness of research outcomes to real life situation. Demonstrate an understanding of real-life situations for sports supplements use and how athletes can benefit from them if they used the right supplement in the suitable event. 	Nelda Nader Amna Al Sulaiti
9.15 AM - 9.20 AM	2. Sports Supplements Quiz.	<ul style="list-style-type: none"> Assess the gained knowledge of sports supplements. 	Nelda Nader Amna Al Sulaiti
9.20 AM - 9.30 AM	3. Discuss the outcomes of the Quiz; and Question and Answer.		Nelda Nader Amna Al Sulaiti

Scientific Planning Committee:

Dr. Yasin Almakadma (Chair), Shaikha Abdulla, Bart Sas, Lubna Alraisi, Sofian Souissi, Lucia El Ghorayeb, Zainab Abdulwahab.

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 85 min:

Lecture: 50 min

Interactive session: 35 min

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