

Weight Management in Combat Sports with Amelie Rosseneu (ISR)

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Rechnungsempfänger

Veranstalter

Fortbildungsakademie BSPA Wien
Umsatzsteuernummer: ATU68938956
Auf der Schmelz 6
AT - 1150 Wien

Wien, 28.03.2019

Leistung / Artikel	Menge	Netto	Ust.	Brutto
Weight Management in Combat Sports with Amelie Rosseneu (ISR)	1	114,17€	22,83€ 20%	137,00€
Rechnungsbetrag		114,17€	22,83€	137,00€

Hier geht es zur Buchung: <https://www.courseticket.com/e/17011> (Angebot gültig 14 Tage ab Erstellung vorbehaltlich Verfügbarkeit)

Details

Inhalt

SCHEDULE AND MAIN CONTENT:

Weight Management is a crucial part in the life of a combat sports athlete. Therefore, it is a big issue, that many athletes cut weight unprofessionally. They suffer while doing so, but weight cutting doesn't have to be torture. There are easier ways to make weight besides running in sweat suits.

This one-day lecture is all about the hard way of losing enough weight, keeping performance levels high and recovering after weight-in! Science based theory mixed up with a big dose of practical knowledge is awaiting you.

(More information soon...)

This full day lecture is covering the following topics:

1. Weight management in general
2. Weight cutting
3. Practical approach theory to practice

(for details check the agenda further down)

WHO should attend this lecture?

- Combat Sports Coaches (Judo, Taekwondo, Boxing, Jiu Jitsu, Wrestling, ...)
- Athletes in Combat Sports
- Coaches of any other kind of Sports with Weight Classes (Powerlifting, Rowing)
- Nutrition Specialists
- Sports Scientists

WHY should you attend this course?

- For a better understanding of weight management in general
- To master weight cutting strategies in the most effective way
- To benefit from the practical knowledge of the speaker
- To learn how to plan a weight cut plan

AGENDA:

PART 1: WEIGHT MANAGEMENT IN GENERAL

- Basic principles of weight management
- Importance of nutrition around training for performance and weight management
- Relative Energy Deficiency syndrome (RED's)
- Effects of weight cycling
- Body composition
- Choosing the right weight category

PART 2: WEIGHT CUTTING

- Discussion of prevalence and commonly used practices
- Dangers of dehydration and short term effects
- Long term negative effects
- Does it really give a competitive advantage?
- Different useful weight cutting strategies
- Recovery strategies after weigh-in
- Weight management in children and adolescents
- Rules and regulations

PART 3: PRACTICAL APPROACH THEORY TO PRACTICE

- Practical approach of weight management (examples for different kinds of athletes)
- Practical approach of different weight cutting strategies
- Practical approach of recovery strategies
- How to plan a weight cut
- Examples of how to approach:
 - Athlete that waits until the last minute to make weight
 - Athlete that is scared to eat too much and gain weight
 - Athlete that needs to be told step for step what to do
 - Athlete that has his own ideas and strong believes about food from unreliable sources
 - Athlete that doesn't know anything about food
 - Athlete that knows a lot about nutrition

SPEAKER:

Amelie Rosseneu

Sports Dietitian, Coach in the Israeli National Judo Team, Former Professional Judo Athlete

Amelie Rosseneu is a certified dietitian, member of the Olympic dietitian team in Wingate Institute and a coach in the national judo team of Israel.

As an athlete she won several medals in Grand Prix's and Grand Slams and became U23

European Champion. When she finished her judo career, Amelie became a dietitian. Amelie focused her dietitian interest in combat sports, and after three years of research published the book “**Making Weight & Everything Else**” - a book about weight management and all other important aspect of a fighter’s diet. In this book she combines her knowledge as dietitian with her experience as an athlete to provide an easy to digest source of information about nutrition. This book will soon be available in the German language.

Amelie works with combat sports athletes from all over the world, writes articles and works in cooperation with Fighting Films, judoinside.com and judocrazy.com. She is still deeply involved in judo, and enjoys every moment of it.

MORE INFORMATION HERE:

<https://www.amelierosseneu.com/>

TARGET AUDIENCE:

Combat Sports Coaches (Judo, Taekwondo, Boxing, Jiu Jitsu, Wrestling, ...), Athletes in Combat Sports, Coaches of any other kind of Sports with Weight Classes (Powerlifting, Rowing), Nutrition Specialists, Sports Scientists

PRESENTATION LANGUAGE:

English

AVAILABLE SEATS:

Minimum 20

The organizer reserves the right to postpone, cancel or alter the program of the event if the minimum amount of reservations has not been reached.

Sessions

Sa 18.05.2019, 09:00 - 18:00

Session 1

Auf der Schmelz 6, Wien, Österreich