



# ELITE OPERATOR PERFORMANCE NUTRITION COURSE

JUNE 14-15-16, 2024

**UCCS** University of Colorado  
Colorado Springs

The Elite Operator Performance Nutrition Course provides sport practitioners with hands-on, accelerated training in key areas of performance nutrition. Participants will learn about current evidence and best practices to perform and inform vital performance nutrition responsibilities in the daily training environment.

## JUNE 14, 9-1PM MODULE 1: METABOLIC FUELING

Using metabolic testing equipment and diverse practical scenarios and you will understand how key nutrition strategies impact the physiological systems that adapt to various training stimulus over a yearly training plan.

## JUNE 14, 2-6PM MODULE 2: HYDRATION EVALUATION

Participants will learn field-based assessment techniques that they can use to develop comprehensive hydration protocols for their athletes. Participants will understand the evidence, various methods and formal techniques for comprehensive hydration and sweat sodium assessment in their population.

## JUNE 15, 9-1PM MODULE 3: BIOMARKER MONITORING

This module will provide you the framework to identify relevant biomarkers and interpretation of this data to assess nutrition status. Hands-on examination of athlete case-study data will further develop your progressive understanding of the use of biomarkers within an integrated approach.

## JUNE 15, 2-6PM MODULE 4: SUPPLEMENT SCIENCE

Using an evidence-based framework you will become equipped with the best-practice approach to supplement use and develop a critical approach with additional resources you need to navigate safe supplement recommendations.

## JUNE 16, 9-1PM MODULE 5: BODY COMPOSITION

By the end of the module practitioners will understand the concepts of various body composition techniques and gain knowledge to make better informed decisions around body composition management and assessment.

## EVENING COURSE SOCIAL EVENTS TBA

### Course Costs

Entire Course (5 Modules) - \$600  
Individual Module - \$200 each

### Education Credits

Registered Dietitians: 4 CEUs per module (20 for course)  
Strength & Conditioning: 0.4 CEUs per module (2.0 for course)  
Athletic Trainers: 4 CEUs per module (20 for course)



**NSCA**  
NATIONAL STRENGTH AND  
CONDITIONING ASSOCIATION

**CEU APPROVED**



## PERFORMANCE NUTRITION TRAINING FOR ALL SPORT PRACTITIONERS

[WWW.PERFORMANCENUTRITIONPROS.COM](http://WWW.PERFORMANCENUTRITIONPROS.COM)

JENNIFER GIBSON  
MS, RD, CSSD, ISAK3

DR. DANA LIS  
PHD, RD, CPT, ISAK1



**TRAIN & MENTOR**  
FROM 35 YEARS ELITE EXPERTISE

### JENNIFER GIBSON, MS, RD, CSSD, IOC DIP SPORT NUTR CO-FOUNDER

Jennifer Gibson is an internationally recognized sport dietitian with 18 years of experience in elite sport. She is currently the Director of Performance Nutrition for the Chicago Blackhawks and Colorado Rapids MLS team. Prior to this, Jennifer spent 7 seasons as the lead sport dietitian and sport science coordinator for the Chicago Bears Football Club. Between 2006-2015 she was a senior sport dietitian and applied physiologist with the United States Olympic Committee and within the Canadian Olympic sport system. Her consulting work has included the New Orleans Saints, Colorado Rapids MLS, Vancouver Whitecaps MLS, Women's Tennis Association Pro Tour and within the NBA (Kobe Bryant). She has traveled to over 20 countries to service her athletes including 2 Olympic Games (2010, 2012), 2 Pan American Games (2007, 2011), 1 Canada Winter Games (2007), 6 world championships, and hundreds of professional tournaments/games. Gibson served as an adjunct sport nutrition lecturer for the University of Colorado - Colorado Springs (2011-2015), and was active in research, having published 9 peer reviewed scientific papers and 7 book contributions. Gibson completed her bachelors of science degree in Nutrition at Ryerson University and her dietetic education at the University Health Network in Toronto, Canada. Her masters in Exercise Science was completed at the University of Victoria in Victoria, Canada. She is a distinguished graduate of the International Olympic Committee Diploma in Sport Nutrition and a Level III certified anthropometrist with the International Society for the Advancement of Anthropometry. Jennifer is also a Board Certified Specialist in Sport Dietetics with the American Academy of Dietetics and Nutrition.

### DR. DANA LIS, PHD, RD, CPT, IOC DIP SPORT NUTR CO-FOUNDER

Dr. Dana Lis is internationally recognized for her leadership and versatile roles across the field of Performance Nutrition. Dr. Lis is currently in her 6th season as lead Performance Nutrition Consultant with the Golden State Warriors and is also a performance nutrition consultant to EF Tibco Pro Womens Cycling. Dr. Lis is a research affiliate for UC Davis Department of Neurobiology, Physiology & Behavior, where she completed her post-doctoral research in collagen nutrition and has 14 peer-reviewed publications, 7 research affiliations. In addition to this, Dana is a lead advisor for Brains Bio Nutraceuticals. Aside from being one of the few Registered Dietitians decorate with the renowned IOC Diploma in Sport Nutrition and PhD, she seamlessly aligns the three key elements shaping the field of Performance Nutrition: Practice, Research and Industry. Her expertise in these pillars has lead advancement of the field for over 17 years. In this time, she almost exclusively supported Olympic and Professional sport across several continents (Canada, USA, Australia, Russia, Israel) and a spectrum of sports (NBA, Pro Cycling, NHL, MLS). A lifelong learner and tireless drive to be the best, allowed her to develop practice that truly impacts athlete health and performance. Dana continues to drive the nutrition field forward through mentorship, shaping best practice and challenging the status quo. Aligned with her life epigram, "nothing ventured, nothing gained" Dana has co-founded Performance Nutrition Professions, which promises to close the lab to field gap in the US and set new standards for performance nutrition training.