



'Taught Weekend' Schedule

22-23 October 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 + Welcome & Announcements – Laurent Bannock MSc FISSN CSCS R.SEN & Scott Robinson PhD MSc CISSN
10:30am – 11:30am	Lecture: Developing the tools in your toolbox: an insight into the Guru Performance method – Scott Robinson PhD MSc CISSN R.SEN
11:30am – 11:45am	*BREAK*
11:45am – 12:45pm	Lecture: Quantifying training and competition load in athletes: what can we really measure? – Prof. Craig Twist PhD
12:45pm – 1:30pm	*LUNCH BREAK*
1:30pm – 2:30pm	Lecture: Understanding the response to training and competition: implications for athlete performance and health – Prof. Craig Twist PhD

Saturday continued

2:30pm – 2:45pm

BREAK

2:45pm – 3:45pm

Lecture: Exercise and non-exercise physical activity energy expenditure
– Prof. Dylan Thompson PhD

3:45pm – 4:00pm

BREAK

4:00pm – 5:00pm

Lecture: Nutrition for fat and energy balance
– James Betts, PhD

Sunday

9:45am – 10:15am

Registration

10:15am – 11:15am

Lecture: Nutrition for post-exercise recovery
- James Betts PhD

11:15am – 11:30am

BREAK

11:30am – 12:30pm

Lecture: How to get your fat fit – the impact of exercise on adipose tissue
– Prof. Dylan Thompson PhD

12:30pm – 1:15pm

LUNCH BREAK

1:15pm – 2:15pm

Lecture: Title TBC
- Matt Reeves

2:00pm – 2:15pm

BREAK

2:15pm – 3.15pm

Lecture: Title TBC
- Matt Reeves

3:15pm

End of 'Taught Weekend'
