



NUTRITIONAL SCIENCE OF HEALTH & BODY COMPOSITION




1.-2.12.18

BSPA WIEN
AUF DER SCHMELZ 6
1150 WIEN
09-17 UHR

BRAD DIETER PHD

Exercise Physiologist, Research Scientist,
Chief Scientific Officer of EAT TO PERFORM

1.DAY - BASICS: EAT TO  **PERFORM**

Nutrition, Metabolism & Weight Loss

2.DAY - ADVANCED:

Carbs, Fructose, High Fat Diets, Gluten, ...

REGISTRATION:

WWW.BSPA-FORTBILDUNGS-AKADEMIE.AT

PRICE: ONE DAY € 137 | TWO DAYS € 229



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PROGRAM:

Nutrition is a key factor for health, body composition and performance in sports! The nutrition business is huge and therefore it is hard to distinguish between good and bad information.

Regarding sports nutrition most of the coaches and athletes barely know much more than some *recipes*. This means that most of the time general figures of macro nutrition distribution are representing the whole body of knowledge. Unfortunately, hardly any of them really knows the functionality of the human metabolism.

Furthermore, everyone knows that obesity is bad for health, but hardly anyone knows all the negative implications!

But these are basics!

Dieting and weight loss are important aspect in accomplishing athletic goals. But how does it work and what is the actual state of scientific knowledge? In addition, do you know how to differentiate between good and bad statistical results?

For everyone who is already above the basics level of nutritional knowledge, day two is even more interesting! Here we dive deep into very special topics of dietetics.

If you have any specific questions about the following points you are well-advised to show up at this talk:

- Carbohydrates and Fructose
- Myths about High Fat Diets
- Gluten
- Supplements

There are a lot of nutrition talks and educational programs around Europe, but by far there are only a few which are on such a high level of quality. Brad Dieter is an expert in this topic and knows how to explain the dry subjects of research in an amusing manner!

WHO should attend this course?

- Personal trainers,
- nutritionists/dietitians,
- coaches,
- sport scientists
- fitness enthusiasts who are interested in the science and research behind the topics presented

WHY should you attend this course?

- To learn how the human metabolism is working
- To get a basic knowledge about the real magnitude of nutrition when its about health
- To learn how to distinguish between god and bad studies
- To get deep insights in special topics like gluten, fructose, high fat diets, ...
- Get better results with your customers do to a higher level of nutritional knowledge!



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SCHEDULE:

SATURDAY, 1.12.18

DAY 1

Nutrition, Metabolism, and Weight Loss

- Overview of human metabolism
- The role of nutrition in health and disease
- Key aspects of Weight Loss: What we know from human trials
- Dieting and metabolism
- A brief primer on research, statistics, and how to interpret and read data

SUNDAY, 2.12.18

DAY 2

Deep Dive into Special Topics

- Much ado about Carbohydrates
- Fructose
- High fat diets and myths surrounding them.
- What we really know about gluten
- Hands on session working through research on supplementation.



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SPEAKER:

BRAD DIETER PHD, MS



Brad is a scientist and entrepreneur whose goal is to bring science and industry together to improve human health and well-being through the development of new technologies. His research career has spanned the translational spectrum utilizing basic science, human trials, and machine learning in large data sets to identify and develop novel therapies and technologies. His long term career goals include leading teams of people to make major inroads in health care through the development of new technology. Brad is also passionate about scientific outreach and bringing science to the public.

PUBLICATIONS:

- Dahlquist, D. T., Stellingwerff, T., Dieter, B. P., McKenzie, D. C., & Koehle, M. S. (2017). Effects of macro-and micronutrients on exercise-induced hepcidin response in highly trained endurance athletes. *Applied Physiology, Nutrition, and Metabolism*, 42(10), 1036-1043.
- Dieter, B. P., Schoenfeld, B. J., & Aragon, A. A. (2016). The data do not seem to support a benefit to BCAA supplementation during periods of caloric restriction. *Journal of the International Society of Sports Nutrition*, 13(1), 21.
- Dieter, B. P., & Tuttle, K. R. (2017). Dietary strategies for cardiovascular health. *Trends in cardiovascular medicine*, 27(5), 295-313.

And many more...

MORE INFORMATION HERE:



<https://sciencedrivennutrition.com/author/bradsgardfit-com/>



<https://www.eattoperform.com/>



https://www.researchgate.net/profile/Brad_Dieter2

EAT TO



PERFORM



BSPA WIEN FORTBILDUNGSAKADEMIE

TARGET AUDIENCE:

Personal trainers, nutritionists/dietitians, coaches, sport scientists, fitness enthusiasts who are interested in the science and research behind the topics presented

PRESENTATION LANGUAGE:

English

DATE AND TIME:

Saturday 01.12.18 | 9 am to 5 pm

Sunday 02.12.18 | 9 am to 5 pm

LOCATION:

Fortbildungsakademie BSPA Wien
Auf der Schmelz 6,
1150 Wien

PRICING:

CATEGORIE	LINK TO REGISTRATION	PRICE
Package both Days	>> https://bit.ly/2DvOObD<<	€ 229
Early Bird Code (only a few available)	ETP50EUR	€ 179

AVAILABLE SEATS:

Minimum 20, maximum 150 seats

The organizer reserves the right to postpone, cancel or alter the program of the event if the minimum amount of reservations has not been reached.





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PARKING INFORMATION AND ARRIVAL:



BY CAR:

At the institutional framework only a very short number of parking spaces are available. It is advisable to consider enough time for searching. On weekdays there are short-term parking zones around the institute. On Saturday and Sunday parking around the building is free of charge.

BY PUBLIC TRANSPORTATION:

Either by the metro (station U3 Johnstraße) with a short walk (5 min) or directly by the bus (station 10A Auf der Schmelz).

CONTACT AND INFORMATION:

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