



Dietitians NZ

Ngā Pukenga Kai Ora o Aotearoa



Pre-Conference Programme: Playground to Podium

Tuesday 7th September

Via zoom

Time	
9:00am	Karakia & Welcome <i>Kath Eastwood</i>
9.05am	Session one: Relative Energy Deficiency in Sport (RED-S) and Body Image 9:05 RED-S – a dietitian’s perspective in male dominated sports <i>Dane Baker</i> 9:25 Medical considerations in athletes with RED-S <i>Dr Sarah Beable</i> 9.45am Health & body image challenges – an athlete’s perspective <i>Rebecca Clarke</i> 10.05 Ask the Expert
10:15am	Break
10.30am	Session two: Gastrointestinal symptoms (GIS) and management in endurance athletes 10:30am GIS in endurance athletes, why and what is this about? <i>Dr. Ricardo Da Costa</i> 10:50am Managing GIS in athletes? <i>Rachel Scrivin</i> 11:10am Nutrition, training and living with Functional Gastrointestinal Disorder – an athlete’s perspective <i>Stephanie Rumble -</i> 11:20am Practice-based evidence - What can we learn from athletes with GIS? <i>Case study presentations (small groups)</i>
11:40am	Break
Midday	Session three: Youth and Team Sports

	<p>Midday: Growing healthy athletes – a dietitian’s perspective <i>Lea Stening</i></p> <p>12:20pm Navigating aesthetic sports in young athletes – learnings from gymnastics Rachel Vickery</p> <p>12:40pm Nutrition considerations for team sports <i>Jonny Rea</i></p> <p>1:00pm Ask the expert</p>
1:15 pm	<p>Workshop Closing address & Karakia <i>Rachel Scrivin</i></p>