

Are you interested in learning more about general sports nutrition and how it can affect fitness, health and performance?

Do you have clients asking you for nutrition-related advice?

Then why not update your knowledge with experienced sports dietitians to take you through the latest sports nutrition practice and advice at the next course...

Nutrition for Exercise and Sport

“For the Active Person”

Date: Saturday 7th March, 2009

Time: 8.30am – 5.00pm

Venue: Pt Train

32 Finsbury Road, New Market, Brisbane

Cost: *\$250 + GST

\$225 + GST (SDA, students & SMA members)

* Discounts available for group bookings of 3 or more. Ph 03 9926 1336

ACCREDITED WITH



8 CEC
points



2 PDP
points



TOPICS COVERED

Eating for Health and Sport

Provides an introduction to sports nutrition as a concept and gives an overview of healthy eating basics and how this can differ to a sports-specific diet

Metabolism and Weight Control

This topic discusses the components of metabolism and the effects of different factors on metabolic pathways. It also provides an insight into practical dietary strategies for weight loss and dispels common dieting myths associated with weight control.

Fuels for Exercise

This session is an introduction to fuel usage across different types of exercise and outlines factors that affect fuel usage. It also discusses dietary and training strategies in relation to different training/performance goals.

Protein and Bulking Up

This session covers the latest science and practices in toning up and increasing lean body mass.

Performance Nutrition

This session covers nutrition strategies for eating in training as well as competition, and also highlights specific nutrient deficiencies that can negatively affect performance. It also discusses the use of sports foods and supplements (ergogenic aids) and when they are appropriate/safe to use.

Pre-exercise and Recovery Nutrition

This topic covers the latest practice in dietary strategies before and after exercise for nutrition preparation and recovery post-exercise.

Fluids in Sport

This session discusses the role of fluids and hydration in training and performance and provides practical applications to the theory presented.

WHO'S PRESENTING?

This course is presented by some of **Queensland's leading sports dietitians**

Alison Caiafa

Alison is a Sports Dietitian with a special interest in the areas of paediatric and endurance sports. She has worked as a paediatric clinical specialist dietitian at Monash Medical Centre, Melbourne for 15 years. Alison now has a private practice specialising in paediatrics, diabetes, and sports nutrition, and is also a consultant dietitian in the corporate health field. Alison is also a veterinary surgeon, and works as a technical services veterinarian for Hill's Pet Nutrition. Alison has a special interest in nutrition for endurance sports such as triathlon, and is a keen ironman distance triathlete herself. She has previously worked with the V.I.S. triathlon program, and the Gippsland Regional Sports Academy.

Kellie Hogan

Kellie is a Sports Dietitian at the Queensland Academy of Sport (QAS) where she works with Cycling, Triathlon, Men's Hockey and Basketball. Kellie also consults to the Gold Coast Titans Rugby League Team and teaches at Queensland University of Technology and Bond University in the area of exercise and Sports Nutrition. She consults in private practice at various locations on the Gold Coast and as a Project Manager in the area of community nutrition education for school aged children at Nutrition Australia in Queensland.

Lauren Nugent

Lauren is a Sport Dietitian at the Queensland Academy of Sport (QAS) where she works with baseball, volleyball and athletics. She also works with the AIS Squash team, QLD Bulls cricket team and Gold Coast United Soccer.

In addition to this, Lauren consults at 'Eat Smart Nutrition Consultants' and sees everyone from recreational to elite athletes, to weight management and eating disorder clients and regularly presents to sporting groups and the general public on the importance of good nutrition.

Sally Anderson

Sally is a Sports Dietitian based at the 'Gabba Sports Ground' and consults to many of the mad endurance athletes that train more hours in a day than they sleep. Sports include triathlon, cycling, adventure racing, running, lightweight rowing & body sculpting. She also works with the rowers & hockey players @ the Queensland Academy of Sport, and the referees that are a part of Australia's National Sporting Officials Program.

HOW IS IT ASSESSED?

At the end of the course there is a 45 minute, short answer, open book test.

The test is optional but required in order to obtain 8 CEC points from Fitness Australia and 2 PDP points from Kinect Australia.

SMA members are not required to complete the test unless they want to earn Fitness Australia or Kinect Australia points or want to further develop their knowledge.

Please note that upon completing this course, you are not qualified to design diets for individuals. This course is intended to develop your general sports nutrition awareness.

WHAT IS INCLUDED?

Morning and Afternoon teas

Lunch

Glen Cardwell's 'Gold Medal Nutrition', 4th Edition

Sponsor goodies!

Question and answer time with sports dietitians



NUTRITION FOR EXERCISE AND SPORT COURSE REGISTRATION FORM

Name:	
Organisation:	
Occupation:	
Address:	
Post code:	
State I am registering for:	
SDA or SMA membership # (to be eligible for discount)	
Phone:	(H)
	(M)
Fax:	
E-mail:	

Registrations close: Friday 20th February, 2009

Payment \$250 + GST (or \$225 + GST for SDA, students & SMA members)

Cheque Please make cheques payable to *Sports Dietitians Australia*

Credit Card Card Type: _____ (Visa, MasterCard, Bankcard)

Card Number _____ Expiry date: _____

Name on card: _____

Signature: _____ Date: _____

Return to:

Sports Dietitians Australia

375 Albert Road

Albert Park, VIC 3206

Or

Fax 03-9926 1338

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