

## Nutrition, Metabolism, and Body Composition (NMBC) SIG

NMBC Annual Meeting  
2009 NSCA National Conference  
Thursday July 9, 2009 ~ 12:00-1:00pm  
Bally's Las Vegas 2, Paris Hotel, Las Vegas, Nevada

### Meeting Agenda

#### 1. NMBC SIG Chair Overview

- a) What is ahead for 2009: Possible pre-con with the Youth SIG, communication tools
- b) Web Site for regulations, requirements, and contacts still posted on the NSCA web site
- c) There are seven Nutrition and/or Body Composition Sessions at the National Convention this year
- d) Introduction of Council Members in attendance

#### 2. Speaker: Amanda Carlson, MS, RD, CSSD

Amanda is a registered dietician who earned her bachelor's degree in Nutritional Sciences with a minor in Chemistry from the University of Arizona. She then went on to complete a Master's degree in both Sports Nutrition and Exercise Physiology from Florida State University. Amanda has delivered both educational seminars and individual consulting to a variety of professional and elite sports organizations. Amanda speaks about the importance of improving nutrition for both sports performance and overall health to a variety of populations at coaching seminars, military educational conferences, college symposiums and state and national meetings. Amanda also contributes to many sports and fitness based publications, has edited various sports nutrition books and educational texts, evaluates current research for the American Dietetic Association's Evidence Based Library and is an Advisory Board Member of the International Society of Sports Nutrition.

#### Topic: **Where to Find and How to Give Sound Nutrition Advice**

This will give you tips, ideas and tools to get the correct information without being a registered dietician.

There will be time for questions.

### NMBC SIG Purpose Statement

NMBC's purpose is to help fellow NSCA members apply research based information within the fields of nutrition, metabolism and body composition as it relates to improving athletic performance and fitness. As a constructive member of the NSCA SIG community, NMBC will aid fellow NSCA members in their efforts to provide well-informed advice to their clients. NMBC will also work to help fellow NSCA members identify educational and certification opportunities that will allow them to further their scope of practice in these very popular areas that are rapidly approaching reimburse-ability. While NMBC has no desire to monitor fellow NSCA Member qualifications for scope of practice, NMBC will help fellow NSCA members recognizing the state-by-state liabilities associated with Medical Nutritional Therapy Licensure that legally limits scope of practice with diseased populations.

### NMBC Executive Council

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