

## 'Taught Weekend' Schedule

19-20 March 2016

Address:  
Middlesex University, The  
Boroughs, Hendon, North  
London, NW4 4BT

Classroom: C204  
Toilets: Near classroom

Nearest tube stations: Hendon Central: 10-15  
minutes walk. Reception staff will have a list of  
all students and lecturers. Please bring a photo  
ID with you, such as driving license, which may  
be required for entrance into the building.



## Saturday

10:00am - 10:30am

Registration

10:30am - 11:00am

### Welcome & Announcements

- Laurent Bannock MSc FISSN CSCS R.SEN & Scott Robinson MSc CISSN R.SEN

11:00am - 12:15pm

### Lecture: TBC

Nutrition for Younger Athletes: A Look into the Science & Practical Advice  
- Scott Robinson MSc CISSN R.SEN

12:15pm - 12:30pm

\*BREAK\*

12:30pm - 1:30pm

### Lecture: Dehydration and Exercise Performance

- Lewis James PhD

1:30pm - 2:15pm

\*LUNCH BREAK\*

2:15pm - 3:15pm

### Lecture: Shedding Some Light on Vitamin D

- Daniel Owens PhD

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## Saturday continued

3:15pm - 3:30pm

\*BREAK\*

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3:30pm - 4:30pm

**Lecture:** Optimising Post-Exercise Hydration  
- Lewis James PhD

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## Sunday

9:30am - 10:00am

Registration

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10:00am - 11:00am

**Lecture:** Nutrition for High Performance Athletes  
- Sophie Killer PhD

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11:00am - 11:15am

\*BREAK\*

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11:15am - 12:15pm

**Lecture:** Educating the Future Elite: Reflections from International Youth Rugby  
- Daniel Owens PhD

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12:15pm - 1:00pm

\*LUNCH BREAK\*

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1:00pm - 2:00pm

**Lecture:** Pre-Exercise Feeding Strategies  
- Sophie Killer PhD

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2:00pm - 2:15pm

\*BREAK\*

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2:15pm - 3:15pm

**Workshop:** Case Studies from Track & Field  
- Sophie Killer PhD

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3:15pm

End of 'Taught Weekend'

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