



**ISSN-NSU Conference on Elite Human Performance  
The Marriage of Sports Nutrition and Training**



**EARN your CEUs: NSCA 0.6, ISSN 6, CDR 6, ACSM 6, NATA**

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**When:** Saturday October 13, 2018 - 9am-5pm

**Where:** **Nova Southeastern University.**

NSU-Health Professions Division Annex

3401 S. University Drive

Davie FL 33328.

**Room 147**

(Note: this location is not on the main campus; we are adjacent to the Buca di Beppa restaurant to our north. South of us is a branch of the Wells Fargo bank).

**Schedule of Events**

9:15am-9:30am - Introduction and Update on Research at NSU Florida - **Jose Antonio PhD FNCSA FISSN**

Morning Session Moderator - **Cassandra Carson CISSN**

**9:30-10:15am - Robert Wildman PhD RD FISSN - 24 Hour Nutrition: Why Timing Matters**

**10:15-11:00am - Juan Carlos Santana MEd FNCSA - What's Functional and What Isn't**

**11:00-11:45am - Corey Peacock PhD CISSN CSCS - Fight Club: Making Weight for Professional MMA Fighters**

**11:45am-1:00pm Lunch on your own** - there are several restaurants within walking distance of the building: Buca di Beppo, Mr M's Sandwich Shop, Pizza, Shinju Japanese Buffet, Quarterdeck.

Afternoon Session Moderator - **Anya Ellerbroek CISSN**

**1:15-2:15pm - Keynote Address: Darryn Willoughby PhD FISSN, FACSM, FACN - Size Matters: Sports Nutrition for Skeletal Muscle Hypertrophy**



**2:15-3:00pm - Bob Alejo CSCS** - What I've Learned from the Last 3 Decades of Working with Professional and Collegiate Athletes

**3:00-3:45pm - Sonja Friend-Uhl USATF Certified Running and Track & Field Coach** - Training for World-Class Endurance Performance

**3:45-4:30pm - Pete Bommarito MS CSCS** - NFL Combine Prep: Training and Nutrition

## BIOGRAPHIES



Bob Alejo joined the Power Lift Team as the Director of Sports Science in the summer of 2017. Alejo joins Power Lift with an extensive athletic background. Prior to coming to Power Lift Alejo served as the Assistant Athletics Director / Director of Strength & Conditioning for North Carolina State University (2011 – 2017). He has also served in a coordinating or strength and conditioning role for the following teams: United States Men's Olympic Volleyball team, Oakland Athletics, Major League Soccer's San Jose Earthquakes, University of California – Santa Barbara, Fordham University, the 1993 United States National Team / 1994 World Cup Soccer Team, UCLA and California State University – Chico. Mr. Alejo graduated from California State University Chico (Chico State) with a B.A. in Physical Education and Biological Sciences. While attending Chico State he was a four year starting catcher for their baseball team. Alejo was also a member of his high school's baseball and football teams. <https://www.power-lift.com/about/our-team>  
Twitter: @Coach\_Alejo



**BIO: Jose Antonio PhD FNSCA FISSN** is the CEO and co-founder of the ISSN ([www.issn.net](http://www.issn.net)), the only academic non-profit dedicated to the dissemination of sports nutrition science. In his past life, he was the Science Editor of Muscle & Fitness, co-founded and sold a coffee company (Javalution), and worked in the marketing department of MET-Rx. His past academic appointments included the University of Nebraska-Kearney and the University of Delaware. He earned his PhD and completed a post-doctoral research fellowship at the University of Texas Southwestern Medical Center in Dallas Texas. He currently serves as the Director of the Exercise and Sport Science program at Nova Southeastern University <http://healthsciences.nova.edu/undergraduate/exercise/index.html>  
Twitter: @joseantoniophd  
Instagram: the\_issn



#### **BIO: Pete Bommarito MS CSCS USAW**

Pete is the owner and president of Bommarito Performance Systems (BPS), which is regarded around the world as a leading information source and training resource in the industry. The concept behind Bommarito Performance System is to provide the latest application methods based on the scientific principles outlined in current research. He is regarded as one of the top coaches in the industry for his innovative, scientifically based approach to sport specific training. He has brought his nationally recognized expertise to the team of Bommarito Performance Systems, where he is directly responsible for developing all protocols and implementing all programming. The Advisory board for the performance, nutrition, and medical fields that he has implemented provides the scientific basis from some of the most recognized and accomplished sources in the world. Pete and his staff train hundreds of professional athletes and thousands of youth / high school / collegiate athletes and general fitness clients each year. BPS implements its system with all clients at all levels with small group training, large and small team training, personal training, and general consulting. BPS has facilities in North Miami Beach, FL; Davie, FL; and is partnered with the prestigious Carlos Guillen Baseball Academy in Venezuela. For more information, go to: <http://bommaritoperformance.com/pete-bommarito/>



**BIO: Sonja Friend-Uhl** is a world-class distance runner and is the current women's Masters Track & Field World Record holder in the Indoor Mile (4:44). She has trained people of all ages and abilities for nearly 20 years. A skilled fitness programmer, Sonja holds Personal Fitness Training Certifications with ACSM and AFAA as well as AFAA specialty certifications in Youth, Senior, and Pre-Natal Fitness. She is also a USATF Certified Running Coach, a Nutrition & Weight Loss Certified Counselor and CPR/AED Certified. In addition, she is the Lead Master Trainer for Stairmaster and Nautilus and serves as a volunteer Assistant Coach for FAU Track & Field and XC. In addition to being the current record holder in the Women's Masters Indoor mile, she holds records in the following: American Record Holder Women's Masters 1500m (4:16.9) and is a repeat National & World Masters Champion in the 800m, 1500m, 5000m and cross-country.

