



ECSS SPORTS NUTRITION TRACK

Prague

July 3–6, 2019

WEDNESDAY, JULY 3

GSSI Pre-con Satellite: Changing Nutrition for the 24-Hour Athlete

Panorama Hall

8:30 – 9:00	Registration
9:00 – 9:05	Introduction <i>Ian Rollo PhD GSSI, UK</i>
9:05 – 9:40	The use of blood profiling for athlete health and performance: what, when, why and how? <i>Charles Pedlar PhD St. Mary's University, UK</i>
9:40 – 10:15	Carbohydrate and skill: An update <i>Stuart Galloway PhD University of Stirling, UK</i>
10:15 – 10:30	Break
10:30 – 11:05	Neuromuscular consequences of exercise-induced muscle damage: can functional foods support recovery? <i>Glyn Howatson PhD Northumbria University, UK</i>
11:05 – 11:40	Behavior change strategies in elite athletes <i>Peter Lindsay PhD Manchester City FC, UK</i>
11:40 – 11:50	Closing Remarks
11:50 – 12:45	Lunch

GSSI Nutrition Award Presentations

Panorama Hall

14:00 – 15:30	GSSI Nutrition Award Presentations
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GSSI Nutrition Award Ceremony

Congress Hall

19:00 – 19:15	GSSI Nutrition Award Ceremony
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THURSDAY, JULY 4

Return to Play: A Multidisciplinary Approach to (Football) Injury

Panorama Hall

The process and duration required to return a player to training and matches (play) following injury is complex and will depend on the classification and severity of injury. It is intuitive to assume that the approach to how a player returns to play will depend, in part, on the expertise of the individual responsible for their recovery. We believe the most effective way to speed the players return to play is to adopt a multi-disciplinary approach. To facilitate this process, individuals within the multidisciplinary team should understand the relative importance of each discipline and how to integrate them. To this end, this session will focus on muscular skeletal injuries (most common in football) and will discuss the science to support the practice of sports medicine, nutrition and psychology of return to play in professional sport, with a focus on football.

9:45 – 9:55	Welcome & Opening Remarks <i>Ian Rollo PhD GSSI UK</i>
9:55 – 10:30	Psychology <i>Joan Duda PhD University of Birmingham, UK</i>
10:30 – 11:05	Rehabilitation <i>Donough Holohan MSc Manchester City FC, UK</i>
11:05 – 11:40	Nutrition <i>Graeme Close PhD Liverpool John Moores University, UK</i>
11:40 – 11:45	Closing Remarks

Sports Nutrition Interest Group Meeting & Reception

Panorama Hall

18:30 – 20:00	Assessing Impact in Sport and Research <i>Chaired by Ian Rollo PhD GSSI, UK</i>
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To **RSVP**, please register at ecss-congress.eu/2019/19

For more sports nutrition information, visit GSSIWEB.ORG

