

Workshop title: Nutrition and supplementation in sport

Workshop lecturer and Organizer: Ass prof Zoran Handziski PhD, MD, specialist of sports medicine

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Workshop Purpose: The main purpose is to present the basic principles of nutrition and supplementation in sport connected with the newest scientific findings and a great role and meaning of this field in sport performance and results. On the other side, we would like to present a new approach in sports medicine - ***Exercise is medicine***, where nutrition and supplementation take a serious part in process of prescription of exercises in prevention and managing of metabolic, cardiovascular and degenerative disorders.

Workshop Description: According with the findings of medical examinations and exercise testing in laboratory and field (questionnaires, body composition, food intolerance, anaerobic threshold, individual energy expenditure etc), we will present an approach of individual diet and supplementation prescription connected with the athlete (or patient) and type of sport. Presenting this approach, all participant could be included in making individual diet and supplementation with open discussion and questions.