



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	
12.00 -12.30pm	Energy Availability and Metabolism Complimentary 30 minute presentation by Professor Motoko Taguchi of Waseda University, Tokyo	F2F only
1.00 - 4.00pm	Continuous Glucose Monitors in Sport Review Livestream presentation by Asker Jeukendrup , followed by an interactive in-person workshop facilitated by Associate Professor Gregory Cox , Amy-Lee Bowler , Accredited Sports Dietitian, Nicole Walker , Accredited Sports Dietitian and Rebekka Frazer , Accredited Sports Dietitian	F2F only
Friday 27 October	DAY 1: CONTEMPORARY ISSUES AND PRACTICE	
8.15am	Registration and coffee/tea	
8.45 - 9.00am	SDA Welcome Sally Walker , SDA President, Professor Fiona Pelly , Conference Chair and Lyndon Davis , Traditional Custodian of the Gubbi Gubbi / Kabi Kabi people.	
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 and 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 Rachel Scrivin - Impacts of 48-hr carbohydrate loading with varied FODMAPs on exercise-induced gastrointestinal syndrome and running performance Pascale Young - The impact of prolonged endurance exercise on markers of exercise-induced gastrointestinal syndrome in youth versus adult endurance athletes Christopher Rauch - The effect of long-term prebiotic supplementation on markers of exercise-induced gastrointestinal syndrome in response to exertional-heat stress	F2F only

Friday 27 October	DAY 1: CONTEMPORARY ISSUES AND PRACTICE	
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 - Proudly sponsored by Coles PerForm	
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 - Proudly sponsored by ProKick	
4.30 - 5.00pm	Hot topics in sports nutrition Ryan Tam - Evaluating the relationship between nutrition knowledge and dietary quality in elite Australian athletes Rebekka Frazer - Commonly accepted low energy availability indices failed to identify female soccer players experiencing low energy availability Leila Basic - Athletes' perceptions and experiences of body composition assessment and monitoring: a qualitative analysis.	F2F only
5.00 - 6.00pm	SDA Excellence Awards University of the Sunshine Coast	F2F only
7.30 - 9.30pm	Cocktail party Alexandra Headland Surf Club	F2F only



Saturday 28 October	DAY 2: TECHNOLOGY AND CHANGE	
6.00 - 7.00am	Morning Swim or Run/Walk (optional) In support of Wishlist - Sunshine Coast Health Foundation Meet at Mooloolaba Surf Club	
8.45 - 9.15am	SDA AGM	F2F & online
9.30 - 10.30am	Space food system challenges and integrative solutions for long-duration exploration missions Keynote presented by Dr Grace Douglas , Lead Scientist Space Food Systems Laboratory, Advanced Food Technology, NASA Johnson Space Center. The session will include an in-person Q&A facilitated by the Chair, Associate Professor Ricardo Costa .	
10.30 - 11.00am	Morning Tea	
11.00 - 12.00pm	Mental performance in athletes - future challenges for the evolution of gaming Keynote presented by Dr Walter Staiano , Lecturer and Research, University of Valencia, Spain. The session will include an in-person Q&A facilitated by the Chair, Associate Professor Ricardo Costa .	
12.00 - 12.30pm	Hot topics in sports nutrition Alan McCubbin - Effect of personalised sodium replacement on fluid and sodium balance, and thermo-physiological strain during and after ultra-running in the heat Rhiannon Snipe - Menstrual cycle phase does not influence hydration status, thirst, sweat rate or sweat sodium during fixed intensity cycling or self-paced running in the heat Lilia Convit - Effects of sodium hyperhydration and menstrual cycle on hydration status, physiological strain, and exercise performance in the heat	
12.30 - 1.30pm	Lunch - Proudly sponsored by HASTA	
1.30 - 2.30pm	Wearable devices - why, when and how? Facilitated by Professor Shona Halson	
2.30- 3.00pm	Hot topics in sports nutrition Amy-Lee Bowler - Day-to-day glycaemic variability of continuous glucose monitors in endurance athletes Marcia Jerram - The acceptability and efficacy of a 0.1% L-menthol mouth rinse in elite rugby players with practical considerations Zoya Huschtscha - Effects of an analgesic supplement on muscle hypertrophy and performance outcomes with resistance training in active adults	
3.00 - 3.30pm	Afternoon Tea	
3.30 - 4.30pm	The future of sports nutrition Keynote presented by Professor Louise Burke OAM	
4.30 - 5.00pm	Conference Quiz, Wrap & Close	