

Fish oil supplementation: applications in sport

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This presentation overviewed the latest scientific literature that has examined the role of fish oil supplementation in sport performance. The topics covered included the potential for fish oils to increase muscle mass, prevent muscle loss during injury-induced immobilisation, enhance acute recovery from intense bouts of eccentric exercise and reduce the incidence/severity of traumatic brain injuries. Results "hot-off-the press" regarding the blood omega-3 status of Premier League footballers during pre-season and mid-season were also presented. The take home messages of the presentation includes evidence-based practical implications for athletes with regards to fish oil supplementation and athlete performance.

Protein recommendations for increasing (or maintaining) muscle mass (breakout session)

This interactive session translated research findings into practice with regards to protein recommendations for increasing or maintaining skeletal muscle mass, with application to the general population and athletes. First, Dr Oliver Witard posed the unnecessarily contentious methodological question 'should we (as practitioners) be focussing recommendations on nutritional approaches to increase muscle protein synthesis?' Thereafter, several practical and commonly asked questions were posed that encompassed the role of protein nutrition for maximising muscle mass. Delegates addressed these questions in groups of approximately 10, alongside facilitators Oliver Witard, Lindsay Macnaughton and Lee Hamilton. These questions were as follows. How much protein should we be recommending? How should we be recommending dietary protein intake is distributed throughout the day? Should we be recommending individual amino acid supplements? When should we be recommending protein is consumed in relation to exercise? What other nutrients may facilitate the anabolic response to protein feeding and/or exercise? Which other nutrients may impair the anabolic response to protein feeding and/or exercise. To finish, delegates presented their answers to the whole group and Dr Oliver Witard briefly summarised the latest protein recommendations. All delegates received a handout detailing the views of Dr Oliver Witard concerning the questions posed above.