

Andrew's Institute Sports Medicine Lecture Series
“Foundation Nutrition for Youth Athletes ”
Gabbie Ricky

Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 30 minutes to complete the activity.
Participants may work at their own pace.

Teaching Methods

This online enduring material uses the following teaching methods and media:

- Lecture (audio/videotaped)
- PowerPoint Presentation

Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

CME Enduring Material Description, Target Audience and Needs Statement

Sports medicine is an evolving discipline in which experience of a multigenerational factor can shed new information and knowledge on how to properly identify, manage and prevent common injury types seen in sports medicine today. This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence-based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real-world cases.

Objectives

At the end of this online enduring material, participants should be able to:

- Review the foundations of proper fueling for your athletes to support increased energy demands for health and performance.
- Discuss the components of energy expenditure, including BMR, NEAT, TEF, and EAT.
- Identify sport-certified supplements and educate on general safe supplement practices for youth.

For Further Study

- Karpinski, C., & Rosenbloom, C. (2017). Sports nutrition: A handbook for professionals. Academy of Nutrition and Dietetics.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9724109/>

Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence, all presenters, authors and planners must disclose to the participants of an educational activity any relevant financial relationships they may have with *an ineligible company, (i.e., any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients)* related to the content of this CME activity.

The Course director, Troy Smurawa, MD, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The speaker, Gabbie Ricky has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The CME planners and staff have no relevant financial relationships with an ineligible company related to the content of this CME activity.

Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of .50 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Release and Termination Dates

Original release date: October 3, 2023

Review date: October 3, 2023

Termination date: October 3, 2026

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

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