

2026 Nutrition Congress

MASTER CLASS ● Friday, 9 October 2026 | 13h00 – 16h15



● Performance Nutrition in 2026: Leading trends and updates in sport nutrition

- **Organizer/s:** Prof Lize Havemann-Nel, North-West University (South Africa)
- **Target Audience:** Registered Dietitians/Nutritionists and other healthcare professionals or industry stakeholders working with active individuals/athletes and/or with an interest in sport and performance nutrition
- **Participant Limit:** Minimum – 20

PROGRAMME CHAIRS & PRESENTERS:

- Prof Lize Havemann-Nel, North-West University (South Africa)
- Mrs Nicki De Villiers, University of Pretoria (South Africa)
- Prof Arista Nienaber, North-West University (South Africa)

SUMMARY:

With an increasing emphasis on physical activity for optimal health, together with a growing number of individuals engaging in fitness trends (with fitness gadgets/tech/AI assistance), physical activities, structured recreational and competitive sport – the interest in nutrition to sustain an active lifestyle and get the most out of your sport performance is also increasing. Over the past few years there has been a definite shift from simple macronutrient counting pre, during and post-exercise toward precision, function, longevity, and evidence-informed strategies in sport and performance nutrition. This master class will aim to address a few of the latest trends and evidence-based updates in sport and performance nutrition, including precision nutrition in the data-driven athlete, role and importance of gut health in sport and the latest consensus on protein.

PROGRAMME LAYOUT:

13h00 – 13h10	Welcome and introduction	Prof Lize Havemann-Nel, North-West University
13h10 – 13h45	Introduction and broad overview of performance nutrition	Prof Lize Havemann-Nel, North-West University
13h45 – 14h30	Precision nutrition in the data-driven athlete	Ms Nicki De Villiers, University of Pretoria
14h30 – 15h00	The gut matters: How to optimise gut health as a performance lever	Prof Arista Nienaber, North-West University
15h00 – 15h15	Tea break	
15h15 – 15h50	The protein punch – more than just basic nutrition - Quality, timing and source diversity – considerations for optimal performance and sustainability.	Prof Lize Havemann-Nel, North-West University
15h50 – 16h15	Closing and questions	