Instagram: sonjaruns

Twitter: @SonjaFriendUhl



**BIO: Corey Peacock PhD CSCS RSCC CISSN FRCms** is currently serving as the Head Performance Coach and Sports Scientist at Peacock Performance Inc. In this role, he is responsible for providing strength & conditioning, physiological analysis, and injury prevention methodologies for some of the world's 'Elite' Combat Athletes. As a former collegiate football player and coach, Corey graduated from Kent State University with a PhD in Exercise Physiology. He works closely with many Strength & Conditioning professionals from the NFL, NHL, MMA and NCAAF and is regarded as one of the top Performance Coaches and Sports Scientists in South Florida. Along with coaching, Dr. Peacock serves as an Associate Professor in the Department of Health and Human Performance at Nova Southeastern University. As a researcher, he has contributed multiple peer-reviewed publications integrating the fields of exercise physiology, athletic performance, and supplementation.

**Notable Clients:** Michael Johnson, Anthony Rumble Johnson, Michael Chandler, Volkan Oezdemir, Linton Vassal, Kamaru Usman, Dezmond Green, Luke Rockhold, Matt Mittrione, Danny Roberts, Chris Algieri, Robin Van Roosmalen, Andre Soukhamthath, Stephan Struve, Chas Skelly.

Twitter: @DrCPeacock

Instagram: drcpeacock



**Juan Carlos Santana MEd CSCS FNSCA** has been referred to as "the country's leading practitioner of functional fitness" and personally trained and developed specific programs for all professional sports, youth fitness, fitness for the mature populations, and accelerated rehabilitation. His advanced understanding of bio-mechanics and conditioning have made him the go-to guy for those interested in reaching their optimal performance levels, from individuals, to professional sports teams, to fortune 500 companies. His consulting clients and endorsement hail from the full spectrum of government agencies, educational institutions, college and professional sports teams, equipment manufactures, and fitness facilities. These include: Federal Bureau of Investigation, Quantico, VA; U.S. Armed Forces, Corry Station, Sarasota, FL; Boca Raton Police Department; Broward County (FL) Sheriff's Department; University of Miami; Florida Atlantic University; University of British Columbia; Columbia University, United States Tennis Association; Cincinnati Bengals; New England Patriots; Boston Red Sox; New York Yankees; Miami Marlins; New York Rangers; New York Islanders; Professional Golf Association; Perform Better, Northeast Seminars, Free Motion Fitness, Lifeline, Heart Rate, Interactive Metronome, Gold's Gyms, Town Sports International, 24-hour Fitness, The YMCA, and many more.

Instagram: ihpfit

Website: <http://www.ihpfit.com/home.html>





**Robert Wildman PhD RD LD FISSN** received his PhD from The Ohio State University, MS from Florida State University and BS from The University of Pittsburgh. Dr. Wildman currently serves as Chief Science Officer for Dymatize Nutrition, one of the world's premiere sport nutrition companies. He also founded and continues to manage the TheNutritionDr.com, a go-to resource for questions about health and nutrition. Dr. Wildman has served on the faculty at Ohio University and the University of Delaware and is currently adjunct faculty at Kansas State University. Educated in some of the nation's leading nutrition programs, Dr. Wildman has authored multiple books, including *The Nutritionist: Food, Nutrition and Optimal Health*, *Sport & Fitness Nutrition* and *The Handbook of Nutraceuticals and Functional Foods*. These information-packed resources are available on Amazon.com and used daily by health professionals, college students and smart consumers around the globe. Dr. Wildman is also a Fellow of the International Society of Sports Nutrition.

Twitter: @TheNutritionDoc

Instagram: thenutritiondoc



**Darryn Willoughby PhD CSCS FISSN** holds B.S. and M.S. degrees in Exercise Science from Tarleton State University and a Ph.D. in Neuromuscular Physiology and Biochemistry with sub-emphases in Nutritional Biochemistry and Molecular Biology from Texas A&M University. He is a Fellow of the American College of Sports Medicine (ACSM), International Society of Sport Nutrition (ISSN), American College of Nutrition (ACN), and American Society of Exercise Physiologists (ASEP). He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, and a Certified Sports Nutritionist through the ISSN. He is also a Past-President of the ISSN. Dr. Willoughby is a Professor of Exercise and Nutritional Biochemistry and Molecular Physiology at Baylor University in Waco, TX where he teaches graduate level, nutritional biochemistry, exercise physiology, exercise biochemistry, muscle physiology, and exercise endocrinology classes. He is also an active researcher and director of the Exercise and Biochemical Nutrition Laboratory where his primary research focus is on the skeletal muscle molecular mechanisms regulating the effectiveness and efficacy of nutritional supplements and nutritional intervention [aka. nutrigenomics (nutrient-gene interactions)]. He is well published in scientific research journals such as *Medicine and Science in Sports and Exercise*, *Journal of the International Society of Sports Nutrition*, *International Journal of Sports Nutrition and Exercise Metabolism*, *Applied Physiology, Nutrition, and Metabolism*, *Nutrition Research*, and the *Journal of Strength and Conditioning Research*. He has also authored and co-authored several book chapters on issues related to exercise and sports nutrition.

Instagram: doctordarrynandvickie