



Dietitians NZ
Ngā Pukenga Kai Ora o Aotearoa



Pre-Conference Programme: Playground to Podium

Tuesday 7th September

Ground Floor Seminar Room

University of Otago, Christchurch Campus, 2 Riccarton Avenue

Time	
9:00am	Paramanawa – Morning tea
9:30am	Karakia, Welcome & Opening Address <i>Rachel Scrivin & Kath Eastwood</i>
9.45am	Session one: Relative Energy Deficiency in Sport (RED-S) and Body Image RED-S – a dietitian’s perspective in male dominated sports <i>Dane Baker</i> Medical considerations in athletes with RED-S <i>Dr Sarah Beable</i> Health & body image challenges – an athlete’s perspective <i>TBC</i> Body image in aesthetic sports – learnings from gymnastics <i>Rachel Vickery</i>
11:45am	Tina – Lunch
12.30pm	Session two: Gastrointestinal symptoms (GIS) and management in endurance athletes GIS in endurance athletes, why and what is this about? <i>Dr. Ricardo Da Costa</i> Managing GIS in athletes? <i>Rachel Scrivin</i> Nutrition, training and living with Functional Gastrointestinal Disorder – an athlete’s perspective <i>Stephanie Rumble -</i> Practice-based evidence - What can we learn from athletes with GIS? <i>Case study presentations</i>
2:00pm	Paramanawa – Afternoon tea

<p>2:15pm</p>	<p>Session three: Youth and Team Sports Growing healthy athletes – a sports physician perspective <i>Dr Lesley Nicol</i></p> <p>Growing healthy athletes – a dietitian’s perspective <i>Lea Stening</i></p> <p>Nutrition considerations for team sports <i>Jonny Rea</i></p> <p>Panel Discussion and Q&A</p>
<p>3:45 pm</p>	<p>Workshop Closing address & Karakia <i>Rachel Scrivin & Kath Eastwood</i></p>