

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

“For the Active Person”

Date: Saturday 20th March, 2010
Time: 8.30am – 5.00pm
Venue: Sport SA
Military Road, West Beach, 5024
Cost: *\$275 incl GST
\$247.50 incl GST (SDA, students & SMA members)

ACCREDITED WITH



8 CEC's



2 PDP's



7 CEP's

15% discount for group bookings of 3 or more!

Phone 03 9926 1336

*Conditions apply

WHO'S PRESENTING?

This course is presented by some of South Australia's leading sports dietitians.

Tanya Lewis

Accredited Sports Dietitian, BNut & Diet, APD, cert IV fitness (personal training)

Tanya is a busy Sport Dietitian who owns a busy private practice and several gyms throughout Adelaide. She has a particular passion for endurance sports and road cycling and teaching junior athletes the importance of good nutrition. She has extensive experience in presenting sports nutrition information to sporting groups and is also a valuable board member of Sports Dietitians Australia.

Anthony Meade

Accredited Sports Dietitian, BSc, MNut&Diet, APD

Anthony is a competing triathlete who consults to the Adelaide United FC, Wakefield Sports Clinic, Runners World magazine and as a renal dietitian at the Royal Adelaide Hospital. Anthony is also a former President of Sports Dietitians Australia.

Karina Savage

Accredited Sports Dietitian, BSC (Ex and Sport Science), BNut & Diet, APD

Karina has presented workshops in sports nutrition to various sporting clubs including golf, football, touch football, gymnastics and netball. Karina has been a specialist paediatric dietitian at the Women's and Children's Hospital in Adelaide for the past 7 years where she has given numerous lectures at state-wide Dietitian Professional Development Workshops, DAA-SA state conference presentations and been a student lecturer at Flinders University of SA. Karina is also a board member of Sports Dietitians Australia.

Keryn Kondoprias

Accredited Sports Dietitian, BNut & Diet, APD

Keryn Kondoprias is an accredited practicing dietitian and qualified sports dietitian. She has clinical experience in many areas of nutrition including renal nutrition, diabetes, aged care, rehabilitation, intensive care and paediatrics. Keryn's key interests are exercise and sports nutrition, weight management and food allergies. She has worked in private practice within a sports medicine clinic in Adelaide as well as currently working at the Women's and Children's Hospital and is the dietitian for the Port Adelaide Football Club (Power).

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 and 2 PDP points from Kinect Australia.

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
VIC 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 12th March, 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.
- To receive 15% discount, all registrations must be submitted together & payment must be from the 1 cheque/credit card

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

Proudly supported by



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.