



Common Misconceptions: Nutrition and Sports

Activity Code (AGI-03-P85)

Monday 1st November 2021 6-7:30pm via WebEx

Aim:

Clarify scientifically some concepts that are sometimes misleading in the domains of Nutrition and Sports

Learning objectives:

- Understand the Spot reduction concept and its scientific reality
- Evaluate the sweating during activity to the Energy expenditure
- Estimate the real protein needs for muscle gain
- Understand the physical activity role in weight loss program as well supplement needs
- Doping versus physiologic performance: what is the limit of each

Speakers:

- **Dr. Ziad Harb** – Sports Medicine Specialist, University Professor and Researcher, Member of Lebanese and French Societies of Sports Medicine
- **Dr Reema Tayem** – Professor of Human Nutrition, Department of Health Nutrition, College of Health Sciences, Qatar University Health

Event Schedule	
Speaker	Topic and schedule
Dr. Ziad Harb 6:05-7:05pm	Understand the Spot reduction concept and its scientific reality Evaluate the sweating during activity to the Energy expenditure Estimate the real protein needs for muscle gain Understand the physical activity role in weight loss program as well supplement needs Doping versus physiologic performance: what is the limit of each
Moderator 7:05 – 7:30pm	Case study and discussion

* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

* This activity is an Accredited group learning activity (Category 1) as defined by Department of Healthcare Professions - Accreditation Section (DHP - AS) and is approved for a maximum number of 1.5 Hours.

* CPD-HP (QU—Health) is accredited by Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development.



Dr. Ziad Harb MD



Dr Ziad HARB is a medical doctor specialized in Sports Medicine. He has 10 years of emergency room doctor and 22 years of private clinical work as a sports doctor. He has been also implicated in more than 5 major universities on the teaching, research and publication levels as well as formerly holding the position of chairperson of the Nutrition Department at USEK for 5 years. He participated and lectured in many international seminars and conferences. He is currently member of the Lebanese and French Societies of Sports medicine and addition to that he currently holds the position of CEO in NUMED, a company devoted, among others, to developing health and nutrition-related printed and 3-D items for the Gulf and Mediterranean countries.”

Dr. Reema Tayyem PhD in Human Nutrition



Professor of Nutrition, Department of Human Nutrition, College of Health Sciences, Qatar University.

Professor Reema Tayyem obtained her BSc in Biochemistry and MSc and PhD in Human Nutrition. Professor Tayyem served as Clinical Nutrition and Dietetics Department chair and assistant dean at Hashemite University for about 8 years. She joined the Department in 2001 and moved to Nutrition and Food Technology Dept. at the University of Jordan in 2016. She got UNESCO-L'Oreal Fellowship for Young Women in Life Sciences –2005. She performed her postdoc study at UCSD Cancer Center/the University of California, San Diego/CA/USA. Professor Tayyem taught many courses in nutrition for undergraduate and graduate students. She got research funding from different agencies inside and outside Jordan. Her main research interest is nutrition and dietary patterns associated with chronic diseases including cancer, diabetes, and cardiovascular diseases.

Professor Tayyem attended many international, regional and national conferences and workshops. She serves or has served on the Editorial Boards of many Journals. She has published more than 100 papers in peer-reviewed journals. Professor Tayyem is now the Editor in Chief for the Pakistan Journal of Nutrition and The President of the Jordanian Dietetics Association.



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Professor Tayyem got many awards and honors. She has been recently honored by Samia Manko Award for distinguished scientist women in 2020 and also honored by Talal Abu-Ghazaleh University College for Innovation for the role of an entrepreneur female in Nutrition (2020). Besides, she got Venus International Foundation Awards, Centre for Women Empowerment, Distinguished Woman in Nutrition–2017. Professor Tayyem was also honored for the outstanding academic achievements at the Hashemite University (2015); Khalil Al-Salem Award for the Best Book in Nutrition and Food Technology “Handbook of Healthy Food Preparation and Storage”, Jordan, Amman (2015) and for the outstanding academic achievements at the Hashemite University (2014).