



BARÇA
INNOVATION HUB
Universitas

COURSE

MATCH DAY PREPARATION AND PERSONALISED NUTRITION

100% ONLINE • 1 MONTH

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

barcainnovationhub.com

Asker Jeukendrup

EXPERT INSTRUCTOR

AIMED AT

- Professionals of health sciences related to sports.
- Students and graduates of programs and careers related to sports, health and fitness.
- Elite athletes (professional or amateur).



LEARN TO

- Apply personalisation in team sports nutrition.
- Apply the latest science around on match day preparation.

Sports nutrition scientist. Professor of Exercise Metabolism. Performance consultant in elite sport. Entrepreneur. Ironman triathlete.



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

SYLLABUS

MODULE 1: Personalised nutrition

Unit 1: Personalized medicine

Unit 2: Personalized sports nutrition

MODULE 2: Preparing for match day

Unit 1: The days and weeks before

Unit 2: Matchday

MODULE 3: Extreme conditions

Unit 1: Effect of heat on performance

Unit 2: Beat the heat

MODULE 4: Supplements

Unit 1: Ergogenic aids

Unit 2: Other supplements

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**