



## ECSS SPORTS NUTRITION TRACK

October 27 – October 29, 2020

CENTRAL EASTERN TIME (CET)

### TUESDAY, OCTOBER 27

#### GSSI Pre-conference Satellite: Beyond Performance - New Considerations in Sports Nutrition

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| 15:15 – 15:20 | Introduction<br><i>Ian Rollo PhD, GSSI, UK</i>   |
| 15:20 – 15:50 | A Behavioral Perspective on Food Supplements for Sports Performance<br><i>Professor Sue Backhouse, Leeds Beckett University, UK</i>                          |
| 15:50 – 16:20 | Predicting Athlete Core Temperature: Considerations for Performance in the Heat<br><i>Associate Professor Ollie Jay, The University of Sydney, Australia</i> |
| 16:20 – 16:30 | Break  |
| 16:30 – 17:00 | The Female Athlete: New Considerations for Research and Recommendations<br><i>Professor Louise Burke, Australian Catholic University, Australia</i>          |
| 17:00 – 17:30 | Applying Motivational Principles to Optimize Adherence to Nutrition Programs in Performance Contexts<br><i>Dr. Ian Taylor, Loughborough University, UK</i>   |
| 17:30 – 17:35 | Closing Remarks<br><i>Ian Rollo PhD, GSSI, UK</i>  |

### THURSDAY, OCTOBER 29

#### GSSI Invited Session, Tokyo Calling: Beating the Heat

This symposium will begin by describing the hot environments in which an athlete is often expected to compete before diving into current work to develop and implement new extreme heat policies for elite competition. The latest research on hydration science will then be summarized, with corresponding implications for practical nutrition recommendations presented. Finally, the science and development of novel strategies for the athlete and coach to consider in preparation for competing in hot environments will be shared. Thus, to “beat the heat,” we must understand the challenges our athletes face, the policies aimed to protect them, as well as which strategies will maximize their performance.

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| 10:15 – 10:20 | Introduction<br><i>Ian Rollo PhD, GSSI UK</i>   |
| 10:20 – 10:48 | Beating the Heat: How Hot Is Too Hot? Extreme Heat Policy Development and Implementation for Elite Sports Competitions<br><i>Associate Professor Ollie Jay, The University of Sydney, Australia</i> |
| 10:48 – 11:16 | Hydration Research: Implications for Exercise in The Heat<br><i>Senior Lecturer Dr. Lewis James, Loughborough University, UK</i>  |
| 11:16 – 11:44 | Practical Strategies to Beat the Heat – Recommendations for Heat Acclimation by Post-Exercise Hot Bath<br><i>Professor Neil Walsh, Liverpool John Moores University, UK</i>                         |
| 11:44 – 12:00 | Closing Remarks<br><i>Ian Rollo PhD, GSSI UK</i>  |

For more sports nutrition information, visit [GSSIWEB.ORG](https://www.gssiweb.org)

