



Sport Nutrition Conference
Birmingham 2008

UNIVERSITY OF
BIRMINGHAM

Preliminary Programme

Day 1: Friday 14 November 2008

At Villa Park home of Aston Villa Football club

08:30 – 09:30 Registration

09:30 – 09:45

Opening

Asker Jeukendrup

09:45 – 10:30 Protein and weight loss

Kevin Tipton

University of Birmingham, UK

10:30 – 11:15 Train low – compete high!

Keith Baar

University of Dundee

11:15 – 11.45 Break

11:45 – 12:30 Hydration: what is new?

Asker Jeukendrup

University of Birmingham, UK

12:30-13:00 Discussion

13:00 Lunch

14:15 – 15:00 Nutrition and the immune system: what works and what doesn't

Mike Gleeson

Loughborough University, Loughborough, UK

15:00 – 15:45 Nutrition and genetics
Mark Tarnopolsky
McMaster University, Hamilton, Canada

15:45 – 16:30 Discussion and briefing for Outdoor activities
19:00 – Evening programme/dinner

Day 2: Saturday 15 November 2008

At the University of Birmingham

08:00 –
08:45 –

Transport from “Mailbox”
Start Outdoor activity

14:00 – 14:45 Are women different from men?
Brent Ruby
Montana, USA

14:45 – 15:30 Nutrition to increase fat burning
Asker Jeukendrup
University of Birmingham, UK

15:30 – 16:00 Break

16:00 – 16:45 Nutrition and the ageing athlete
Bengt Saltin
Copenhagen Muscle Research Centre, Denmark

16:45 – 17:30 Discussion
19:15 Dinner and evening programme you will never forget!

