

# BACK TO THE FUTURE

Sports nutrition...  
past, present and *future*



SDA CONFERENCE 15 -16 OCT 2021

PROGRAM

TIME	DAY 1   FRIDAY 15 <sup>TH</sup> OCTOBER
From 8:15am	Registration and coffee/tea
8:45 - 9:00am	<b>WELCOME &amp; MOTIVATIONAL KICKSTART</b>
9:00 - 9:50am	Lecture in Honour <b>In Honour of Helen O'Connor - Celebrating 25 years of SDA</b>
9:50 - 10:35am	<b>Immunity</b> <b>Keynote: Prof. Neil Walsh</b> , Professor in Exercise Physiology   Liverpool John Moores University <b>Nutrition, exercise and immunity</b>
10:35 - 11:00am	Morning Tea
11:00 - 11:30am	Emerging Research presentation(s)
11:30 - 12:00pm	<b>Associate Professor Kate Pumpa</b> , Associate Professor, Sport & Exercise Science; Advanced Sports Dietitian   University of Canberra <b>Translating science to practice: considerations for optimising immune health in athletes</b>
12:00 - 1:30pm	Lunch and Poster session
1:30 - 2:15pm	<b>Mental Health</b> <b>Keynote: Dr Tetyana Rocks</b> , Postdoctoral Research Fellow   Deakin University <b>The relationships and mechanisms between food and mental health</b>
2:15 - 2:45pm	Emerging Research presentation(s)
2:45 - 3:15pm	Afternoon Tea
3:15 - 3:45pm	<b>Nikki Jeacocke</b> , Advanced Sports Dietitian   Australian Institute of Sport <b>Disordered eating in high performance sport</b>
4:00 - 4:45pm	SDA Excellence Awards
4:45 - 5:00pm	CLOSE
6:00 - 8:00pm	Welcome Cocktail Function
TIME	DAY 2   SATURDAY 16 <sup>TH</sup> OCTOBER
7:00 - 8:45am	Morning activity
8:45 - 9:15am	SDA AGM
9:30 - 10:15am	<b>Masters Athletes</b> <b>Keynote: Prof. L.J.C. van Loon</b> , Professor of Physiology of Exercise   Maastricht University Medical Centre <b>Anabolic resistance of ageing</b>
10:15 - 10:45am	Emerging Research presentation(s)
10:45 - 11:00am	Morning Tea
11:00 - 11:30am	<b>Rebecca Hay</b> , Accredited Sports Dietitian   University of Sydney <b>Masters athletes: matching nutrition with demands</b>
11:30 - 12:15pm	<b>Female Athlete</b> <b>Keynote: Associate Professor Clare Minahan</b> , Associate Professor, Exercise & Sport   Griffith University <b>Determinants of performance in female athletes</b>
12:15 - 1:15pm	Lunch
1:15 - 1:45pm	Emerging Research presentation(s)
1:45 - 2:15pm	<b>Chris Rauch</b> , Sports Dietitian & Clinical Research Associate   Monash University <b>Nutritional assessment and fuel kinetics during exercise- biological sex differences and translation to practice</b>
2:15 - 2:30pm	Poster and Awards presentation
2:30 - 3:30pm	<b>CONFERENCE WRAP UP &amp; CLOSE</b>

\* Please note that there may be a change in the presentation times if we are required to accommodate time zones for remote presenters