



# SPORTS NUTRITION WORKSHOP

**Register Today!**

[RKTeamNutrition.net](http://RKTeamNutrition.net)

**Saturday – November 7, 2009**  
**U of Illinois – Champaign, Illinois**  
ACTIVITIES & RECREATION CENTER, 201 E. Peabody Dr.

For directions, visit [www.rkteamnutrition.net](http://www.rkteamnutrition.net)

PRESENTERS

**MICHELLE ROCKWELL**  
MS, RD, CSSD



**SUSAN KUNDRAT**  
MS, RD, CSSD

## MORNING SESSION

8:00am-12:30pm (Registration 7:30-8:00)

### **Sports Nutrition Playbook**

A Comprehensive Overview of Optimal Nutrition for Athletes & Active Individuals

#### Topics

- Current topics in sports nutrition
- Sports medical nutrition
- Disordered eating
- Sports nutrition tools
- Dietary supplements
- Strategies for working in the field

#### Audience:

- Registered Dietitians and Nutritionists
- Students, interns, and athletes
- Fitness and health professionals
- Coaches

#### WORKSHOP FEES (early bird)

- Students and interns: Morning: \$20 / \$40 All-day
- Professionals: Morning: \$90 / \$150 All-day

## AFTERNOON SESSION

1:30pm-5:30pm

### **SPORTS Practiced, DIETETICS Proven & TESTED**

#### Topics

- Gaining experience in Sports Dietetics
- Strategies for working in the field
- Preparation for work as a Certified Specialist in Sports Dietetics (CSSD)
- Advanced Sports Nutrition work

#### WORKSHOP INCLUDES

- Comprehensive sports nutrition manual
- CSSD manual and 150 practice questions (full-day participants)
- Fuel and hydration breaks
- Pre-approved CEUs with ADA and NATA

## Workshop Sponsors

For more information and registration visit

[RKTeamNutrition.net](http://RKTeamNutrition.net)

University of Illinois  
Division of  
Campus Recreation

