



# HPX

PERFORMANCE NUTRITION

## Let's Dive into the Diversification of Sports Nutrition

Thursday 29th September 2022

Hosted by Sport Ireland Institute in association with The National Dairy Council

The day aims to improve knowledge on the diversity of nutritional strategies available to support athletes taking into consideration some of the following:

Age | Sex | Sport | Body composition

More specifically this study day aims to provide an understanding of:

- The potential relationship between the different hormonal profiles in the female life cycle and their influence on nutritional practices in female athletes
  - The role of dietary protein and muscle conditioning and how this may vary across the life cycle
  - The main diversity issues surrounding ethnicity, nationality, age, cultural background and religion within professional football.
- The challenges and attitudes around nutrition, body composition, performance and aesthetics in professional cycling across disciplines and genders.
  - The nutritional considerations of the para-athlete

This day will be of interest to support professionals working with sport; dietitians, nutritionists, physiologists, physiotherapists, S&C coaches, coaches, managers, athletes and performance directors, academics and students with an interest in sports nutrition.

**COST**

Early Bird	€85 up to August 19th 2022
Standard Ticket Rate	€110
Student (with student ID)	€60

(note limited tickets available for each category)

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SENR

ENDORSED FOR CPD

SENR endorsement applies only to the educational content of the learning activity.

# Thursday 29th September 2022

Live from the Conference Centre Sport Ireland Campus

## SCHEDULE (09:15 – 16:15)

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<b>09:15 – 09:45</b>	Registration / Tea/Coffee
<b>09:45-10:00</b>	Welcome, Dr Sharon Madigan Introduction & handover to the Chair, Professor Clyde Williams
<b>10:00-10:45</b>	Professor Kirsty Sale <i>Diversity in physiology &amp; nutritional implications throughout the female athletic career</i>
<b>10:45-11:30</b>	Professor Luc van Loon (Joining remotely) <i>Dietary protein and muscle conditioning</i>
<b>11:35 – 12:20</b>	James Moran RD <i>One Size Doesn't Fit All – Body Composition Diversity in Professional Road Cycling</i>
<b>12:20 -12:30</b>	Key take away messages from morning session & final questions for speakers
<b>12:30 – 1:30</b>	Lunch & networking
<b>1:30 – 2:15</b>	Andreas Kasper <i>An insight into the diversity of Premier League football</i>
<b>2:15 – 3:00</b>	Lauren Delany RD <i>Optimising body composition in rugby; Players' perspectives on individualised support in the team environment</i>
<b>3:00-3:30</b>	David Tobin, SENR <i>The Diversity of Nutrition Support for Para Athletes Health and Performance</i>
<b>3:30 – 4:00</b>	Panel Discussion <i>Diversity in lifestyle management – how lifestyles, study, training commitments interact and impact on nutrition</i>
<b>4:00 – 4.15</b>	Professor Clyde Williams <i>Final comments, delegate reflections &amp; close</i>

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## CHAIRPERSON

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### **Professor Clyde Williams**

Professor Clyde Williams is emeritus professor of sports science at Loughborough University. He has had several senior roles including head of the School and Pro-Vice Chancellor (research). He was the founding chairman of the British Association of Sport and Exercise Sciences (BASES) and the Board for registration for professionals in sport and exercise nutrition (SENr). He has had a career-long interest in the relationship between nutrition and performance and, along with his Scandinavian colleagues, he contributed to the early literature showing links between glycogen metabolism and fatigue. He continues to be engaged in the translation of research, particularly on the preparation for, the participation in and the recovery from training and competition. He was appointed OBE in the Queen's birthday honours in 2009.

