

'Taught Weekend' Schedule

28/29 January 2017

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 DProf(c) MSc FISSN CSCS SENr & Scott Robinson PhD CISSN SENr

11:00am – 12:15pm

Lecture: Applying science: what makes an effective practitioner?
- Daniel Owens PhD AFHEA

12:15pm – 12:30pm

BREAK

12:30pm – 1:30pm

Lecture: Athlete immune health – an introduction and overview
– Prof. Neil Walsh FACSM

1:30pm – 2:15pm

LUNCH BREAK

2:15pm – 3:15pm

Lecture: Nutritional strategies to avoid immune impairment in the athlete
– Prof. Neil Walsh FACSM

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Saturday continued

3:15pm – 3:30pm

BREAK

3:30pm – 4:30pm

Lecture: Supplements to enhance endurance performance
– Julien Louis PhD

Sunday

10:00am – 10:30am

Registration

10:30am – 11:30am

Lecture: The dissemination of science: from the lab to the field
– Julien Louis PhD

11:30am – 11:45am

BREAK

11:45am – 12:45pm

Workshop: Applied skills session (Part 1)
- Laurent Bannock, Scott Robinson, Daniel Owens & Stephen Smith

12:45pm – 1:30pm

LUNCH BREAK

1:30pm – 3:00pm

Workshop: Applied skills session (Part 2)
- Laurent Bannock, Scott Robinson, Daniel Owens & Stephen Smith

3:00pm

End of 'Taught Weekend'
