

Syllabus. Macronutrients and Fluid for Football

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

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

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

- Understand the role of macronutrients for football performance.

Skills

Please describe the four main skills the participant will develop during this certificate.

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

Syllabus

Module 1. The role of carbohydrate in the player's diet

Unit 1.1 An introduction to Carbohydrate

Unit 1.2 Carbohydrate and football

Module 2. The role of protein in a player's diet

Unit 2.1 An introduction to Protein



Unit 2.2 Protein and football

Module 3. The role of fat in a player's diet

Unit 3.1 Introduction to Fats

Unit 3.2 Fats for football

Module 4. Fluid requirements for football

Unit 4.1 An introduction to fluid and electrolytes for football

Unit 4.2 Fluid and electrolytes for football