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## SPEAKERS

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### **Professor Kirsty Elliott-Sale**

Professor Elliott-Sale completed her undergraduate degree and PhD [Exercise Physiology] at Liverpool John Moores University. Her PhD examined the effects of female reproductive hormones on muscle strength and since then her work has primarily focused on female athletes. In addition to her research on female athletes, which includes the menstrual cycle, hormonal contraceptives, the Female Athlete Triad and Relative Energy Deficiency in Sport, her work in recent years has involved designing and implementing exercise interventions during and following pregnancy in a variety of populations including servicewomen (i.e., military personnel), athletes, and women with obesity. She has co-authored numerous peer-reviewed journal articles, book chapters, expert statements and editorials on/for sportswomen. In addition, she is an advisor for the English Institute of Sport and the Football Association and is on several special interest groups and advisory boards related to female athletes.



### **Professor Luc van Loon**

Professor van Loon was appointed Professor of Nutrition and Exercise at Maastricht University in The Netherlands in 2010. He also serves as a visiting Professor at the Free University of Brussels in Belgium and the Australian Catholic University in Melbourne, Australia. Luc has an international research standing in the area of skeletal muscle metabolism & has published well over 400 peer-reviewed articles. Current research in his laboratory focuses on the skeletal muscle adaptive response to physical (in) activity, and the impact of nutritional and pharmacological interventions to modulate metabolism in both health and disease. The latter are investigated on a whole-body, tissue, and cellular level, with skeletal muscle as the main tissue of interest. He is active in various media to translate research findings to the general public, highlighting the impact of nutrition and physical activity to support performance and health.

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**James Moran**

James is a Performance Nutritionist and Registered Dietitian from Manchester, UK with over 10 years' experience in clinical and sports nutrition. He has worked with a variety of professional teams and individual athletes mostly specialising in endurance sports. Recently he has worked with the Ineos Grenadiers Cycling Team, Science in Sport, British Cycling, Team GB and The English Institute of Sport at the Tour de France and Tokyo 2020. James is currently Head of Nutrition with Uno-X Pro Cycling Team and provides nutritional consultancy to a range of private clients.

**Andreas Kasper**

Working in elite professional sport since 2014, Andreas has worked with Everton FC, Blackburn Rovers FC and the England Rugby Union (RFU) and League (RFL) sides. Andreas completed his BSc in Sport & Exercise Sciences, his Masters in Sports Nutrition and is currently completing his PhD in Personalising Elite Training Through The Use Of Individualised In-Vitro Bioengineered 'Mini-Muscles' / Investigating The Underpinning Mechanisms Of Skeletal Muscle Hypertrophy at Liverpool John Moores University. Although Andreas' main area of study is surrounding the individual adaptations and mechanisms to hypertrophy training, he also has a keen interest within the metabolic basis and quantification of load within elite sport.

**Lauren Delaney**

Lauren is a consultant performance nutritionist, PhD candidate and international rugby VXs player. Alongside supporting the Leeds Rhinos men's Super League team, Lauren is studying for her PhD in Sport and Exercise Nutrition with the Carnegie School of Sport at Leeds Beckett University. Her research is investigating how we support rugby players to optimise their body composition, using behaviour change science. Lauren previously worked at the English Institute of Sport for 7 years, supporting a range of sports in the lead into the 2016 and 2021 Olympic and Paralympic Games. Lauren is a registered Dietitian (HCPC, BDA) and SENr practitioner who has a BSc (Hons) in Human Nutrition and Dietetics from University of Dublin, Trinity College and an MSc in Sport and Exercise Nutrition from Loughborough University. Alongside her professional career, Lauren is also a current member of the Irish Senior Women's Rugby XV's team with 18 representative caps and has represented Ireland in basketball at European Championship level.

**David Tobin**

David is a SENR practitioner who has a BSc (Hons) in Exercise and Health Studies from Waterford Institute of Technology and an MSc in Sport and Exercise Nutrition from Ulster University. He is a consultant performance nutritionist with the Sport Ireland Institute where he supports a range of sports and lead the nutrition support for Paralympics Ireland. David was the lead nutritionist for the Tokyo Paralympic Games 2021. For the past 5 years in the Sport Ireland Institute, David has supported Athletics Ireland pathway athletes alongside athletes from badminton, canoe, swimming and diving.