



# International Webinar on Sports Nutrition

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*10<sup>th</sup> – 17<sup>th</sup> October, 2020*

## KEY HIGHLIGHTS

30 Sessions

15 Speakers (International – National Faculty)

19 Hours of Learning

## FSN (Fitness, Sports and Nutrition)

Fitness, Sports and Nutrition (FSN), a core group of IAPEN (Indian Association of Parenteral Enteral Nutrition) is one of the top organizations in India with primary focus on advanced education and lifelong learning. Through partnerships with the public, private, and non-profit sectors, the FSN (Fitness, Sports & Nutrition) group promotes programs and initiatives that motivate people of all ages, backgrounds, and abilities to lead active, healthy lives

Physical Activity / Fitness is neglected by many. In a survey done by MINTEL in 2019 it was found that 67% Indians (the sample group of the study was 3000 Indian adults aged 18 and above) did not exercise at all. Nearly half (46%) of consumers say that leading a healthy lifestyle is their top priority, however only 37% of them were actually involved in some type of physical activity or exercise and A third (31%) of consumers say that they don't have time to exercise. Malnutrition is one of the greatest global health challenges. While more than half of global deaths in children younger than 5 years of age is attributable to undernutrition, obesity (another form of malnutrition) is also increasing globally (The Global Burden of Diseases, Injuries, and Risk Factors Study 2017 (GBD 2017)).

Regular physical activity therefore becomes imperative for optimum body weight. WHO recommends that adults do at least 150 mins of moderate intensity physical activity throughout the week. Children and adolescents aged 5 -17 years should do at least 60 minutes of moderate to vigorous intensity physical activity daily.

## Objectives of FSN

- FSN aims to provide a scientific but easily understood overview of aspects related to nutrition and physical activity, especially of people involved in regular training with the goal to improve intensive sports performance. FSN aims to achieve a maximal degree of scientific consensus in the area of Fitness and Sports Nutrition Research by promoting various activities like awareness camps, fitness workshops etc.
- FSN focus on prevention rather than treatment of various health problems by promoting productive lifestyles.

## About the Workshop

“Sports Nutrition Awareness Workshop” is scheduled from 10<sup>th</sup> to 17<sup>th</sup> October 2020. The workshop is being organised by Fitness, Sports and Nutrition (FSN) – a core group of IAPEN in association with Nutra Supplements. The workshop is spanned over a week (sessions to be conducted only on weekend) involves 30 sessions being covered by 15 speakers of International repute with vast experience in the area of Sports and Fitness. This learning over 19 hours, across the week is a foundation for better learning and education in the field of Sports Nutrition.

## Target Audience

The workshop is designed for dietitians, nutritionists, fitness trainers, physical training teachers,

fitness enthusiasts and other allied fitness professionals and educational institutes promoting fitness and physical activity.

### Venue

Virtual Platform

### Detailed Programme Schedule

#### Day 1 :10th Oct 2020

Time	Topics	Speakers
9.30 to 10.00 am	Introduction to Workshop on Sports Nutrition	Dr Sahshikant Goswami, Former Sr. Scientific Officer cum Scientific Director, SAI
10.00 to 10.30 am	Health and Fitness – India and Timor-Leste	Dr Richa Kulkarni, BPT International Sports Physiotherapist, Owner and Founder, Dr Richa's KINESIS – Sports Rehab and Physiotherapy Clinic
<b>10.30 AM to 10.45 AM Break</b>		
<b>Understanding Exercise Physiology Case studies to be discussed along with Monitoring Tools)</b>		
10.45 to 11.15 am	Muscular System and Functional Movement Screening for Athletes	Dr Mustafa Topiwla, BPT Chief Phsysio at Dr Pimprikar's Sportsmed
11.15 to 11.45 am	Neuromuscular Coordination and Plyometrics	Strength and Conditioning Coach UMumba Prokabbadi
11.45 AM to 12.15 PM	Fatigue – a stimulus, Medico Biological Means	Dr Ashok Ahuja, CEO ISSRA Fmr Head of Dept of Sports Medicine and Science, N.S. National Institute of Sports, Patiala
12.15 to 12.45 pm		
<b>12.45 PM to 01.15 PM : Lunch Break</b>		
01.15 to 02.00 pm	Energy System and it's corelation with Sports Nutrition	Dr Kevin Caillaud, Head of Exercise and Physiology & Nutrition, High Performance Consultant, Head of Product at SCERMLIND Pvt Ltd.
02.00 to 2.30 pm	Sports Injury and Rehab (Skeletal)	Dr S.R. Sarla, Dean, Sports Science, NSNIS Patiala
02.30 to 3.00 pm	Sports psychology and it's implications	Ms Gayatri Vartak, MSc Sports Psych Frmr International Badminton Player, Founder & Director, Samiksha Sports Pvt. Ltd.

