

**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:** New South Wales Institute of Sport (NSWIS)  
Building B, Level 1, 6 Figtree Drive  
**Cost:** \*\$275 incl GST  
\$247.50 incl GST (SDA, students & SMA members)

## ACCREDITED WITH

**KinectAustralia**  
Accredited Program



2 PDP's



8 CEC's



7 CEP's



## WHO'S PRESENTING?

This course is presented by some of New South Wales' leading sports dietitians

### **Sarah Dacres-Manning**

*Sports Dietitian, BSc(Physiology), Grad Dip Nut & Diet, ISAK Level III Anthropometrist, APD.*

Sarah was the Post Graduate Scholarship holder at the Australian Institute of Sport in 1990. She presently consults to the NSW Institute of Sport (since inception), Australian Defence force and Sydney Roosters Rugby league (8 years). She has also consulted to the NSW Academy of Sport, Victorian Institute of Sport, Australian & NSW Rugby Union, ARL referees, North Sydney Leagues Club, St George Illawarra League Team, Sydney Kings Basketball and Australian Defence force. She is a lecturer for the NSW University masters course for Sports Doctors and the Australian College of Sports Physicians.

Sarah is a Level 3 Anthropometrist and has been the Sports Nutrition expert for the Dietitians Association of Australia for the last 10 years and is a media spokesperson for SDA.

In the past Sarah competed at elite level in numerous sports including light weight rowing and netball, with a number of national masters rowing titles and a silver from a World Masters Rowing Championships.

### **Rebecca Hay**

*Sports Dietitian, APD, B.Sc., M Nut & Diet*

Rebecca is a sports dietitian who has worked with recreational athletes, endurance athletes (triathlon and marathon running), adventure racing, body builders, cyclists and sailors. She is also the consultant dietitian for the NSWIS Golf team and at Holsworthy Army Barracks. Rebecca has presented many sports nutrition presentations to schools, Holsworthy Army Barracks (both soldiers and medical staff), for Sports Dietitians Australia and to the Special Olympics Team in 2007 on sports nutrition principles.

### **Zoe Watt**

*Sports Dietitian, APD, B App. Sci (Hlth Sci), Mast. Nut & Diet, Level 1 Anthropometrist*

Zoe is a sports dietitian working in private practice at Nutritionlab, a dietetic and nutrition consulting practice and Sydney Sports Medicine Centre. Zoe also consults to sporting teams and clubs, corporate clients and nursing homes. She is a level 1 Anthropometrist and a sports nutrition provider to NSWIS tennis, swimming and soccer teams.

### **Emilie Isles**

*Sports Dietitian, APD, B.Sc(Nutr)(Hons), Cert Paediatric Nutrit&Diet, Level 1 Anthropometrist*

Emilie is an Accredited Practicing Dietitian and Accredited Sports Dietitian. Following graduation from the University of Sydney Emilie initially gained clinical experience through her work at Royal Darwin Hospital, Sydney Children's Hospital and The Children's Hospital at Westmead. Since this time Emilie has specialised in the area of sports nutrition, working in private practice in Sydney as well as consulting to teams such as Wests Tigers, Sydney FC and Philippines Rugby Union. Further study in sports nutrition is being completed through the IOC, with the aim to complete a Masters in Sports Nutrition.

## 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

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## **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.