

Futbol Club Barcelona (FCB) and Gatorade Sports Science Institute (GSSI)

MODULE INFORMATION

SPORTS NUTRITION FOR FOOTBALL

2019

1-Justification of the program:

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 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 sports nutrition for football course now provides the platform to share our learnings to the wider global football community.



Dr Ian Rollo

2-Target Audience.

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

3-Program purposes:

The Intended Learning objectives are to 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.

Specific Purposes: *(one for each course)*

Course 1: Understand core principles of nutrition for Football

Course 2 : Understand the role of macronutrients for football performance

Course 3: Understand fluid needs and micronutrient requirements for football

Course 4: Understand use and best practice of dietary supplementation for football



4-Skills:

Please describe the four main skills the participant will develop during this certificate.
(Ability of....).

- a. Managing self-learning – setting/meeting targets
- b. Critical thinking – evaluation of practice
- c. Interpretation – managing and understanding data
- d. Communication- summarizing and prioritizing information

6- Syllabus

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Course 1: An introduction to Football Metabolism and Nutrition

- **Module 1:** Demands of the game and understanding the physiological demands of football
 - Unit 1: Demands of the game
 - Unit 2: Physiological response to football
- **Module 2:** Introduction to metabolism and nutrition in football
 - Unit 1: Introduction to metabolism
 - Unit 2: Nutrition for energy in football
- **Module 3:** Energy balance and body composition
 - Unit 1: Principles of Energy balance in football
 - Unit 2: Player body composition
- **Module 4:** Dietary strategies for Training and Match days
 - Unit 1: Nutrition for training
 - Unit 2: Nutrition for match days