3:00 PM to 4:00 PM	Handling Clients with Advanced Requirements or Time Bound Requirements	Nitin Shirbhate, ACE Fitness Expert
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**Day 2 :11<sup>th</sup> Oct 2020**

Time	Topics	Speakers
10.00 to 10.30 am	Importance of strength and conditioning in Advanced Sports Training	Mr Sandesh Rangnekar, MSc Musculoskeletal Physiotherapy, ASCA Accredited Coach, Strength & Conditioning Coach, Dabang Delhi KC
<b>10.30 to 10.45 am Break</b>		
10.45 to 11.15 am	Introduction to Sports Nutrition	Ms Himani Puri, Dietician & Sports Nutrition Advisor, Director, SattvaNutricare
11.15 to 11.45 am	Body composition of an Athlete	Mrs Kunda Mahajan, Consulting Sports Nutritionist, Khel Rang
11.45 am to 12.15 pm	Importance of Sports Supplements and Doping control	Mr Prasana Choudhari
12.15 to 12.45 pm	Importance of Macronutrients – Carbohydrates, Proteins, Fats	Ms Shreya Adhav, Sports Nutritionist, Owner, SpirEat Sports Nutrition Clinic
12.45 to 01.15 pm	Importance of Micronutrients – Vitamins and Minerals	Ms Himani Puri, Dietician & Sports Nutrition Advisor, Director, SattvaNutricare
<b>01.15 to 02.00 pm Lunch Break</b>		
02.00 PM to 2.30 PM	Nutritionist Role during Exercise Prescription and Meal Plan Development	Dr Kevin Caillaud, Head of Exercise and Physiology & Nutrition, Inspire Institute of Sport
02.30 PM to 4.00 PM	Meal Planning with a Sports Nutritionist. 3 Case Studies – Different Sports. Sample Handouts – Meal Plans	Ms Vartika Singhal

**Day 3 :17<sup>th</sup> Oct 2020**

Time	Topics	Speakers
10.00 AM to 10.30 AM	Importance of Educating Client – Handouts and Modules	Mr Nitin Dhade, Fitness Trainer and Coach
<b>10.30 AM to 10.45 AM Break</b>		
10.45 AM to 11.15 AM	Fluids and electrolytes	Mrs Kunda Mahajan, Consulting Sports Nutritionist, Khel Rang

11.15 AM to 11.45 AM	Functional Foods and Probiotics	Ms. Namratha Pramod Sports Nutritionist, SAI NSSC, Bangalore
11.45 AM to 12.15 PM	Weight Loss Management and Nutritionist	Ms. Arees Reeja Sports Nutritionist
12.15 to 12.45 pm	Sports nutrition for endurance	Ms Shreya Adhav, Sports Nutritionist, Owner, SpirEat Sports Nutrition Clinic
12.45 to 01.15 pm	Sports nutrition for strength/power	Ms. Arees Reeja Sports Nutritionist
<b>01.15 PM to 02.00 PM Lunch Break</b>		
02.00 to 2.30 pm	Role of nutrition in Injury prevention and Rehabilitation	Ms Shiny Surenderan, Dietician & Sports Nutritionist (IOC) ISAK level 2 certified, SDA (Australia)
02.30 to 4.00 pm	Case Studies Discussions – Different Sports. Sample Handouts – Meal Plans	Case studies to be assigned on day 2 of the Webinar
<b>4:00 – 4:30 Closing Remarks</b>		