

UFC PERFORMANCE INSTITUTE × ISSN

High-Performance Science in Combat Sports

Feb 27, 2027

One-Day Workshop · Las Vegas, Nevada

An open-door, applied workshop uniting ISSN faculty with the UFC Performance Institute team that supports more than 600 rostered fighters. The day translates peer-reviewed combat-sport science into the systems used inside the PI: weight management, sports medicine, neuromuscular monitoring, and fight-week nutrition.

WHERE

UFC Performance Institute
6650 S. Torrey Pines Dr, Las Vegas, NV 89118

FORMAT

60-seat tiered lecture theatre
Keynotes, expert panels, and a live weight-cut laboratory exercise

WHO SHOULD ATTEND

Sports nutritionists, S&C coaches, physical therapists, sport scientists, and researchers working with combat athletes.

[Register at ISSN.net](#)

WHAT YOU TAKE HOME

Practical frameworks aligned with the ISSN Position Stand on nutrition and weight-cut strategies for MMA and combat sports. Hands-on weight-cut experience.

MORNING PROGRAM

8:00 AM	Registration and coffee · <i>Lecture Theater lobby</i>
8:50 AM	Welcome Message · <i>Duncan French, PhD (UFC PI) & Jose Antonio, PhD (ISSN)</i> Moderator: Jose Antonio, PhD
9:15–9:45	ISSN combat-sport nutrition & weight-cut position stand · <i>Tony Ricci, EdD, CISSN, FISSN · NSU</i>
9:45–10:15	NSU Fight Science Lab Collaborative MMA Research · <i>Corey Peacock, PhD, CSCS, CISSN, FISSN · NSU</i>
10:15–10:45	The best half-dozen supplements for the combat athlete · <i>Jose Antonio, PhD, CSCS, CISSN, FISSN · NSU & ISSN</i>
10:45	Break Moderator: Tony Ricci, EdD
11:00–11:30	Sports medicine in MMA: injury, concussion, and return-to-fight · <i>Heather Linden, DPT · Sr. Dir. Sports Medicine, UFC PI</i>
11:30–12:00	Data-driven training load and readiness in combat sports · <i>Roman Fomin, PhD · Sr. Dir. Performance Science, UFC PI</i>
12:00 PM	Panel — Making weight without compromising performance · <i>Stull, Castro, Ricci, Peacock, Linden, Fomin</i>

AFTERNOON PROGRAM

12:30 PM	Lunch on your own Moderator: Corey Peacock, PhD
2:30–3:00	Wisdom from a UFC Veteran · <i>Forrest Griffin</i>
3:00–4:00	Weight management in the Octagon: camp, cut, and rebound · <i>Charles Stull, MS, RD, CISSN · Dir. Performance Nutrition, UFC PI</i> Applied fight-week nutrition logistics · <i>Glenn Castro, RD · Performance Nutrition Manager, UFC PI</i>
4:00–5:30	Weight-Cut Lab · <i>Stull & Castro guide volunteers through a simulated weight cut (heat tent, hot bath, mummy wrap, etc.)</i>

Register at ISSN.net · Limited to 60 seats · All presenters automatically registered.