



**BARÇA  
INNOVATION HUB**  
Universitas

# ADVANCED SPORTS NUTRITION

*CERTIFICATE / 100% online / 4 months*

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

## Asker Jeukendrup

EXPERT INSTRUCTOR



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

The Certificate in Advanced Sports Nutrition is the most advanced sports nutrition course available relevant to team sports. It provides the latest science but also the application -from theory to recipes- put together by Asker Jeukendrup, leader in the field from an academic point of view, who has published over 200 papers but in addition has worked as a practitioner for many years.

This Certificate is a combination of cutting edge knowledge and years of experience working at the highest level in sport. The FCB DNA comes in when we add in each topic an example of how we at FCB do find solutions for these issues.

The Certificate in Advanced Sports Nutrition will give clear guidelines, but do not expect a cookie-cutter approach where you get one solution you can use to solve all problems. You will learn to think to come up with specific solutions for specific situations.



- **DELIVERY MODE ONLINE**
- **DURATION 4 MONTHS**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH, SPANISH, PORTUGUESE**

# OBJECTIVES

To build upon existing sports nutrition knowledge and discuss the latest in sports nutrition science and how this is applied in elite level sport. Practices as "used by FCB" will be shared to illustrate the application of science in daily practice.

## 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

- Improve athletes' behavior through sports nutrition. Implement
- supplements in daily practice.
- Minimize the risk of supplement use.
- Optimising 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 personalization in team sports nutrition.
- Apply the latest science around on match day preparation.

# COURSES

The history and future of sports nutrition

What it takes to be effective in sports nutrition

## Advanced Sports Nutrition

Supplements versus foods

Immune system

The Certificate is composed of four one-month courses. This Certificate is completed sequentially (the course is enabled and each course is completed over a month).

Exercise and fatigue

Recovery and adaptation

## Nutrition, Recovery and Training Adaptations

Optimising recovery and adaptation

Recovery from injury

Personalized nutrition?

Preparing for match day

## Match Day Preparation and Personalized Nutrition

Extreme conditions

Special situations

The theory

Training the gut

## Periodized Nutrition

Training low

From theory to practice

# 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 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.**



# BARÇA INNOVATION HUB

**CREATING A NEW GENERATION OF  
SPORTS PROFESSIONALS**