

# GSSI SATELLITE SYMPOSIUM





AUGUST 30, 2022

SEVILLA, SPAIN | CENTRAL EUROPEAN SUMMER TIME

TUESDAY, AUGUST 30

ECSS GSSI Satellite Symposium 2022

The Athletic Brain: Measuring Fatigue and Nutrition Considerations

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|---------------|---|---|
| 15:00 – 15:10 | <b>Introduction</b><br><i>Ian Rollo, Gatorade Sports Science Institute, UK</i>  |   |
| 15:10 – 15:40 | <b>Identifying and Counteracting Mental Fatigue in Sports and Sport Science</b><br><i>Bart Roelands, Vrije Universiteit Brussel, Belgium</i>                  |    |
| 15:40 – 16:10 | <b>Impact of Caffeine and Phytochemical Interactions on Mental Performance</b><br><i>David Kennedy, Northumbria University, UK</i>                            |    |
| 16:10 – 16:20 | <b>Break</b>  |   |
| 16:20 – 16:50 | <b>Brain health: Interdisciplinary Approaches to Improving Our Understanding and Practice</b><br><i>Emma Stevenson, Newcastle University, UK</i>              |  |
| 16:50 – 17:20 | <b>Practical Considerations to Support Athlete Cognitive Performance and Well-Being</b><br><i>Anu Koivisto-Mørk, Norwegian Sports Medicine Centre, Norway</i> |  |
| 17:20 – 17:30 | <b>Closing Remarks,</b><br><i>Ian Rollo, Gatorade Sports Science Institute, UK</i>  |   |



Check out the [ECSS Conference webpage](#) for more information!

Visit [GSSIWeb.org](https://GSSIWeb.org) for GSSI educational resources and Sports Science Exchange articles on hot topics in Sports Nutrition.

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## SPEAKER BIOS



### **Bart Roelands, PhD**

Bart Roelands graduated as a Master in Physical Education and Movement Sciences (2003) at the Vrije Universiteit Brussel (VUB). He obtained his PhD in 2009 at the VUB on the topic Central Fatigue during Prolonged Exercise: Pharmacological Manipulations in Normal and High Ambient Temperature. He was a post-doctoral fellow of the Fund for Scientific Research Flanders (FWO) for 6 years. He recently finished a 5 year Tenure Track position and now holds a permanent position as Associate Professor at the VUB. His main research topic is "Fatigue and the Brain", in all of its aspects, and with both a fundamental and an applied approach. More recently the orientation is mainly shifted towards mental fatigue, and how it has implications in real-life. He is a fellow and board member of the European College of Sport Science and he is an Associate Editor for the International Journal of Sports Physiology and Performance (SCI=3.979). Within the Faculty of Movement Sciences and Physiotherapy of the VUB he is vice-dean and president of the Educational Board. Roelands is a visiting professor at Canterbury Christ Church University (UK). Over the course of his scientific career he was promotor of 5 finalized PhD's, and he currently supervises 5 PhD students. He is first/last author of 30 papers published in international peer-reviewed journals (e.g. Sports Medicine, Journal of Applied Physiology, Medicine and Science in Sport and Exercise, European Journal of Applied Physiology). He co-authored 63 papers published in international peer-reviewed journals. His h-index is 35 (Google Scholar). He gave 29 oral (15 invited) and 9 poster presentations at international meetings/conferences and was member of the organizing committee (main coordinator) of the 17th European Congress of Sport Science in Bruges, Belgium.



### **David Kennedy, PhD**

Dr. David Kennedy is Professor of Biological Psychology and the Director of the Brain, Performance and Nutrition Research Centre at Northumbria University in Newcastle, UK. David's own PhD investigated the cognitive effects of herbal extracts. Since that time he has been involved in the supervision of over 120 controlled trials investigating the effects of nutritional interventions on brain function and performance, which have resulted in over 100 peer-reviewed publications. His research interests include assessing the effects of vitamins and minerals, omega-3 fatty acids, amino acids, and a host of plant-derived extracts and compounds, including polyphenols and caffeine, on human brain function. David, along with colleagues, has also developed commercially available cognitive assessment software and, more recently, a smartphone app for testing cognitive function and mood outside of the laboratory. He has written extensively on the relationship between nutrition and nutritional interventions on brain function, including his single author book "Plants and the Human Brain" (Oxford University Press), which describes the psychopharmacology of a multitude of plant-derived compounds and how these properties relate to the ecological 'secondary metabolite' roles of plant chemicals.



### **Emma Stevenson, BSc, PhD**

Emma Stevenson is Deputy Dean of Population Health Sciences Institute and Professor of Sport and Exercise Science in the Faculty of Medical Sciences at Newcastle University. Emma is also a Principle Investigator in both the Human Nutrition Research Centre and the Healthier Lives Centre of Research Excellence at Newcastle University.

Emma completed her PhD in Sport and Exercise Nutrition at Loughborough University in 2005 and completed her Postdoctoral research at University of Nottingham. Broadly, Emma's research focuses on the interaction between exercise and nutrition on health and metabolism. Emma's recent work has focussed on dietary proteins and their role in both healthy ageing and glycaemic control. Emma is currently leading the Medical Research Council funded NuBrain consortium on nutrition for healthy brain ageing. This is a multidisciplinary collaboration of academics, industry partners, charities and public health specialists that aims to provide a step change in research in the role of nutrition and brain health.



### **Anu Koivisto-Mørk, MS, RD**

Anu Koivisto-Mørk is an experienced Sports Dietitian (>15 yrs of experience with elite athletes) with a strong Clinical Nutrition base (MSc, RD from University of Oslo), who emphasizes a food first, evidence-informed approach to optimize the training response in athletes, maximizing their physical and mental performance while ensuring good health. Formerly at Norwegian Olympic Sports Centre, as of August, Anu is the Head of Sports Nutrition at Norwegian Sports Medicine Centre in August with a focus on interdisciplinary work on athletes with RED-s, eating disorders and rehabilitation from injury. When Anu worked at Norwegian Olympic Sports Centre (Olympiatoppen) in Oslo, she provided clinical and performance nutrition advice to athletes, coaches and their support staff including preparations and execution of dietary support at Major Championships/Olympic/Paralympic Games. Besides her daily work, she has contributed to research in elite athlete populations on several topics; weight regulation, buffering agents, nutritional considerations for swimmers, and she has published several peer-reviewed papers on nutrition and altitude training in elite endurance athletes. She is also responsible for Sports Nutrition course for clinical nutrition students at University of Oslo.

Years of work with both endurance sports (e.g., triathlon, biathlon) and especially 'skill sports' (e.g., shooting, curling, tennis) has required her to explore various dietary strategies to meet the sport-specific demands on athletes' cognitive performance and well-being. In her talk, she will share her experience and highlight some future considerations on this topic.

