



Ian Rollo

EXPERT INSTRUCTOR



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At Futbol Club Barcelona (FCB) and Gatorade Sports Science Institute (GSSI) we believe the appropriate nutrition is essential to support player health and performance. A greater understanding of the physical demands of football has allowed a more scientific approach to training/match preparation and the manipulation of macronutrient ingestion to support training and match day performance and recovery.

The aim of the course is to teach the core principles for nutrition for football. Each module will summarise the key topics in sports nutrition based from peer reviewed research, review articles as well as expert consensus statements. The course provides a comprehensive learning experience which will not only inform the candidate on "how" to implement sports nutrition strategies but importantly ensure they understand "why" nutrition is important.

Providing an evidence-based approach to sports nutrition allows a consistent message with regard to nutrition education which in turn informs practice. This is something FCB and GSSI together have been partnering to achieve over the last 5 years. The Certificate in Sports Nutrition for Football now provides the platform to share our learnings to the wider global football community.



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



OBJECTIVES

Achieve knowledge and understanding of the main food groups and their roles in player nutrition; appreciate the factors that determine energy balance; understand the effects of exercise on nutrient requirements and the effects of nutritional manipulation on football performance; understand the effects of dehydration on the physiological responses to football exercise; be aware of the place of dietary supplements in football.

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

- Master core principles of nutrition for football.
- Understand the role of macronutrients for football performance.
- Identify fluid needs and micronutrient requirements for football.
- Implement uses and best practices of dietary supplementation for football.

COURSES

Demands of the game and understanding the physiological demands of football

Introduction to metabolism and nutrition in football

An Introduction to Football Metabolism and Nutrition

Energy balance and body composition: nutrition goals and dietary strategies

Dietary strategies to support training

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).

The role of carbohydrate in the players diet

The role of protein in a players diet

The Role of the Macronutrients in Football

The role of fat in a players diet

Macronutrient manipulation and football performance

Fluids requirement of footballers

Hydration assessment in footballers

Hydration and Micronutrients in Football

Role of vitamins in a footballers diet

Role of minerals in a players diet

Dietary Supplements in Football

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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SPORTS PROFESSIONALS**