

**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** and **QUALIFIED** sports dietitians to take you through the latest sports nutrition practice and advice at the next...

# Nutrition for Exercise and Sport Course

“For the Active Person”

**Date:** Saturday 11<sup>th</sup> September, 2010  
**Time:** 8.30am – 5.00pm  
**Venue:** Griffith University, Gold Coast  
**Cost:** \*\$275 incl GST  
\$247.50 incl GST (SDA, students & SMA members)

## ACCREDITED WITH

**KinectAustralia  
Accredited Program**

2 PDP's

**KinectAustralia**  
active living for healthier communities  
Incorporating Vicfe in Victoria

**Fitness Australia**  
APPROVED PROGRAM / 2010

8 CEC's

**ESSA**  
EXERCISE & SPORTS SCIENCE AUSTRALIA  
ACCREDITED CONTINUING EDUCATION COURSE

7 CEP's



## WHO'S PRESENTING?

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

### **Ben Desbrow**

*BSc(UQ), GD(Nut&Diet) (QUT), MHS (Deakin), PhD (GU), Sports Dietitian*

Ben is an Accredited Practising Dietitian and Senior Lecturer at Griffith University on the Gold Coast. Before his academic life he worked as a clinical dietitian at the Wesley Hospital in Brisbane for 8 years focused in the areas of oncology, stem cell transplantation and haemodialysis. In 1999, Ben was awarded the first Nestlé Fellowship in Sports Nutrition at the Australian Institute in Sport. Since this time Ben has also worked for the British Olympic Team, the Australian Institute of Sport Cricket Centre of Excellence in Brisbane as well as completing a PhD in sports nutrition. Ben is the current program convenor of the Bachelor of Nutrition and Dietetics at Griffith University. He currently has 5 sports nutrition research students working on topics such as the effect of caffeine on sports performance, supplement use at high schools and the influence of protein on glycaemic index. Ben has authored twelve peer-reviewed nutrition journal articles and has written a number of nutrition textbook chapters.

### **Michael Leveritt**

*BSc(Hons), MNutr & Diet, PhD, Sports Dietitian*

Michael Leveritt is a Senior Lecturer in the School of Public Health at Griffith University. Michael is an accredited practising dietitian with a PhD in exercise physiology. Michael has presented at a number of national and international conferences and published several peer reviewed journal articles. He has previously held positions with the Australian Institute of Sport (AIS), Queensland Academy of Sport (QAS) in addition to academic positions in New Zealand and the UK.

### **Kristen MacKenzie**

*B Hlth Sci. (Nutr & Diet) APD, B App Sci (Human Movement Studies) Hons, ISAK accredited Level 1 Anthropometrist, Sports Dietitian*

Kristen MacKenzie is a Sport Dietitian who is also trained in Human Movement studies, thus bringing a mixture of knowledge and skills in performance nutrition and sports science to her practice. She has experience working at the elite level with a range of sports in Australia and New Zealand including swimming, cricket, triathlon, athletics and weightlifting. Kristen currently provides nutrition services at home and during travel to the Brisbane Lions AFL team and provides nutrition support for the Australian Institute of Sport Cricket program based in Brisbane.

## 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.

## 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, 2 PDP's from Kinect Australia and 7 CEP's from Exercise and Sports Science Australia (ESSA).

\* 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.

## THE FEE INCLUDES

Morning and Afternoon teas  
Lunch  
Glen Cardwell's 'Gold Medal Nutrition', 4<sup>th</sup> Edition  
Sponsor goodies!  
Question and answer time with sports dietitians

## TESTIMONIALS

*"The course far exceeded my expectations on every level. Speakers were all different but very knowledgeable and got their message across succinctly. The notes were thorough, the manual an excellent resource, the food was extremely tasty and filling and best of all the course content was like a light bulb moment.*

*I would highly recommend this course to everyone. The course was such that any lay person would be able to follow and understand it. Once again, congratulations on the best course I have ever attended."*

Connie Commisso  
Nutrition for Exercise and Sport Course

*"The speakers were excellent and from what I could see everyone really trusted the information they provided them, so that was really positive!*

*It was great to see that the material covered was really targeted at the audience. They had a good feel for the type of people attending, and the information was relevant to the different age groups, fitness levels and training goals".*

Participant  
Nutrition for Exercise and Sport Course

This is a fantastic course presented by expert sports dietitians who have the background and knowledge to convey information in a clear and succinct way making it easier for you to understand and apply!

# NUTRITION FOR EXERCISE AND SPORT COURSE REGISTRATION FORM

Name:	
Organisation:	
Occupation:	
Address:	
Post code:	
State I am registering for:	
SDA or SMA #	
Phone:	(M) _____
E-mail:	
Dietary requirements:	
How did you hear about the course?	

**Registrations close: Friday 27<sup>th</sup> August, 2010.**

Payment \$275 (or \$247.50 for SDA, students & SMA members)

- \$50 cancellation fee applies or transfer to next available course.
- Copy of student card required to be eligible for student discount.

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  
South Melbourne, VIC 3206

Or fax 03-9926 1338

Proudly supported by **SUSTAGEN**

## **Cancellation Policy**

- 1) A full refund will be given, less a \$50 administration fee, if notification in writing is received three (3) to four (4) weeks prior to the course date or transfer to next available course.
- 2) Notification received in writing 2 weeks prior to the course will attract a 50% cancellation fee or transfer to next available course.
- 3) Notification within seven (7) days of the course date will result in the forfeit of the full registration fee (100%) or transfer to next available course. \*
- 4) A full refund will be given if a registrant can prove a refund is applicable on compassionate grounds. Documented evidence may be needed.
- 5) No refunds or course transfers will be given to registrants who do not show up to the course on the day.
- 6) Sports Dietitians Australia intend to deliver every course, however we reserve the right to cancel or postpone a course to an alternative date. All registered participants affected by such a cancellation will receive a refund or be offered the opportunity to transfer to a future course offered by Sports Dietitians Australia.

\*Please note only one (1) course reschedule per registrant is permitted. If transfer notification is received less than 7 days before the course date a \$25 administration fee will apply.

\* Your registration is not confirmed until payment has been received. Payment will not be accepted on the day of the course.