ASPETAR
سبيتار

WORKSHOP

SPORTS SUPPLEMENTS:
BENEFITS, RISKS & PRACTICAL USE

22nd November, 2026

AGENDA



Agenda
Sports Supplements: Benefits, Risks & Practical Use
Date: 22nd November 2026

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

Activity code: HGI-03-P200

Venue: Online (Microsoft Teams)

Time: 9:00 -10:30

Overall Learning Objectives:

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

1. Demonstrate an understanding of supplement classification and science-based sports supplements.
2. Explain the benefits, appropriate, and limitations of five science-based sports supplements.
3. Apply evidence-based principles when weighing the risks and benefits of supplement intake.
4. Use practical criteria to select safer sports supplement products, including label interpretation and consideration of third-party testing.
5. Identify potential risks associated with sports supplements and the implications of doping.
6. Apply knowledge through label-review and case-based activities to support informed recommendations in practice.

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 1.50 hours.

	Topic	**Session Learning Objectives By the end of this session, participants will be able to:**	**Speaker**
(9:00-9:05 AM)	Introduction to learning objectives and sport supplement use	Identify the learning objectives of the activity	Shaikha Mahmoud Abdallah

(9:05AM-09:50AM)	1. **Supplement 101: Understanding the Basics** Classification of sports supplements, food-first approach, why athletes use supplements, and understanding evidence-based supplementation 2. **From Evidence to Performance: Five Key Supplements** Review of commonly used evidence-based supplements and their potential benefits, appropriate use and limitations 3. **Decision Making for Supplement Intake: weighing risk/benefit** 4. **Choosing a Safer Supplement** Practical approach to product selection, label interpretation, third-party testing and reducing contamination risk **6. What Happens When an Athlete Has an Adverse Clinical Finding?**	• Demonstrate an understanding of supplement classification and science-based sports supplements • Explain the benefits, appropriate use and limitations of five science-based sports supplements • Apply evidence-based principles when weighing the risks and benefits of supplements intake • Use practical criteria to select safer sports supplement products, including label interpretation and consideration of third-part testing • Identify potential risks associated with sports supplements and the implications of doping • Apply knowledge through label-review and case-based activities to support informed recommendations in practice	Shaikha Mahmoud Abdallah
(09:50AM-09:55AM)	**Break**		
(09:55AM-10:05AM)	**Activity 1 (interactive activity): Label Detective. Can You Trust Your Supplement?**	• Demonstrate an understanding of supplement classification and science-based sports supplements • Explain the benefits, appropriate use, and limitations of five science-based sports supplements	Nelda Nader

		• Apply evidence-based principles when weighing the risks and benefits of supplements intake • Use practical criteria to select safer sports supplement products, including label interpretation and consideration of third-part testing • Identify potential risks associated with sports supplements and the implications of doping • Apply knowledge through label-review and case-based activities to support informed recommendations in practice	
(10:05AM-10:20AM)	**Activity 2(interactive activity): Case-based activity. Would You Recommend It?**	• Demonstrate an understanding of supplement classification and science-based sports supplements • Explain the benefits, appropriate use and limitations of five science-based sports supplements • Apply evidence-based principles when weighing the risks and benefits of supplements intake • Use practical criteria to select safer sports supplement products, including label interpretation and consideration of third-part testing • Identify potential risks associated with sports supplements and the implications of doping • Apply knowledge through label-review and case-based activities to	Nelda Nader

		support informed recommendations in practice	
(10:20AM-10:30AM)	**Discuss Key Takeaways & Q&A**		Shaikha Mahmoud Abdallah Nelda Nader

<u>Scientific Planning Committee</u>:

Bedour AlMousawi**,** Jwaher Al Neama, Dr Souhail Chebbi, Amna Hamad AlSulaiti, Shikha Mahmoud Abdulla, Nelda Nader, Olfa Ben Adl, Konstantinos Epameinontidis, Karim Khalladi, Ebrahim Mohammadi, Miguel Angel Parra Gonzalez.

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: 35 min (must be 25% minimum of total time)