



## Presents:

### ***Sports Nutrition in Practice and Supplements***

An expert speaker from South Africa, Dr Amanda Claassen-Smithers, who is a registered dietitian and exercise scientist (PhD), has both international and local experience. Dr Amanda will present a comprehensive workshop on aspects of Sports Nutrition, including insight on nutrition supplements on 30 November (full day) and 1 December 2017 (half-day).

#### **Sports Nutrition – science put into practice (Day 1) - *The workshop will include:***

- Brief overview of exercise physiology and energy systems - the foundation of sports nutrition guidelines
- New era of personalized, periodised, performance nutrition – practical application across endurance, strength / power and team sports:
  - *Energy requirements, energy balance and body composition*
  - *Carbohydrate requirements for training and competition: amount / type / timing;*  
incl. latest concepts & advances to maximize training adaptations & delay fatigue
  - *Protein requirements: amount / type / timing;*  
incl. strategies to maximize muscle adaptation for endurance vs bulking for strength / power sports
  - *Fat requirements* – incl. the latest on “fat-loading” and the “high-fat” versus “high-carb” diet debate
  - *Hydration requirements*
- Nutrition to maximize RECOVERY from exercise
- Nutrition for active school / adolescent athletes
- Ethics: Multi-disciplinary approach to applied sport nutrition – when to refer?

#### **Dietary / Sports Supplements (Day 2) - *The workshop will include:***

- Ethics: State of the supplement industry – what systems are(n’t) in place to ensure credibility of claims & safety?
- Ethics: The ethics of supplement promotion / prescription – role of the healthcare practitioner
- Ethics: The risks of supplement-use: Health? Testing positive for a prohibited substance?
- Evidence-based approach to dietary / sport supplements: What ‘works’, when, for whom? Contra-indications?
  - Vitamin / Mineral supplements (incl. ‘immune boosters’, anti-oxidants, vitamin B-injections etc.)
  - Performance-enhancing supplements / ingredients
  - Weight loss supplements / fat burners / energy-boosters
  - Protein shakes & Muscle bulking supplements
- A practical approach to minimize the risks
- Ethics: Evidence-based and ethical approach to the use of supplements **in youth** / school athletes