



I International Symposium of Nutritional Supplements for Sport & Health



<https://g-se.com/1st-international-symposium-nutritional-supplements-sport-health-t...>





I International Symposium of Nutritional Supplements for Sport & Health

Sobre el Curso



Crown Sport Nutrition

The objective of this Symposium is to show professionals in the world of sports the latest scientific research and the practical uses of current sports supplements in different sports disciplines: team sports, strength and endurance.

Non-doping nutritional ergogenic aids constitute a wide and differentiated range of foods, the main function of which is to supplement the diet to optimize nutrition in order to promote health and maximize training results in athletes.

Nutritional supplements such as protein concentrates, amino acids or their derivatives and carbohydrates, represent valid and legitimate alternatives to improve the composition of diets. Dietary supplements are currently marketed in the form of extracts, concentrates, tablets, capsules, soft gels, gel caps, gummies, liquids, or powders.

During the last fifteen years, sales of supplements in the world market have seen an unprecedented increase. This has encouraged a great flood of new partners to enter the market with products that promise to lose weight, gain muscle mass or simply promise to be the elixir of health and vitality. Unfortunately, most of them do not have enough scientific evidence to back them up.

Since Crown Sport Nutrition was born, our commitment and main axis has been based on science. That is why we organize this symposium and we invite you to attend (For Free) to the **I International Symposium of Nutritional Supplements for Sport & Health** by Crown Sport Nutrition.

The event consists of 5 lectures given by internationally recognized researchers with extensive experience in the area of sports nutrition.

The Symposium will be in English with simultaneous translation into Spanish (in different channels).

Opening of the event: **Trisha Van Dusseldorp, PhD, CISSN, CSCS**. President of The International Society of Sports Nutrition (ISSN).

Lecturers:

Dr. Laurent Bannock DProf, MSc, CSCS, RNutr, SENr. He is a Consultant Nutritionist & Sport Scientist based in Edinburgh, Scotland. His work is currently focussed primarily on Supporting Elite Athletes and Teams. Currently, Laurent is the Nutritionist to the World Number 1 ranked Belgium Men's National Football (Soccer)



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Team, and is a consultant to a number of elite European and Scottish professional rugby and football (soccer) teams. Laurent is also the Founder and Director of the Institute of Performance Nutrition ("The IOPN"), based in Edinburgh, Scotland, which specialises in applied research and advanced-level professional education programs for Sport and Exercise Nutritionists.

Dr. Fernando Naclerio, Ph.D. CSCS; CISSN, AfN RNutritionist. Currently working as Associate Professor in Strength Training and Sports Nutrition at the University of Greenwich. Dr. Naclerio is Lead of the Centre for Exercise Activity and Rehabilitation and Programme Leader of MSc Strength and Conditioning at the University of Greenwich. United Kingdom. Dr. Fernando has five books and more than thirty chapters of published books. In the last few years he has published more than 100 scientific manuscripts. Dr. Fernando's research is currently focused on the effects of resistance training and nutrition strategies (diets natural supplements) on performance, injury prevention and muscle structure and morphology. He is a habitual speaker at National and International events and is editor and reviewer of several high impact journals in the Sports Science field.

MSc. Aitor Viribay is a researcher in Exercise Physiology, Metabolism, and Sport Nutrition. He has published several high impacts research works in the field of training the gut and carbohydrate ingestion during exercise. Currently, he works as a Performance nutritionist and physiology adviser in Astana-Premier Team (a World Tour Cycling Team competing the best races in the world). Viribay is also the scientific advisor for Kilian Jornet, one of the best athletes in the world (Mountain athlete), and many other endurance world-class athletes in this field. Furthermore, he is the founder and director of Glut4Science. He is a lecture in different universities. His current interests include metabolism and substrate oxidation, training the gut and carbohydrate intake during exercise, mitochondrial function, nutrition and training in hypoxic environments.

Dr. Darren Candow, PhD, CSEP-CEP, is a Full Professor in the Faculty of Kinesiology & Health Studies, University of Regina. Dr. Candow supervises the Aging Muscle and Bone Health Laboratory and serves on the editorial review board for Nutrients, Frontiers, and the Journal of the International Society of Sports Nutrition. Dr. Candow has received over \$1.5 million in research funding from the Canadian Institutes of Health Research, Canada Foundation for Innovation, the Saskatchewan Health Research Foundation, and the Nutricia Research Foundation. Dr. Candow is an internationally renowned researcher in the area of creatine supplementation and musculoskeletal aging. Dr. Candow has published 90 peer-refereed manuscripts (59 of which involve creatine supplementation), has an H-index of 36, an i10-index of 51 and his research has been cited > 4000 times.



