

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 30th October, 2010
Time: 8.30am – 5.00pm
Venue: University of the Sunshine Coast, Maroochydore QLD
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


EXERCISE & SPORTS SCIENCE AUSTRALIA
ACCREDITED CONTINUING EDUCATION COURSE

7 CEP's

**15% discount for
group bookings of 3 or
more!**

Phone 03 9926 1336

WHO'S PRESENTING?

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

Gary Slater

PhD, MSc, Grad Dip Nutr & Diet, BSc, Acc Sports Dietitian, APD, Level 3 Anthropometrist

Dr Gary Slater is a senior lecturer in sports nutrition and consultant sports dietitian to professional sporting teams and elite athletes, focusing on performance driven nutrition strategies that get results. Gary has worked and studied within elite sport since 1996 both as a sports dietitian and sports physiologist at both the Australian Institute of Sport and the Singapore Sports Council. Gary's professional interests relate primarily to enhancing sports performance, helping athletes achieve their sporting dreams. Gary is particularly passionate about factors influencing muscle protein metabolism and growth, nutritional recovery strategies, ergogenic aids and the influence of body composition on sports performance. Gary is a level three instructor in anthropometry with the International Society for the Advancement in Kinanthropometry (ISAK) and has been graduating participants from ISAK courses since 2002.

Fiona Pelly

PhD, Grad Dip Nutr & Diet, BSc, Acc Sports Dietitian, APD, SDA Fellow

Dr Fiona Pelly is a Senior Lecturer in Nutrition and Dietetics at the University of the Sunshine Coast. She has over 20 years experience as an Accredited Practising Dietitian and is a Fellow of Sports Dietitians Australia. She has previously worked with Penrith, Parramatta and West Tigers rugby league teams (NSW), Sydney Olympic soccer club, The Wiggles and the NSW Institute of Sports Medicine. Fiona has contributed to several texts including Clinical Sports Nutrition and Nutritional Concerns in Recreation, Exercise and Sport. Her PhD examined the development and impact of an environmental nutrition program for athletes competing at the Sydney 2000 Olympic Games. She extended this research at the Melbourne 2006 and, more recently, the Delhi 2010 Commonwealth Games, and has led an expert committee that reviewed food provision on behalf of the IOC for the Beijing 2008 Summer and Vancouver 2010 Winter Olympic Games. Fiona is currently researching the development and evaluation of a food labelling system and the impact on food choice for pre-school aged children in collaboration with The Wiggles.

Tanya King

Acc Sports Dietitian, APD, BSc (Sport & Exercise Science), BSc (First Class Honours), Master of Nutrition & Dietetics

Tanya King has 6 years experience working as a sport scientist and more recently as a sports performance and clinical dietitian. She has had experience working with both recreational and elite athletes from state academies of sport including the Queensland Academy of Sport (QAS), New South Wales Institute of Sport (NSWIS), and the Australian Institute of Sport (AIS). Tanya attended the 2006 Melbourne Commonwealth Games with a team of Australian Sports Dietitians and has contributed to a number of nutrition resources and novel research projects. Tanya has delivered physiology and nutrition presentations to university students, elite athletes, commercial sports camps, as well as sport scientists, coaches, dietitians, and other sports science, sports medicine personnel. Tanya appreciates the uniqueness of sports nutrition and has a particular interest in hydration needs to promote optimal performance and nutrition periodisation. Tanya is a Level 1 ISAK accredited Anthropometrist and is a current member of the Dietitians Association of Australia and Sports Dietitians Australia.

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', 4th 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 15th October, 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.