



PROGRAM

Saturday October 8, 2016

GUADALAJARA, JALISCO

Auditorio Tecnológico de Monterrey

7:00 - 8:30

REGISTRATION

8:30 - 9:00

WELCOME

9:00 - 9:45

**LANDMARKS IN THE DEVELOPMENT OF
SPORTS NUTRITION**

Ron Maughan, Ph.D.

Chair of the Nutrition Working
Group - IOC Medical Commission,
Director of the IOC Diploma in
Sports Nutrition



9:45 - 10:30

**SUPPLEMENTATION PLAN FOR OLYMPIC
FOOTBALL**

Beatriz Boullosa, M.Sc.

President of the FMND, Head of
Sports Nutrition at FEMEXFUT



10:30 - 11:00

DISCUSSION: QUESTIONS & ANSWERS

11:00 - 11:30

BREAK

11:30 - 12:15

**BEYOND THE FEMALE ATHLETE TRIAD:
RELATIVE ENERGY DEFICIENCY IN
SPORT (RED-S)**

Vanessa Risoul, M.Sc.

Coordinator of Nutrition at
CONADE



12:15 - 13:00

**PERIODIZATION OF CARBOHYDRATE
INTAKE IN OLYMPIC ATHLETES**

Julien Louis, Ph.D.

Senior Lecturer in Applied
Sport Nutrition at Liverpool
John Moores University



13:00 - 13:30

DISCUSSION: QUESTIONS & ANSWERS

13:30 - 15:00

LUNCH

15:00 - 15:45

**NUTRITIONAL STRATEGIES FOR
PARALYMPIC ATHLETES**

Nuwanee
Kirihennedige, M.Sc.

Sports Dietitian at the U.S.
Olympic Committee



15:45 - 16:30

**MUSCLE RECOVERY FOLLOWING EXERCISE:
NUTRITIONAL AND ENVIRONMENTAL
FACTORS**

Brent C. Ruby, Ph.D.

The University of Montana



16:30 - 17:00

DISCUSSION: QUESTIONS & ANSWERS

17:00-18:30

**ROUND TABLE: SPORTS NUTRITION
MANAGEMENT FOR ATHLETES AT THE
OLYMPIC GAMES**

Lic. Margarita Posada
Coordinator of the table

FMND



Ron Maughan, Ph.D.

IOC



Julien Louis, Ph.D.

Ex-advisor at French National
Institute of Sport



Vanessa Risoul, M.Sc.

CONADE



Beatriz Boullosa, M.Sc.

FMND and FEMEXFUT



Catalina Fernández, M.Sc.

Costa Rica Olympic
Committee



18:30-18:45

CLOSING CEREMONY

