

Performance Nutrition Webinars

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Free Zoom webinar series for students, faculty, and sports health professionals



Reality check: debunking myths and understanding truths in hydration science for performance optimization

Stavros Kavouras, PhD,
Arizona State University (USA)

3 September

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The Performance Nutrition Network: Why community and mentorship keeps your peers in the rearview mirror

James Morehen, PhD,
The Performance Nutrition Network (England)

10 September

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Going nuts on sports nutrition: Benefits and limitations of some edible kernels

Mark Kern, PhD,
San Diego State University (USA)

17 September

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The history of food provision for athletes at the Olympic and Paralympic Games and other major competition events.

Fiona Pelly, PhD, University of the Sunshine Coast (Australia) – *Note: different starting time!*

24 September

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The challenges of working with Olympic athletes in a small country: what the real world really looks like

Catalina Fernandez, MS,
Sporting Football Club (Costa Rica)

1 October

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Does Supplement X work? Finding answers that address the complexity of real-life sports performance while reflecting on the AIS Supplement framework and its classifications

Louise Burke, PhD, Australian Catholic University (Australia) – *Note: different starting time!*

8 October

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Creatine for health & performance

Richard Kreider, PhD,
Texas A&M University (USA)

15 October

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Anthocyanin-rich supplementation for sport and exercise: Is it worth the attention?

Mark Willems, PhD,
University of Chichester (England)

22 October

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Hydration, heat stress, and kidney function in the industrial athlete

Zachary (Zac) Schlader, PhD,
Indiana University Bloomington (USA)

29 October

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Impact of cooling interventions on exercise performance and health

Coen Bongers, PhD,
HAN university of applied sciences & Radboud university medical center (The Netherlands)

5 November

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Safe supplement use by athletes

Andrew Jagim, PhD,
Mayo Clinic (USA)

12 November

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Is there any concern for the vitamin C status of athletes?

Carol Johnston, PhD,
Arizona State University (USA)

19 November

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Most Fall 2024 webinars are scheduled on Tuesdays at 10-11 am GMT-7 Arizona, USA. Download PDF: [Click on hyperlinks to sign up!](#)
**When signing up, you allow us to send reminders and information about future sessions*

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