



2023
THE FUTURE
IS NOW

University of the Sunshine Coast Australia
Friday 27th and Saturday 28th October 2023

SPORTS DIETITIANS AUSTRALIA

CONFERENCE PROGRAM

Thursday 26 October	PRE-CONFERENCE WORKSHOPS	
Friday 27 October	DAY 1: CONTEMPORARY ISSUES AND PRACTICE	
8.15am	Registration and coffee/tea	
8.45 - 9.00am	SDA Welcome and motivational kickstart	
9.00 - 9.45am	Lecture of Honour: Professor Louise Burke OAM	F2F only
9.45- 10.45am	Cultural competency: considerations and insights when working with athletes Facilitated by Dr Dom Condo, Accredited Sports Dietitian. Presentations by Tracy Hardy a Gamilaroi woman and Accredited Practising Dietitian and Founder of Wattleseed Nutrition, Health and Wellbeing. Joined by Angela Burt, Director – Indigenous Leadership at Richmond Football Club	F2F & online
10.45 - 11.15am	Morning Tea	
11.15 - 11.45am	Hot topics in sports nutrition Abstract submissions	F2F only
11.45 - 1.00pm	Physique management in high performance sport Presented by Associate Professor Gary Slater, SDA Fellow and Ali Disher, Advanced Sports Dietitian	F2F & online
1.00 - 2.00pm	Lunch	
2.00 - 4.00pm	Tool of the trade – practical assessment of energy availability, diet quality, nutrition knowledge and food choice in athletes. Workshop facilitated by Kerry Leech, SDA Fellow and Professor Fiona Pelly, SDA Fellow	F2F only
4.00 - 4.30pm	Afternoon Tea	
4.30 - 5.00pm	Hot topics in sports nutrition Abstract submissions	F2F only
5.00 - 6.00pm	SDA Excellence Awards University of the Sunshine Coast	
7.30 - 9.30pm	Cocktail party Venue TBC	



Saturday 28 October		DAY 2: TECHNOLOGY AND CHANGE	
6.00 - 7.00am	Morning activity (optional)		
8.45 - 9.30am	SDA AGM		
9.30 - 10.30am	<p>Space food system challenges and integrative solutions for long-duration exploration missions</p> <p>Keynote presented by Dr Grace Douglas, Lead Scientist Space Food Systems Laboratory, Advanced Food Technology, NASA Johnson Space Center</p>	Live stream	
10.30- 11.00am	Morning Tea		
11.00 - 11.45am	<p>Mental performance in athletes - future challenges for the evolution of gaming</p> <p>Keynote presented by Dr Walter Staiano, Lecturer and Research, University of Valencia, Spain</p>	F2F & online	
11.45 - 12.15pm	<p>Hot topics in sports nutrition</p> <p>Abstract submissions</p>	F2F only	
12.15 - 1.15pm	Lunch		
1.15 - 3.00pm	<p>Wearable devices - why, when and how?</p> <p>Facilitated by Professor Shona Halson</p>	F2F only	
3.00 - 3.30pm	<p>Hot topics in sports nutrition</p> <p>Abstract submissions</p>	F2F only	
3.30 - 4.00pm	Afternoon Tea		
4.00 - 4.40pm	<p>The future of sports nutrition</p> <p>Keynote presented by Professor Louise Burke OAM</p>	F2F & online	
4.40 - 5.00pm	Conference wrap and close		