



AARHUS
UNIVERSITY

NIH NORWEGIAN SCHOOL
OF SPORT SCIENCES



UNIVERSITY OF
GOTHENBURG



UNIVERSITY OF JYVÄSKYLÄ

Scandinavian Sports Nutrition seminar 22. November 2018

Location: Department for Public Health, Aarhus University, Dalgas Avenue 4, 8000 Aarhus, Denmark

9.30-10.00 Registration & coffee

Session 1 Muscle hypertrophy & strength – effect of milk proteins and caffeine

10.00-10.05 Welcome (Mette Hansen, PhD, Ass. Prof, AU, Dk)

10.05-10.40 Effects of different milk proteins on gains in muscle mass (Håvard Hamarstrand, Ph.D, Oslo)

10.40-11.15 Effect of caffeine on strength and power (Truls Raastad, Prof., Oslo)

11.15-11.30 Small break

Session 2: Performance enhancing effect of nitrate

11.30-12.05 Beet-ing your competitors: dietary nitrate to enhance sports performance (PhD Kristin Jonvik, Maastricht University, NL/N)

12.05-12.40 Lunch

Session 3 Exercise and diet intervention as therapy versus a tool for body figure idealization

12.40-13.15 Effect of using the combination of exercise and nutrition in treatment of eating disorders (Therese Fostervold Mathisen, Ph.D., Oslo)

13.15 – 13.40 Physical health in females fitness athletes; symptoms of relative energy deficiency in sport (RED-s)(Therese Fostervold Mathisen, Ph.D, Oslo)

13.40-13.55 Small coffee break

Session 4 Low carbohydrate availability and protein supplementation in endurance sport

13.55-14.25 Low carbohydrate availability and caffeine - influence on adaptation and performance in endurance athletes (Mette Hansen, Ass. Prof. Aarhus)

14.25-14.55 Effects of protein supplementation during carbohydrate restricted training in endurance athletes (Mads Sørensen Larsen, Ph.D stud, Aarhus)

14.55-15.00 Thanks for today (Mette Hansen, Ass. Prof. Aarhus)