

*Successful event showcases*

# THE BEST OF SPORTS NUTRITION

BDA Policy Officer **Rosanna Hudson** reviews the highly successful SENr event that showcased the élite of sports nutrition and the growth of the SENr community

**I**n November 2015, the Sport and Exercise Nutrition Register (which is hosted and managed by the British Dietetic Association) ran its autumn showcase at the home of Scottish Rugby, BT Murrayfield Stadium in Edinburgh. This followed a previous sell-out event at the GSK Human Performance Laboratory in April 2015.

The showcase had been billed as a 'must-attend event' for anyone with an interest in sport and exercise nutrition and the day certainly lived up to the hype, with a mix of the latest in research and evidence-based practice, alongside multiple opportunities for the 150+ delegates to network with industry experts.

The event boasted three Chairs: Andy Burman (BDA CEO); Dr Stuart Galloway (SEnr Board Chair and Reader at University of Stirling); and Professor Clyde William OBE (previous Chair of SENr Board and Emeritus Professor at Loughborough University). Clyde also achieved the status as one of the UK's top 100 scientists (2014).

## PREMIERE PRESENTATIONS

Dr Galloway opened the event, with a summary of SENr projects over the past 12 months and a launch of the new mission

statement: *SEnr – Shaping the Future of Sport and Exercise Nutrition*. He highlighted an impressive array of activity including: university accreditation, CPD endorsement, a new Academic Associate Pathway to register the élite of the research world, a new website which includes an impressive list of industry supporters and an evidence-base page which showcases published research and evidence by SENr registrants.

The day's presentations were exceptional. Irene Riach and Nikos Jakubiak from sportsScotland Institute of Sport spoke of the legacy of Glasgow 2014, sharing strategic planning approaches and case studies from the Commonwealth Games. Mark Ellison (GB Combat Sports) then discussed weight management practices employed by British combat athletes and some of the ethical dilemmas and long-term consequences.

From a research perspective, Dr Stuart Galloway and his team from the University of Stirling (David Lee Hamilton and Dr Oliver Witard) provided fascinating evidence-based updates about fish oil supplementation and its application in health and sport, alongside further evidence around the use of omega 3.

In celebration of the venue and the recent Rugby World Cup, the delegates were treated to a joint presentation by England,





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*Registered sports nutritionists are vital to the integrity of professional and amateur sports in the future. Having a robust and effective register to set standards and protect athletes is vital, something that SENr is the key leader on.*  
**Andy Burman, BDA CEO**

*The SENr is vital to uphold the sport and exercise industry through accrediting suitably qualified and experienced practitioners, developing the performance nutrition discipline and setting professional standards among registrants.*  
**Olivia Busby, Acting Head of Performance Nutrition, Sports Wales**

Ireland and Scotland Rugby performance nutritionists: Dr Graeme Close, Ruth Wood-Martin and Richard Chessor who explained the nutrition strategies employed by their respective World Cup teams.

#### **A SOUGHT-AFTER REGISTER**

Whilst the presentations were of a premier calibre, the highlight of the event for many was its interactive approach. Within the sports nutrition sector, peer support is a vital component for a successful career and the SENr is increasingly becoming a community for the sport and exercise nutrition world. With this in mind, the event was peppered with multiple opportunities for delegates to participate in breakout question and answer sessions, touching on subjects such as: ethical use of supplements, multidisciplinary working, protein requirements, hydration strategies, ethics and the new WADA code, nutrition support for teams and SENr membership requirements. In addition, the Sport Wales Team challenged the audience to answer some key nutrition questions, and to do so under-pressure, with just 90 seconds to deliver an evidence-based response.

The buzz and excitement surrounding the event was palpable and the growth in recognition and credibility of SENr can be seen clearly through the number of high

profile organisations that are seeking to engage with the register. In addition to those mentioned above, also represented at the event were:

- The Dairy Council (SENr Founding Partner)
- UK Anti-Doping
- Practice-Based Evidence in Nutrition (PEN)
- Royal Society of Medicine
- English Institute of Sport
- Leeds Beckett University
- Liverpool John Moore's University

The event was hugely popular on social media and a competition for the most innovative tweet using the new hashtag #SENrExcellence proved to be an overwhelming success and with reference to the morning's omega 3 presentations, was won by @parkernutrition with 'Plenty of fish for thought'.

The showcase was closed by Dr Galloway who emphasised to delegates the many ways that they can become actively involved in the Register. Dr Galloway welcomed in a new era for the Register and invited all present to join the SENr Board on its journey forward as the industry experts of the sport and exercise nutrition world. ●



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