



**BARÇA  
INNOVATION HUB**  
Universitas

**COURSE**

# **SPORTS HYDRATION**

**100% ONLINE • 1 MONTH**

Learn from the best  
Enjoy a unique educational experience  
Become part of a global network

[barcainnovationhub.com](http://barcainnovationhub.com)

# Antonia Lizárraga

EXPERT ADVISOR



Head of FC Barcelona's Sports Nutrition area.

## AIMED AT

- Professionals of health sciences related to sports.
- Students and graduates of programs and careers related to sports, health and fitness.
- Athletes, relatives of athletes, or any person linked to sports.

## LEARN TO

- Design safe hydration strategies for before, during and after training and competitions.



- **DELIVERY MODE ONLINE**
- **DURATION 1 MONTH**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH, SPANISH, PORTUGUESE**

# SYLLABUS

## **MODULE 1: Water in the Body**

Unit 1: Introduction

Unit 2: Thermoregulation

## **MODULE 2: Hydration in Exercise**

Unit 1: Dehydration and Performance

Unit 2: Assessing Perspiration Status

## **MODULE 3: The Use of Liquids, Carbohydrates and Electrolytes**

Unit 1: Sports Drinks

Unit 2: Other Issues to Consider

## **MODULE 4: Integration**

# EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

## LECTURES

which address the main topics.

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## VIDEOS

that deepen some subjects of the readings.

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## ACTIVITIES

to apply the content addressed in each module.

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## RUBRICS

that will evaluate you in each module.

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## ONLINE EXPERT

In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the different modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

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## FORUMS

where you can interact with your colleagues.

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## SELF-ASSESSMENTS

which will help you measure your learning progress.

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# BENEFITS

- **World-class content, designed by experts and sports-industry oriented for an immediate impact.**
- **Round-the-clock access to study material, wherever you want and from any device.**
- **Custom feedback for every individual and teamwork activity.**
- **Spaces of discussion and interaction with industry professionals from all over the world.**
- **Certificate of participation, issued by Barça Innovation Hub - Universitat.**



# BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF  
SPORTS PROFESSIONALS**