

Syllabus: Football Nutrition skills

Module 1: Nutrition for player well-being

Unit 1: Nutrition for player health

Unit 2: Nutrition for player sleep

Module 2: Nutrition for injury and recovery

Unit 1: Nutrition interventions for return to play

Unit 2: Nutrition interventions for player in-season recovery

Module 3: World football and emerging diets

Unit 1: Nutrition for the world game

Unit 2: Emerging diets in sports nutrition

Module 4: Best practice and continued development in sports nutrition

Unit 1: Best practice in sports nutrition for football

Unit 2: Continued development in sports nutrition in football