

# 第221回スポーツサイエンス研究会

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場所 早稲田大学 所沢キャンパス 100号館 S201教室

## 演題 Sports Nutrition Research in Practice: Local to Global

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### Abstract

In this presentation, Professor Fiona Pelly will talk about her journey in the field of sports nutrition with particular relevance to applied research and how this can impact practice both locally and globally. She will discuss the development of food provision to athletes at major competition events over the past 20 years and the impact of the food environment on eating behaviours, which ultimately can impact sports performance. The important role of sports dietitians in working at major competition events such as the Olympic Games will be highlighted. She will discuss more recent research on the determinants of food choice and how this applies to measures of dietary intake. Finally, the areas of current focus in her research field will be presented and the recent development of best practice resources used by sports dietitians in Australia.

