

NUTRITION FOR ILLNESS & INJURY

WEBINAR SERIES

PROGRAM OUTLINE

SPORTS DIETITIANS AUSTRALIA

MODULES

LEARNING OBJECTIVES

DATES

1. Illness and Immunity

- Link between illness and injury
- Review of illness risks/rates in athlete populations
- Nutrition strategies to assist with enhancing immune function

Tuesday 15 August,
12.30pm AEST

2. Concussion

- Pathophysiology of concussion
- Overview of concussion in athletes
- Potential nutrition strategies to assist in rehabilitation from concussion

September TBC

3. Bone

- Review of bone physiology/remodelling
- Nutritional factors that play an integral role in bone health
- Nutrition strategies to aid in the prevention of, and rehabilitation from bone-related injuries

Online recording
available w/c 9 October

4. REDS update

When the IOC convened an expert panel to update the 2005 IOC Consensus Statement on the Female Athlete Triad, the expert working group introduced a broader, more comprehensive term 'Relative Energy Deficiency in Sport' (REDS), highlighting the complexity involved and the fact that male athletes are also affected.

Over the past 12 months, the IOC REDS consensus authors have reconvened. This webinar will provide an updated summary of the key changes to the consensus statement.

Online recording -
available October

5. Tendon and ligaments

- Review of tendon/ligament physiology
- Common tendon/ligament injuries in athletes
- Nutritional strategies to aid tendon/ligament rehabilitation

Tuesday 21 November,
time TBC