The University Of Tampa
Second Annual Sport Nutrition & Human Performance Conference

Macronutrient Manipulation and Training Strategies to Optimize Body Composition

As can be seen in the link below. Last years conference took an in depth scientific and applied approach to optimizing nutrition for skeletal muscle hypertrophy, strength and power.

https://www.youtube.com/watch?v=E2FWXiLOqjs
Sport Nutrition and Human Performance Conference
Schedule of Events

CISSN EXAM

Friday February 20, 2015

11:00am-2:00pm: CISSN exam – Please bring a laptop or iPad with an internet connection. The CISSN will be taken online only. The regular cost of taking the CISSN is $599 for ISSN members. The special rate for the University of Tampa on Feb 20th is $99. You must be present to receive the discount coupon code for the exam.

CONFERENCE SCHEDULE

Friday February 20, 2015

4:00pm Welcome and Opening Remarks

4:15pm Protein Overfeeding and a Primer on Skeletal Muscle Hyperplasia – Dr. Jose Antonio

5:15pm Nutrient Timing: Does it Matter? - Dr. Rob Wildman

6:00pm Reception/Social Hour/Visit Exhibits

7:00pm Keynote Address: Ketogenic Dieting: Emerging Evidence of Fat as Fuel - Dr. Jeff Volek and Dr. Dominic D'Agostino

8:30pm Adjourn/Tour of Facilities
CONFERENCE SCHEDULE

Saturday February 21, 2015

7:30am   Morning Workout with Ben Pakulski
9:00am   Breakfast/Visit Exhibits
9:45am   Opening Comments
10:00am  Plenary Message – Dr. Fred Hatfield
10:30am  Carbohydrate Manipulation Strategies to Optimize Body Composition in Anaerobic Athletes – Dr. Jacob Wilson
11:30am  Optimizing Anabolic Signaling with Nutritional Interventions – Dr. Gabe Wilson
12:30pm  Lunch provided
1:30pm   Visit Exhibits
2:00pm   Round Table on Macronutrient Manipulation Strategies
         Ryan Lowery, moderator
3:15pm   Course Evaluation/Closing Remarks