



Sport Nutrition Conference
Mallorca 2009



FINAL programme Meeting in Mallorca December 2-3, 2009



Tuesday December 1, 2009

Arrival delegates and speakers

18:00 – 19:00 Registration

Day 1 Wednesday December 2, 2009

07:00 – 08:00 Run

08:30 – 09:30 Registration

09:30 – 09:45 Opening
Asker Jeukendrup
University of Birmingham, Birmingham UK

09:45 – 10:30 Creatine and caffeine: pros and cons

Mark Tarnopolsky
McMaster University, Hamilton, Canada

10:30 – 11:15 To drink or not to drink?

Tim Noakes
MRC/UCT Research Unit for Exercise Science and Sports Medicine
University of Cape Town, Cape Town, South Africa

11:15 – 11.45 Break

11:45 – 12:30 Pre-exercise carbohydrate feeding

Asker Jeukendrup
University of Birmingham, Birmingham UK

12:30-13:00 Sport specific problems and solutions (discussion)
Panel: speakers of morning session plus athletes?

13:00 – 14:00 Lunch

14:00 – 17:00 Workshops: Each participant signs up for 2 workshops out of 5.

Endurance sports - workshop

Tim Noakes

Weight Management in athletes - workshop

David Stensel

Team sports - workshop

Inigo Mujika

Creatine and caffeine: who? when? and how? - workshop

Mark Tarnopolsky

19:00 Dinner followed by evening programme

Dinner speech Professor Timothy Noakes Humans evolved as long legged, short armed, sweaty, furless animals able to outrun all other mammalian competitors in severe dry heat without the need for immediately water or salt replacement

Day 2 Thursday December 3, 2009

08:30 – 12:30 Activity programme

12:30 – 13:30 Lunch

13:30 – 14:15 Nutrition in team sports

Iñigo Mujika

USP Araba Sport Clinic, Vitoria-Gasteiz, Basque Country

14:15 – 15:00 Injury and nutrition

Kevin Tipton

University of Birmingham, Birmingham UK

15:00 – 15:30 Break

15:30 – 16:15 Exercise, appetite and weight management

David Stensel

Loughborough University, Loughborough, UK

16:15-17:30 Sport specific problems and solutions (discussion)

Panel: speakers of morning session plus athletes

17:15 – 17:30 Closing

17:30 Bar...