



## Your Next Exciting Sport and Exercise Nutrition Register (SENr) Event: 16<sup>th</sup> March 2016

**QEI Centre  
Broad Sanctuary  
Westminster  
SW1P 3EE**



The programme is themed around the **Rio Olympic Games 2016** with a focus on what those working in clinical practice can learn from performance nutritionists working in elite sport and vice versa. The aim is to identify commonality (where practice aligns) and alternative approaches where it differs.

***The event will be part of the BDA's flagship BDA Live event. Full event details can be found here:***

**[www.bdalive.co.uk](http://www.bdalive.co.uk)**

**[SENr Programme: 12noon – 4pm, Wednesday 16<sup>th</sup> March.](#)**

### ***12 noon – 1pm: Award Presentations***

This session will include the inaugural lecture of the Professor Clyde Williams OBE Award (2015-16) for Sport and Exercise Nutrition (Education /or Research) alongside presentations from the Dairy Council student award winners.

The session will be Chaired by **SENr Board Chair, Dr Stuart Galloway, Reader, University of Stirling.**

### ***1pm – 2pm Lunch and Networking***

### ***2pm – 4pm***

### ***Session 1: The Use of Biomarkers to Modify Nutritional Programmes in Elite Athletes***

**Nathan Lewis, Senior Performance Nutritionist and Technical Lead at the English Institute of Sport**



*This presentation will discuss the use of an applied, data driven approach to the application of biomarkers for the modification of nutritional programs in the elite athlete.*

### **Session 2: Para Swimming**

**Stef Shreeve**, Performance Nutritionist at English Institute of Sport will discuss her work with Para Swimming

*An overview of the nutritional support provided to the British Para Swimming team with a focus of the National Performance Centre in Manchester.*

### **Session 3: Unleash the Power of Food-Performance Nutrition at the English Institute of Sport**

**Dr Kevin Currell**, Head of Performance Nutrition, English Institute of Sport

*The English Institute of Sport provides science, medicine and technology services to Olympic, Paralympic and English national sports. The nutrition support is focussed on improving performance of world class athletes, and works across three main areas, injury and illness prevention, training adaptation and competition performance. This talk will provide an overview of how support is provided.*

### **Session 4: Can the clinical and sports world collide in dietetics?**

**Sharon Madigan**, BDA Sports Nutrition Group

*Can the skills we acquire in clinical dietetics help in the provision of nutrition support to athletes and coaches and vice versa? Dietitians can bring many skills to the sporting environment and we as clinical practitioners can learn equally important skills from sport.*

*This presentation will look at nutrition support and give examples from areas such as respiratory, body composition assessment, IBS and disordered eating behaviour and highlight experiences where both worlds collide.*

### **Session 5: Q&A Panel:**

**Chaired by Louise Sutton**, Deputy Chair SENr Board, Principal Lecturer, Leeds Beckett University

### **Cost:**

Full Day Attendance (BDA and SENr Programme: £75)

**[Click Here to Book!](#)** *Using the discount code 'SENr'*