



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF SPORT

SPORT NUTRITION SYMPOSIUM

BRINGING SPORT NUTRITIONISTS TOGETHER FOR FUTURE SUCCESS

PROGRAMME



SATURDAY 31 MAY 2025, 09:00 - 18:00
CARNEGIE SCHOOL OF SPORT BUILDING,
HEADINGLEY CAMPUS

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**LEARN
NEW
SKILLS TO
APPLY IN
YOUR
PRACTICE**

**WINNING
MENUS:
EFFECTIVE
NUTRITION
PLANNING
FOR
ATHLETES**



WORKSHOP WITH MARK ELLISON

**BRINGING SPORT NUTRITIONISTS TOGETHER
FOR FUTURE SUCCESS**

**WORK
THROUGH
REAL
APPLIED
SPORT
NUTRITION
PROBLEMS
TOGETHER**

**GOING
GREEN:
CREATING
SUSTAINABLE
SPORT
NUTRITION
SOLUTIONS**



WORKSHOP WITH PETER RES

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**ENHANCE
YOUR
ABILITY TO
MAKE A
DIFFERENCE**

**STRATEGIC
START:
MAXIMISING
YOUR IMPACT
IN THE FIRST
90 DAYS**



WORKSHOP WITH NIGEL MITCHELL

**BRINGING SPORT NUTRITIONISTS TOGETHER
FOR FUTURE SUCCESS**

FROM RESEARCH TO PRACTICE

**EXPERT RECOMMENDATIONS ON
CHANGING ATHLETE BODY COMPOSITION**

LAUREN DELANY, POSTGRADUATE RESEARCHER



**MEAL GUIDANCE IN MALE ACADEMY FOOTBALLERS:
PLAYER & SUPPORT TEAM PERSPECTIVES**

STEPH ROE, POSTGRADUATE RESEARCHER



**IMPLEMENTING NUTRITION STRATEGIES IN
PROFESSIONAL FOOTBALL: A CHEF'S PERSPECTIVE**

ALBERT ARRIETA, POSTGRADUATE RESEARCHER



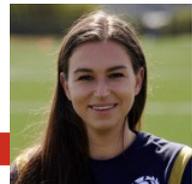
**NUTRITION COACHING FOR INJURED FOOTBALL
PLAYERS**

BEN SAMUELS, POSTGRADUATE RESEARCHER



**ENGAGING THE MDT IN INTERNATIONAL RUGBY
FEMALE SPORT NUTRITION**

LARA WILSON, POSTGRADUATE RESEARCHER



**BREAKING BARRIERS IN THE ENGLISH PREMIER
LEAGUE: A NUTRITIONIST PERSPECTIVE**

DR NESSAN COSTELLO, SENIOR LECTURER



MASTER TECHNIQUES FOR LASTING IMPACT

INFLUENCING
WITHOUT
POWER:
HOW TO MAKE
AN IMPACT
WITHOUT
AUTHORITY



WORKSHOP WITH TIM RAWLINSON

BRINGING SPORT NUTRITIONISTS TOGETHER
FOR FUTURE SUCCESS

**LEARN
PRACTICAL
WAYS TO
IMPACT
CHANGE
TOGETHER**

**UNLOCKING
CHANGE:
WORKING IN
COLLABORATION
WITH COACHES**



WORKSHOP WITH DR LAURIE PATTERSON

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2024 HIGHLIGHTS



BREAKFAST, LUNCH, SNACKS, & DRINKS RECEPTION



PROVIDED BY
PERFORMANCE CHEF COLIN OAKLEY



MENU

ARRIVAL

- BISCOFF FLAPJACK BREAKFAST BITES (1)
- BANANA SPLIT GRANOLA BOWLS (1x 12)

COLD SELECTION

- CAPRESE (1x 12)
- TABBOULEH (1x 12)
- ROAST VEGETABLE ORZO PASTA (1x 12)
- ROCKET, PARMESAN, & OLIVES (1x 12)
- VIETNAMESE SUMMER ROLLS (1x 12)
- AUBERGINE, FETA, & POMEGRANATE ROLLS (1x 12)

LIVE COOKING STATION

- CHARGILLED CHICKEN (HALAL) OR
- TANDOORI SALMON FLATBREADS

MAINS

- GREEK LAMB MOUSSAKA (HALAL) (12)
- SLOW COOKED PORK TARKA DAHL (12)
- CHICKEN TIKKA MASALA GNOCCHI (HALAL) (12)
- VEGETABLE BALTI (1x 12) (12)
- CYPRIOT POTATOES (1x 12) (12)
- PILAU RICE (1x 12) (12)

SWEET SNACK

- COCO POP OREOS (12)
- INDIAN CHAI TRAMSU
- BANANA, CUSTARD

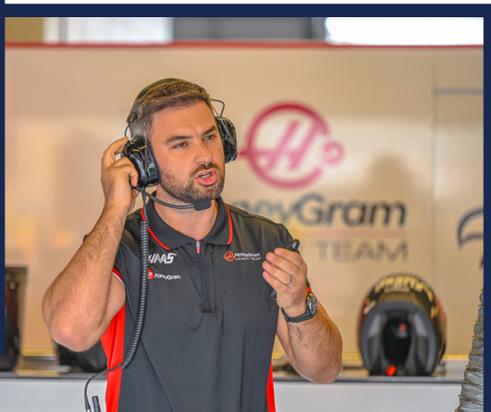


THE CHAT SHOW: CAREER CONVERSATIONS IN SPORT NUTRITION

WITH EMMA GARDNER
HEAD OF NUTRITION,
IRISH RUGBY FOOTBALL UNION



BRINGING SPORT NUTRITIONISTS TOGETHER
FOR FUTURE SUCCESS



AND DR. DANIEL MARTIN
PERFORMANCE DIRECTOR,
COMBINE PERFORMANCE LIMITED

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THANK YOU

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CARNEGIE SCHOOL OF SPORT

**COME TOGETHER WITH OTHER
SPORT NUTRITIONISTS FOR FUTURE SUCCESS**

SPORT NUTRITION SYMPOSIUM

SATURDAY 31 MAY 2025, 09:00 - 18:00
CARNEGIE SCHOOL OF SPORT BUILDING
HEADINGLEY CAMPUS, LEEDS BECKETT UNIVERSITY

REGISTRATION COSTS:

EARLY BIRD TICKETS - £40
...ONLY WHILE THEY LAST!

GENERAL ADMISSION - £70

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