



INVITATION

4th SPORTS NUTRITION CONFERENCE

Based on results of the Dutch Sports nutrition and Supplement Study

▶ **WHAT DO ATHLETES DO?**

MONDAY JULY 4TH 2016 ◀

14:00 - 18:30

SENECA, Expertise Centre of Sports, Work and Health
Kapittelweg 33 in Nijmegen

presented by

EAT2MOVE

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▶ **HAN** Sport en Bewegen



On behalf of HAN University of Applied Sciences, the Sports & Exercise Nutrition team is organizing the 4th Sports Nutrition Conference. The conference will be held on the 4th of July at SENECA, the Centre of Expertise for Sports, Work and Health, in Nijmegen.

The conference aims to bridge the gap between science and sports practice. This year the content is partly based on the final results of the Dutch Sports Nutrition and Supplement Study performed by Floris Wardenaar and colleagues, which focuses on the dietary intake and nutritional supplement intake of highly-trained Dutch athletes. The purpose is to reach consensus of what needs to be improved in the diet of elite athletes.

Keynote speakers at the conference will be Prof. **Renger Witkamp** (Wageningen University), Prof. **Maria Hopman** (Radboud University), **Edwin Goedhart** (KNVB - Dutch National Football Bond'), **Kristin Jonvik** (HAN University of Applied Sciences) and **Floris Wardenaar** MSc. (HAN University of Applied Sciences) and finally, as chair of the day, former Olympic athlete **Johan Kenkhuis** (Yellow Lane).

In addition, 12 pitches will be held, divided into 3 separate rounds, where the focus lies on several food-related topics. The conference will be especially interesting for dietitians, scientists, students, trainers/coaches and other professionals in the field of sports and nutrition.

And completely in line with the subject matter of this year's conference, visitors can enjoy tasty "sport-tapas".

**Registration
fee: €60,-
Students get a
50% discount**



**SCAS
certification for
sports dietitians
is requested**



SCHEDULE

Time	Activity		
14:00 - 14:30		Entry/registration	
14:30 - 15:30	Plenary	Opening chairman Highlights of the DSSS study New insights based on the DSSS study About nitrate intake	Johan Kenkhuis Floris Wardenaar Kristin Jonvik
15:30 - 15:45		Intermission	
15:45 - 17:15	Pitches (12)	Round 1 Round 2 Round 3	
17:15 - 17:30		Intermission	
17:30 - 18:30	Plenary	Debate What can we learn from the results of DSSS? Closure by chairman	Maria Hopman Edwin Goedhart Renger Witkamp Johan Kenkhuis
18:30 - 19:00		Celebratory drinks	

