Performance Nutrition Webinars

5th year anniversary!

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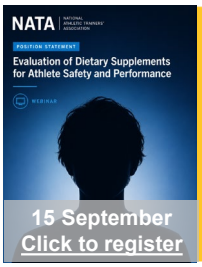
Free Zoom webinar series for students, faculty, and sports health professionals



15 September
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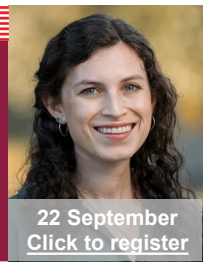
Inside the New NATA Position Statement: Dietary supplements for athlete safety and performance – Highlights presented by the authors

Katie Knappenberger, MS, RD, Northwestern University; Dana White, MS, RD, Dana White Nutrition; Floris Wardenaar, PhD, Arizona State University, USA

Fluid and energy demands of agricultural workers in high heat/high humidity environments

Kenzie Hargrove, PhD, Mississippi Christian University, USA



22 September
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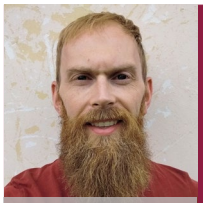

29 September
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Do sex, genes, and habitual caffeine intake influence the performance-enhancing effects of caffeine?

Bryan Saunders, PhD, University of São Paulo, BRAZIL

31 March
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From the playing field to the front line: Can sports nutrition improve health and occupational performance?

Drew Gonzalez, PhD, Sam Houston State University, USA

13 October
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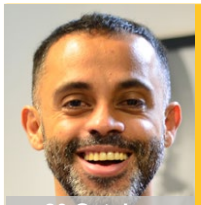

20 October
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Protein source and muscle hypertrophy: The power of the plants

Hamilton Roschel, PhD, RD, University of Sao Paulo, BRAZIL

The color of a non-caloric sweetened placebo mouth rinse influences sweetness perception, neural responses and time-trial performance in trained cyclists

Odara Thomas, PhD, Nutrition Scientist and Clinical & Translational Researcher, USA

27 October
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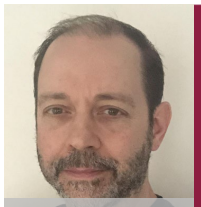

10 November
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Water, sugar, and salt: One sports drink for all?

Sam Cheuvront, PhD, RD, Owner Sports Science Synergy LLC, USA

Developing the Women's Health Assessment Tool (WHAT): An athlete-centred approach to health screening

Natalia Galan-Lopez, MS, LJMU, UK

17 November
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24 November
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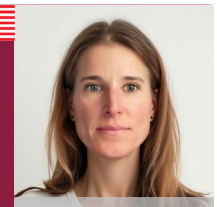
Beyond the Game: Preparing student-athletes for life after sport

Tanya Halliday, PhD, RD, University of Utah, USA

Low to modified FODMAPs in sport: Research updates to real-world practice

Dana Lis, PhD, RD, Founder Summit Sports Nutrition, USA



1 December
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Athleat Field Lab

ASU College of Health Solutions
Arizona State University

Take part **HERE** or scan the QR code

All Fall 2026 webinars are scheduled on Tuesdays at 10-11 am GMT-7 Arizona, USA. Arizona does not change to daylight savings! 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

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