



BARÇA
INNOVATION HUB
Universitas

PROFESSIONAL DIPLOMA
SPORTS
NUTRITION

100% ONLINE
8 MONTHS

LEARN FROM THE BEST | ENJOY A UNIQUE EDUCATIONAL EXPERIENCE | BECOME PART OF A GLOBAL NETWORK

INFORMATION

LEARN TO:

Differentiate effective and non-effective or dangerous substances in the formulations of nutritional supplements in order to use them optimally.

Utilize your knowledge of sports nutrition, based on the demands and needs of different forms of physical activity.

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

Create practical applications of the key concepts of body composition and somatype within nutrition and for physical performance.

Improve athletes' behaviour through sports nutrition.

Implement supplements in daily practice.

Minimise the risk of supplement use.

Optimize acute recovery and training adaptation with nutrition.

Plan nutrition for a season as well as a week.

Understand the theoretical basis for nutrition periodization.

Apply personalisation in team sports nutrition.

Apply the latest science around on match day preparation.



DELIVERY MODE ONLINE

DURATION 8 MONTHS

ACADEMIC DEGREE EXECUTIVE EDUCATION

DELIVERED IN ENGLISH AND SPANISH

PROFESSORS



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

PROGRAM

1. Food and Athletic Performance

MODULE 1: BIOENERGETICS

Unit 1: Energy

Unit 2: Energy Needs of Athletes

MODULE 2: FOOD AND NUTRITION

Unit 1: Nutrients

Unit 2: Sports Nutrition

MODULE 3: APPLIED SPORTS NUTRITION

Unit 1: Nutrition in Competition

Unit 2: Nutrition Applied to Different Sporting Specialties

MODULE 4: INTEGRATIVE READING

2. Supplementation and Ergogenic Aids in Sports

MODULE 1: INTRODUCTORY CONCEPTS

Unit 1: Classification of Nutritional Supplements

Unit 2: Nutrients

MODULE 2: SPORTS FOODS

Unit 1: Sports Foods for Acute Use

Unit 2: Sports Foods for Chronic Use

MODULE 3: ERGOGENIC AIDS

Unit 1: Ergogenic Aids of Acute or Instant Effects

Unit 2: Ergogenic Aids of Chronic Effect

MODULE 4: INTEGRATIVE READING

3. Sports Hydration

MODULE 1: INTRODUCTORY CONCEPTS

Unit 1: Water in the Human Body

Unit 2: Thermoregulation during Exercise

MODULE 2: DEHYDRATION, HYPERTHERMIA AND PERFORMANCE LOSS: TRADITIONAL APPROACH

Unit 1: Predetermined Hydration

Unit 2: Topics of Interest

MODULE 3: EVIDENCE-BASED HYDRATION: A CONTEMPORARY APPROACH

Unit 1: Voluntary or Ad-libitum Hydration

Unit 2: Practical Guidelines and Practices

MODULE 4: INTEGRATIVE MODULE

PROGRAM

4. Body Composition, Somatotype and Athletic Performance

MODULE 1: BODY COMPOSITION

Unit 1: Anthropometry

Unit 2: Other Methods for Determining Body Composition

MODULE 2: BODY COMPOSITION, ATHLETIC PERFORMANCE AND NUTRITION

Unit 1: Components that may be Modified by Training or Diet

Unit 2: Body Composition and Athletic Performance by Race, Gender and Age Group

MODULE 3: SOMATOTYPE

Unit 1: Classification

Unit 2: Practical Applications of Somatotype

MODULE 4: INTEGRATIVE MODULE

5. Advanced Sports Nutrition

MODULE 1: The history and future of sports nutrition

Unit 1: History

Unit 2: Future

MODULE 2: What it takes to be effective in sports nutrition

Unit 1: Skills

Unit 2: Operation

MODULE 3: Supplements versus foods

Unit 1: Supplements versus foods

Unit 2: Decision making

MODULE 4: Immune system

Unit 1: Exercise and the immune system

Unit 2: Improving immune function

6. Nutrition, Recovery and Training Adaptations

MODULE 1: Exercise and fatigue

Unit 1: What is fatigue?

Unit 2: Delaying fatigue

MODULE 2: Recovery and adaptation

Unit 1: Recovery

Unit 2: Adaptation

MODULE 3: Optimising recovery and adaptation

Unit 1: Optimising recovery with nutrition

Unit 2: Optimising adaptation with nutrition

MODULE 4: Recovery from injury

Unit 1: Different phases of injury

Unit 2: Strategies

PROGRAM

7. Match Day Preparation and Personalized Nutrition

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

8. Periodized Nutrition

MODULE 1: The theory

Unit 1: What is periodized nutrition?

Unit 2: The tools of a sports nutritionist

MODULE 2: Training the gut

Unit 1: The gut is trainable

Unit 2: Theory into practice

MODULE 3: Training low

Unit 1: The theory

Unit 2: Low carb versus train low

MODULE 4: From theory to practice

Unit 1: How to implement periodized nutrition

Unit 2: Challenges and solutions

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 for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.



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CREATING A NEW GENERATION OF SPORTS PROFESSIONALS

PROFESSIONAL DIPLOMA IN SPORTS NUTRITION

