

Programme

9.00 – 10.00 **Registration**

10.00 – 10.05 **Opening remarks by the chair**
Alistair Currie, Manager, Jogscotland

10.05 – 10.35 **Diet, hydration and sport**
Professor Ron Maughan,
School of Sport & Exercise Sciences,
Loughborough University

10.35 – 10.40 **Questions**

10.40 – 11.00 **Exercise induced asthma:
from athletes to the clinic**
- Exercise induced asthma (EIA)
affects most asthmatics
- EIA is common in elite athletes
- EIA can limit children's enjoyment
and participation in exercise
- EIA, like other asthma,
is an inflammatory disease
- Treatment is similar to normal asthma
Dr Malcolm Shepherd, Honorary
Respiratory Consultant, University
of Glasgow

11.00 – 11.05 **Questions**

11.05 – 11.35 **Refreshment break & exhibition**

11.35 – 11.55 **Physical activity and the
prevention of type 2 diabetes**
Who needs to be active?
And how much do they need to do?
Jason Gill, Senior Lecturer,
Institute of Biomedical and Life
Sciences (IBLS), University of Glasgow

workshop 1 **Overtraining in young people
- the signs and implications**

11.30 – 12.00
- What is overtraining?
- What tools do we have to detect
overtraining?
- Does overtraining occur in young
athletes?
- What impact can overtraining have
on young athletes?
- How can we prevent/treat
overtraining in young athletes?
Dr Andy Cathcart, (IBLS)
University of Glasgow

11.55 – 12.00 **Questions**

12.00 – 12.30 **Fitter Schools UK challenge**
Hear the latest news of this exciting
project and the future of sport for
children
Dean Horridge, Founder and
Director of Fit For Sport Ltd

workshop 2 **Men on the move**

12.05 – 12.35 Practical ways to get men more active
Mark Ward, National Coordinator,
Men's Health Forum Scotland

12.30 – 12.40 **Questions**

12.40 – 1.40 **Lunch, stretch and exhibition**

1.40 – 1.45

1.45 – 2.05

2.05 – 2.10 **Questions**

2.10 – 2.40 **LazyTown shaking the
world of children**

Learn how this fun and
fresh TV show has inspired
children to become
more active

Magnús Scheving

Writer, World Class

Athlete and the Creator and Spirit
of Lazytown



2.40 – 2.50

2.50 – 3.10

Questions

Juice Break

workshop 3 **Fitness Demo**

2.50 – 3.10 Instyle Aerobiking

3.10 – 3.30

**Psychology of exercise adherence
and mental preparation for sport**

- Role of an exercise psychologist
- Psychology of physical activity /
exercise adoption - adherence
strategies
- Role of a sports psychologist
- Measuring strengths and
weaknesses in athletes
- Introduction to psychological skills
- Training for athletes, e.g. imagery
and goal setting

Victoria Penpraze, Institute of Diet,
Exercise and Lifestyle (IDEAL),
University of Glasgow

workshop 4 **Pilates for a healthy life**

3.10 – 3.35 **Sarah-Jane Hunter**, Owner, SJ Fitness

3.30 – 3.35

3.35 – 4.05

Questions

Preparing for a major sporting event

High performing athlete, TBC,
supported by Commonwealth Games
Council for Scotland
SURPRISE SPEAKER!

4.05 - 4.15

4.15pm

Discussion, questions and close

Approx close

Energy Nutrition, Health and Physical Activity Conference

Thursday 22nd May 2008 - Glasgow Royal Concert Hall

registration form

Please fill in BLOCK CAPITALS

Name _____

Position _____

Organisation _____

Address _____

Postcode _____

Tel _____

Fax _____

Email _____

Special diet requests _____

I wish to attend the following optional workshop sessions (please tick appropriate boxes):

1 Overtraining in young people 11.30 – 12.00

2 Men on the move 12.05 – 12.35

3 Instyle Aerobiking Fitness Demo 2.50 – 3.10

4 Pilates for a healthy life 3.10 – 3.35

How did you hear about the conference? _____

Please enclose a cheque for the appropriate amount payable to:

'The University of Glasgow' or request

an invoice. Please send completed registration forms with cheque/s (where appropriate) to:

Carolyn Fraser, CPD Manager, Queen Mother's Hospital, Glasgow, G3 8SJ.

Tel 0141 201 9353/9264, Fax 0141 201 0674.

If you would like an invoice, please provide a contact name for the person to whom the invoice should be sent and the address (Please provide an organisation address as we cannot accept a personal address for invoices).

Name _____

Position _____

Organisation _____

Address _____

Postcode _____

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Purchase Order No. _____

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For further information on our conferences and training programmes please look at www.gla.ac.uk/developmental or call the conference office on 0141 201 9353/9264 to add your name to our mailing list.



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The Division of Developmental Medicine, University of Glasgow runs an enterprising conference and training course service. This service can be accessed by other organisations and with 12 years experience in organising events we can really make your event a success.

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For further information contact:

Carolyn Fraser, CPD Manager, 0141 201 9264 or email cf24f@clinmed.gla.ac.uk

The personal data that you supply during the registration of this conference on ENERGY – Nutrition, Health and Physical Activity, Thursday 22nd May 2008, will be entered into a database and used by the University of Glasgow or its agents to manage your registration for, and attendance at, the conference. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the conference. The personal data in the database will be retained by the University, unless requested in writing to the Conference Organiser, and may be used in future to inform you about other appropriate services and events that may be organised by or in conjunction with, the University. Cancellation policy Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before 22nd April 2008. Thereafter the full fee is payable, regardless if the delegate attends or not. Substitutions can be made at anytime. The organisers reserve the right to change the speakers and venue as required.