

Performance Nutrition Webinars



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




Protein requirements for athletes 

Jom Trommelen, PhD,
Maastricht University (NED)

17 February
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Issues and strategies for the warfighter 

Lynn Kam, PhD,
Naval Health Research Center (USA)



3 March
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Body cooling for prevention and treatment of exertional heat illness 


Yuri Hosokawa, PhD,
Waseda University (JAP)

17 March
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Adjusted starting time at 4 pm AZ!

Assessment of sweat for hydration and natremia balance during exercise 

Brendon McDermott, PhD,
University of Arkansas (USA)



24 March
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Does a new sport fueling app have potential to change high school athletes' dietary habits? Insights into the PLAYTE app 

Alysha Deslippe, PhD
Concordia University (CAN)

31 March
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From foundations to fine margins: A multistage developmental pathway for sports nutrition 

Ina Garthe, PhD,
Olympiatoppen (NOR)



7 April
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Sodium bicarbonate: Recent developments in research and applications for athletes 

Amelia Carr, PhD,
Deakin University (AUS)

14 April
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Strategic approaches to iron supplementation in athletes 

Peter Peeling, PhD,
The University of Western Australia (AUS)



Adjusted starting time at 4 pm AZ! **21 April**
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Exercise at mitigating stress-induced immune dysregulation during isolation/confinement with direct relevance to space travel 


Richard Simpson, PhD,
University of Arizona (USA)

28 April
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CONTRIBUTION TO RESEARCH CALL

We are conducting a study at ASU to better understand professionals' opinions about nutritional supplements, including their efficacy and safety. If you have worked with athletes within the past 12 months, we invite you to take part in a short 10–15 minute online questionnaire.

Take part [HERE](#) or scan the QR code:



All Spring 2026 webinars are scheduled on Tuesdays at 10-11 am GMT-7 Arizona, USA if not listed otherwise. Download PDF: [Click on hyperlinks to sign up!](#) *When signing up, you allow us to send reminders and information about future sessions and messages for research recruitment

chs.asu.edu

Please contact Dr. Floris Wardenaar with any questions about the programming of this webinar series: floris.wardenaar@asu.edu