



**BARÇA
INNOVATION HUB**
Universitas

COURSE

**NUTRITION
CONSIDERATIONS
IN FOOTBALL**

100% ONLINE • 1 MONTH

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

barcainnovationhub.com

AIMED AT

- This course is targeted for anyone with a passion or interest in nutrition for football. It is also appropriate for the following audience:
 - Sports scientists
 - Physiotherapists
 - Dieticians
 - Sports nutritionists
 - Strength and conditioning coaches
 - Sports professionals
 - Sports medicine practitioners

LEARN TO

- Identify micronutrient requirements for football
- Implement uses and best practices of dietary supplementation for football

Ian Rollo

EXPERT INSTRUCTOR



Principal Scientist for the Gatorade Sports Science Institute. Visiting Research Fellow Loughborough University UK. Exercise Physiologist, SENr Sport and Exercise Nutritionist.



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

SYLLABUS

MODULE 1: Micronutrient needs for football

Unit 1: Vitamins for football

Unit 2: Minerals for football

MODULE 2: Dietary supplementation for football

Unit 1: Dietary supplementation for football

Unit 2: Dietary supplements for consideration in football

MODULE 3: Nutrition for football in extreme environments

Unit 1: Nutrition strategies for football in extreme temperatures

Unit 2: Nutrition strategies for football at altitude and considerations for travel

MODULE 4: Considerations for the female and youth player

Unit 1: Nutrition considerations for the female player

Unit 2: Nutrition considerations for the youth player

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.

VIDEOS

that deepen some subjects of the readings.

ACTIVITIES

to apply the content addressed in each module.

RUBRICS

that will evaluate you in each module.

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.

FORUMS

where you can interact with your colleagues.

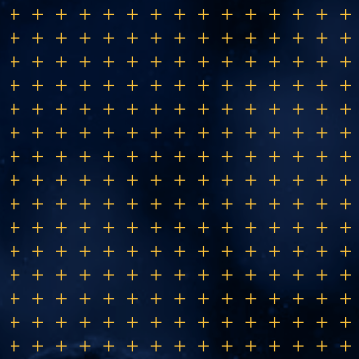
SELF-ASSESSMENTS

which will help you measure your learning progress.



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**