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Docentes



**TRISHA VAN DUSSELDORP, PHD,
CISSN, CSCS**
Exercise Science and Nutrition



AITOR VIRIBAY
Physiologist and Sport Nutritionist



**FERNANDO NACLERIO, PHD,
CSCS, CISSN, AFN
RNUTRITIONIST**
Sports Scientist. Strength and
conditioning training. Sport Nutritionist



**LAURENT BANNOCK, DPROF,
MSC, CSCS, RNUTR, SENR.**
Performance Nutritionist and Sport
Scientist



**DARREN CANDOW, PHD, CSEP-
CEP**
Exercise Physiology and Metabolism



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Programa académico (6 Horas cátedra)

Módulo 1

"Supporting performance, adaptations and recovery in endurance sports with supplements: Aiming at the target".

- Metabolism in endurance sport disciplines.
- The target: Carbohydrate intake during exercise.
- 120 g/h - the modern target.
- Supplements to support CHO effects.
- Impact on performance.
- Recovery optimization.
- Supporting adaptations.
- Conclusions.

Nutritional Strategies to Optimise Strength Training Outcomes

Nutritional Strategies to Optimise Strength Training Outcomes

Title: Not confirmed yet

Title: Not confirmed yet

Have we discovered the elusive fountain of youth with creatine supplementation.

not confirmed yet



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Programa académico (6 Horas cátedra)

Nutritional Supplements for Health and Performance-Facts and Science.

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Opening the Symposium - Dr. Trisha Van Dusseldorp, President of The International Society of Sports Nutrition.

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Journals



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Certificados



ACSM CEC CERTIFICATE

- Otorga: American College of Sports Medicine
- Tipo de certificado: Digital
- Certificado provisto por el Colegio Americano de Medicina del Deporte (ACSM) para otorgar Créditos de Educación Continua (CECs) a quienes sean ACSM Certified Personal Trainers, ACSM Certified Group Exercise Instructors, ACSM Certified Exercise Physiologists o tengan otro certificado otorgado por ACSM.



I INTERNATIONAL SYMPOSIUM OF NUTRITIONAL SUPPLEMENTS FOR SPORT & HEALTH

- Otorga: Crown Sport Nutrition
- Tipo de certificado: Digital
- This certificate specifies that a student has attended a particular training. The following information is included: names and surnames of the student, name of the training, number of teaching hours and name of the certifying organization.



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Avales Científicos



American College of Sports Medicine



International Society Of Sports Nutrition



International Universities Strength and Conditioning Association



American Society of Exercise Physiologists



University of Greenwich



Comité Académico G-SE



Centro de Estudios Avanzados en Nutrición



SOCIEDAD ESPAÑOLA para el ESTUDIO - AVANCE de la NUTRICION y DIETETICA DEPORTIVA

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Q&A



G-SE "Preguntas"

The screenshot displays the G-SE 'Preguntas' interface. On the left is a sidebar with navigation options: 'Iniciar Sesión', 'Home', 'Mis Preguntas', 'Preguntas Seguidas', and 'Mis Respuestas'. The main content area features a search bar at the top with the placeholder 'Haz una pregunta...'. Below it, a question is displayed: '¿Qué? Pregunta 27 may 2021 · 11:29'. The question text is 'La exposición a la luz artificial ¿genera cambios o disturbios en el sueño?' and is attributed to 'La expos'. To the right of the question are icons for 5 views, 1 answer, and a menu. Below the question is an answer: 'Respuesta 27 may 2021 · 11:29' by 'Ernesto Cifuentes Merenea'. The answer text discusses the physical and mental strain of playing football at night (>20 hours) and how it affects sleep quality and quantity. It also mentions that elite football players are exposed to artificial stadium lighting. At the bottom of the answer is a '(ver más)' link. Below the answer is a 'Responder...' input field.

G-SE Preguntas es la base de conocimientos más grande de habla hispana sobre las ciencias del ejercicio. Preguntas, respuestas, comentarios y un valioso intercambio de información abierto y en tiempo real entre colegas de todas las disciplinas.

¿Cómo puedo participar?

- **Posteando preguntas a colegas.** Las preguntas son y serán siempre anónimas, por más que te pidamos que te loguees/registres.
- **Aportando tu conocimiento** respondiendo preguntas para ganar reputación dentro de la comunidad.

¡Echa un vistazo y comienza a participar!

MÁS INFORMACIÓN



Grupo Sobre Entrenamiento (G-SE) es el Líder Mundial en Información y Capacitación a Distancia en Ciencias del Ejercicio y Salud

G-SE es un referente en la información y la capacitación a distancia en ciencias del ejercicio y medicina del deporte, dividiéndose en tres grandes secciones: 1) "Artículos", en donde se presentan blogs y artículos gratuitos contenidos en más de 7 journals especializados; 2) "Capacitaciones", una gran plataforma de difusión y comercialización de formaciones a distancia ofrecidas por nuestros socios educativos integrada a nuestro poderoso LMS (learning management system) de desarrollo propio; y 3) "Foros" en donde se promueve la interactividad, experiencias compartidas y opiniones de expertos.

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