

2018 West Virginia Academy of Nutrition & Dietetics Pre-Conference Workshop - Sports Nutrition



Wednesday, April 2018 - 8:00 am - 2:00 pm

West Virginia University Coliseum - room 251

The Sports Nutrition Workshop will engage participants in understanding the knowledge requirements for the Commission on Dietetics Registration CSSD Board Exam requirements through engaging sessions, demonstration of services, and tour of WVU Athletics Sports Nutrition facilities. A box lunch will be provided.

Presenters:

- **Nettie Freshour MS, RDN, CSSD, LD**- Director of Sports Nutrition - WVU Athletics
- **Bethany Pennock MS, RDN, LD**- Assistant Sports Dietitian - WVU Athletics
- **Tim Bender MS, RDN, LD** - Marshall University

Upon completion of the pre-conference workshop, attendees will be able to

1. Identify educational requirements for the CSSD board exam
2. Understand and apply dietary recommendations for performance, recovery & more
3. Identify and understand NCAA Rules & Regulations
4. Identify performance outcomes and body composition measurements

This educational experience has been approved for 4 continuing education credits.

7:30 am	Check in
8:00 am	Welcome: Nettie Freshour, MS, RDN, CSSD, LD <ul style="list-style-type: none"> - Sports Dietetics 101: An overview of the responsibilities and roles of being a sports dietitian - Understanding CDR and CSSD Credentialing
9:30 am	Reflections in getting started in Sports Nutrition <ul style="list-style-type: none"> - Tim Bender MS, RDN, LD
10:15	Stretch Break
10:30	Recovery - Nettie Freshour, MS, RDN, CSSD, LD
11:30	Lunch
12:30	Tour of facilities <ul style="list-style-type: none"> - Fueling Station - Bod Pod Demonstation - Taste Tests of athlete performance nutrition products - Bethany Pennock, MS, RD, LD
2:00pm	Adjourn