

GSSI SATELLITE SYMPOSIUM

4 JULY, 2023

PARIS, FRANCE | CENTRAL EUROPEAN SUMMER TIME

TUESDAY, 4 JULY

ECSS GSSI Satellite Symposium 2023

Evolving Approaches in Sports Nutrition

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|---------------|--|---|
| 15:15 – 15:20 | Introduction
<i>Ian Rollo, Gatorade Sports Science Institute, UK</i> |  |
| 15:20 – 15:50 | Emergence of Creatine Supplementation for Improving Brain Health, Function and Recovery
<i>Darren Candow, University of Regina, Canada</i> |  |
| 15:50 – 16:20 | Personalised Nutrition for Metabolic Health
<i>Sarah E Berry, Kings College London, UK</i> |  |
| 16:20 – 16:30 | Break | |
| 16:30 – 17:00 | Personalised Sport Nutrition Based on Muscle Typology
<i>Wim Derave, Ghent University, Belgium</i> |  |
| 17:00 – 17:30 | Application of Sports Nutrition Beyond Sport
<i>Sara Oikawa, Gatorade Sports Science Institute, US</i> |  |
| 17:30 | Closing Remarks
<i>Ian Rollo, Gatorade Sports Science Institute, UK</i> | |



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

Visit GSSIWeb.org for GSSI educational resources and Sports Science Exchange articles on hot topics in Sports Nutrition.

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SPEAKER BIOS



Darren Candow, PhD, CSEP-CEP

Darren Candow is Professor and Director of the Aging Muscle and Bone Health Laboratory in the Faculty of Kinesiology and Health Studies at the University of Regina, Canada. The overall objectives of Dr. Candow's research program are to develop effective lifestyle interventions involving nutrition (primarily creatine monohydrate) and physical activity (resistance training) which have practical and clinical relevance for improving musculoskeletal aging and reducing the risk of falls and fractures. Dr. Candow has published over 100 peer-refereed journal manuscripts, supervised over 20 MSc and PhD students and received research funding from the Canadian Institutes of Health Research, Canada Foundation for Innovation, the Saskatchewan Health Research Foundation, and the Nutricia Research Foundation. In addition, Dr. Candow serves on the editorial review boards for the Journal of the International Society of Sports Nutrition, Nutrients and Frontiers.



Sarah E. Berry, PhD

Sarah Berry is a Reader in Nutritional Sciences at King's College London and Chief Scientific Officer at ZOE Ltd. Her research interests relate to the influence of dietary components on cardiometabolic disease risk, with particular focus on; personalised nutrition, postprandial lipid metabolism and food and fat structure. Since commencing her research career at King's, she has been the academic leader for more than 30 human nutrition studies in cardio-metabolic health.

At ZOE Ltd, and part of the original founding team, she leads the PREDICT programme of research, assessing the genetic, metabolic, metagenomic, and meal-dependent effects on metabolic responses to food. This research is at the forefront of developments in personalised nutrition and is forging a new way forward in the design and implementation of large-scale remote nutrition research studies integrating novel technologies, citizen science and AI. Sarah's ZOE PREDICT research and its application has significantly contributed to healthcare and research innovation. She was instrumental in the design, implementation and continued progression of three prominent App based research platforms with large and far-reaching study populations; the ZOE Covid Symptom Study App (CSS) (during the pandemic), the ZOE Health Study App (formerly CSS App) and the ZOE Nutrition App. These App's combine cutting-edge research, remote digital and clinical technologies, AI and 'user experience' expertise, enabling the collection and analysis of data beyond what has traditionally been possible within an academic setting.

As the Chief Scientist behind the ZOE Nutrition app, Sarah directly translates findings from the PREDICT research into individually personalised advice for those (n=100,000 and recruiting at 2,500 per week) who want to improve their long-term health, based on 'at home' testing and up-to-date scientific information. Sarah is also co-host of the free weekly 'ZOE Science & Nutrition' Podcast, which is the No. 1 podcast in Nutrition & Health & Fitness (and 7 in all UK Podcasts; March 2023), with over 7 million downloads, where she translates the latest evidence-based research across a variety of topics into useful advice for the general population.



Wim Derave, PhD

Wim Derave is a full professor at the Department of Movement and Sports Sciences at Ghent University (Belgium), a global top ranked sport science institute. He teaches and leads a dynamic research team in exercise physiology, sport nutrition and muscle metabolism. Wim lives in Ghent with his wife and two children.

After obtaining his Master's Degree in Physical Education and Movement Sciences at Ghent University, Wim made a PhD on the effects of exercise on muscle insulin action and glycogen metabolism, in collaboration with Prof. JL Pannier and Prof. Erik Richter from the prestigious Copenhagen Muscle Research Centre in Denmark. During his post-doc work at the K.U.Leuven (Belgium), his main research focus was the physiological role and the nutritional manipulation of the creatine system in skeletal muscle. Since 2005, Wim established his own laboratory in Ghent, which has taken a lead in the research regarding beta-alanine supplementation and the role of carnosine in skeletal muscle, both with respect to sport as to chronic metabolic diseases. An emerging research topic of his group relates to the development of an MRI-based - thus non-invasive - evaluation of muscle fiber type composition (the Muscle Talent Scan), and its applications towards talent identification, training advice and injury risk in athletes and team sport players. In 2017, Wim spent a 6-month sabbatical at the Gold Coast (Australia) as a visiting professor at Griffith University (host: Prof. Clare Minahan), to further develop research projects and application of the Muscle Talent Scan in elite the Australian elite sport setting.

Wim Derave has authored more than 150 peer-reviewed international scientific publications and book chapters. In addition, with his team he is actively involved in science communication to society and practitioners. A recent example is the free illustrated guide on 'Myotypes: relevance of muscle typology in sports', see <https://www.ugent.be/ge/bsw/nl/onderzoeksgroepen/inspanningsfysiologie/projecten/myotypes>.



Sara Oikawa, PhD

Sara Oikawa is an R&D Associate Principal Scientist at the Gatorade Sports Science Institute (GSSI) satellite lab at IMG Academy in Bradenton, Florida. Sara earned her Honours Bachelor of Science in Kinesiology, Masters of Science in Kinesiology, and her Ph.D. in Kinesiology at McMaster University in Hamilton, Canada. Sara has worked with a wide variety of populations including healthy young and older adults, pregnant women, cardiovascular rehabilitation patients, and elite athletes. She has also studied several physical activity models such as resistance exercise, inactivity and HIIT, to investigate skeletal muscle protein metabolism. Specifically, Sara is interested in the impact of dietary protein quality on muscle protein synthesis through alterations in physical activity.

Sara leads the GSSI Claims program for the Gatorade Performance Portfolio and supports the management of GSSI External Research. In her spare time, Sara enjoys travelling, hiking, and cheering for Toronto-based sports teams.

