

CELEBRATING
25
YRS

SDA
SPORTS
DIETITIANS
AUSTRALIA

BACK TO THE FUTURE

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



SDA CONFERENCE 15 -16 OCT 2021

PROGRAM

TIME	DAY 1 FRIDAY 15TH OCTOBER
From 8.40am	Join us to reminisce 25 years of SDA
8.45-9.00am	WELCOME & MOTIVATIONAL KICKSTART
9.00-9.45am	MENTAL HEALTH Keynote: Dr Tetyana Rocks, Postdoctoral Research Fellow Deakin University The relationships and mechanisms between food and mental health. Including Q&A.
9.45-9.55am	Q&A with Batch Tested
9.55-10.25am	Nikki Jeacocke, Advanced Sports Dietitian Australian Institute of Sport Disordered eating in high performance sport. Including Q&A
10.25-10.55am	Morning Tea
10.55-11.25am	Emerging Research presentation(s). Including Q&A
11.25-12.15pm	Lecture in Honour In Honour of Associate Professor Helen O'Connor - Celebrating 25 years of SDA
12.15-1.05pm	SDA Sports Nutrition Excellence and Fellow Awards
1.05-2.00pm	Lunch
2.00-2.30pm	IMMUNITY Associate Professor Kate Pumpa, Associate Professor, Sport & Exercise Science; Advanced Sports Dietitian University of Canberra Translating science to practice: considerations for optimising immune health in athletes. Including Q&A.
2.30-2.40pm	Q&A with True Protein
2.40-3.10pm	Emerging Research presentation(s). Including Q&A
3.10-3.40pm	Afternoon Tea
3.40-4.25pm	Keynote: Professor Neil Walsh, Professor in Exercise Physiology Liverpool John Moores University. Nutrition, exercise and immunity. Including Q&A.
4.25-4.45pm	CLOSE
	DAY 2 SATURDAY 16TH OCTOBER
8.00-8.40am	Morning workout session. Activewear required! 
8.45-9.15am	SDA AGM
9.30-10.15am	FEMALE ATHLETE Keynote: Associate Professor Clare Minahan, Associate Professor, Exercise & Sport Griffith University. Determinants of performance in female athletes. Including Q&A.
10.15-10.25am	Q&A with A2 Milk
10.25-10.55am	Morning Tea
10.55-11.25am	Emerging Research presentation(s). Including Q&A
11.25-11.35am	Q&A with PREPD
11.35-12.05pm	Chris Rauch, Accredited Sports Dietitian & Clinical Research Associate Monash University Nutritional assessment and fuel kinetics during exercise- biological sex differences and translation to practice. Including Q&A.
12.05-1.00pm	Lunch
1.00-1.10pm	SDA Connect—review of SDA's new online community platform
1.10-1.40pm	MASTER ATHLETES Rebecca Hay, Accredited Sports Dietitian University of Sydney Masters athletes: matching nutrition with demands. Including Q&A.
1.40pm-2.10pm	Emerging Research presentation(s). Including Q&A
2.10-2.40pm	Afternoon Tea
2.40-3.25pm	Keynote: Professor Luc van Loon, Professor of Physiology of Exercise Maastricht University Medical Centre. Anabolic resistance of ageing. Including Q&A.
3.25-3.35pm	People's Choice Poster Awards and conference engagement prizes
3.35-3.45pm	CONFERENCE WRAP UP & CLOSE