



EW BARKER
INSTITUTE
OF SPORTS

YOUTH

SPORTS SCIENCE

SYMPOSIUM

RAFFLES INSTITUTION

29.01.2020 • 8AM-3PM

PROGRAMME

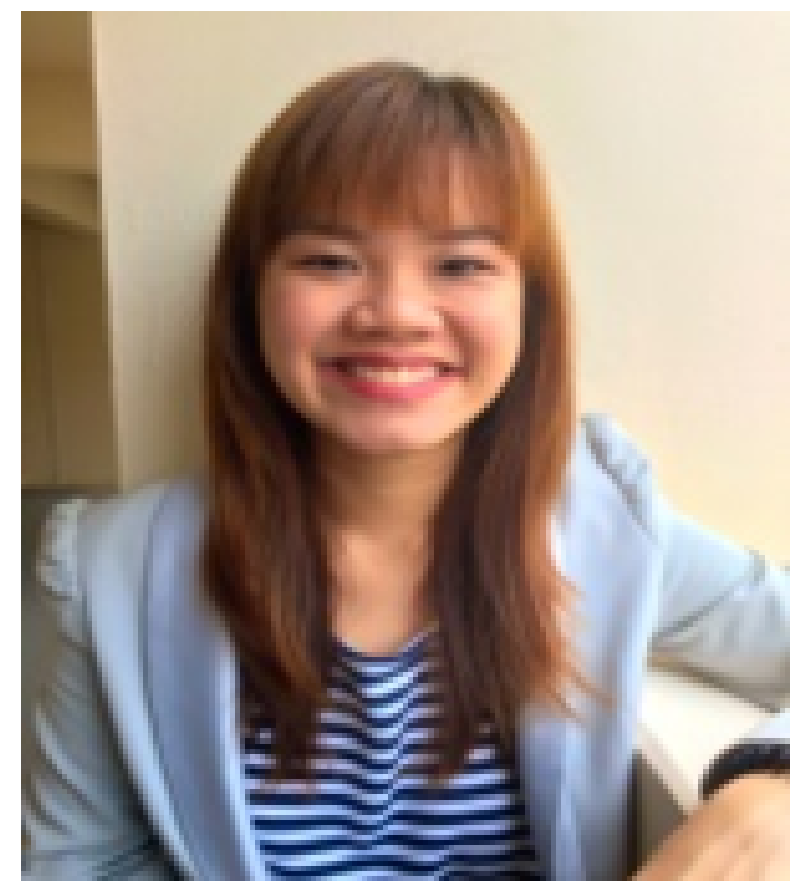
Time	Programme
08.00 AM	Registration
08.30 AM	Opening Keynote Address
09.30 AM	Plenary Session
10.30 AM	Concurrent Workshop 1
12.00 PM	Lunch & Poster Gallery Walk
01.30 PM	Concurrent Workshop 2
03.00 PM	End of Symposium

Attire: Casual (School PE attire or half-uniform for students)

KEYNOTE SPEAKER

Performance Nutrition for Youth Athletes: Staying Ahead of the Game

Dr Jamie is an accredited dietitian of Singapore, having obtained her Honours degree in Nutrition and Dietetics in Flinders University, Australia. She started her career as a clinical dietitian at National University Hospital, before moving on to do research related to nutrition, physical activity and exercise. Jamie did her PhD studies in the area of functional food and exercise with Nanyang Technological University (NTU) and was previously a full-time Lecturer with Singapore Polytechnic. She is currently Senior Sport Dietitian with National Youth Sports Institute, and adjunct lecturer with Nanyang Technological University (NTU).



Dr Jamie Lye, PhD
Senior Sport Dietitian
National Youth Sports Institute

Synopsis

This keynote presentation will explore the potential for a variety of nutrients, when consumed at different timings, to promote anabolism and support beneficial adaptations in lean muscle tissue. Specifically, protein type, timing and dose will be discussed. This presentation will include ways to differentiate sports nutrition fads from facts and an update of latest nutritional interventions that may help improve cognition under state of sleep deprivation.

WORKSHOPS

Raffles Institution

Sports Taping

Singapore Sport Institute

Mind Matters

Structure, Strength, Skill

ITE (College East)

Proprioception-Based Yin-Yang Yoga

ITE (College Central)

Agility Assessment Drills

SUPPORTED BY

