

## Program. Professional Diploma in Sports Nutrition

### Proposal Justification

This program will provide students with fundamental concepts in the field of nutrition, thereby equipping them with broader tools for practical application.

### Learning Outcomes

- Differentiate effective and non-effective or dangerous substances in the formulations of nutritional supplements in order to use them optimally.
- Utilize your knowledge of sports nutrition, based on the demands and needs of different forms of physical activity.
- Design safe hydration strategies for before, during and after training and competitions.
- Create practical applications of the key concepts of body composition and somatype within nutrition and for physical performance.
- Improve athletes' behaviour through sports nutrition.
- Implement supplements in daily practice.
- Minimise the risk of supplement use.
- Optimize 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 personalisation in team sports nutrition.
- Apply the latest science around on match day preparation.

### Target Audience

The program is intended for strength and conditioning coaches, physiotherapists, rehabilitation specialists, physicians, and nutritionists.

### Syllabus

#### Course 1: Food and Athletic Performance

- Module 1: Bioenergetics.
- Module 2: Food and Nutrition.
- Module 3: Applied Sports Nutrition.
- Module 4: Integrative Reading.

#### Course 2: Supplementation and Ergogenic Aids in Sports

- Module 1: Introductory Concepts.
- Module 2: Sports Foods.
- Module 3: Ergogenic Aids.
- Module 4: Integrative Reading.

#### Course 3: Sports Hydration

- Module 1: Introductory Concepts.
- Module 2: Dehydration, Hyperthermia and Performance Loss: Traditional Approach.
- Module 3: Evidence-Based Hydration: A Contemporary Approach.
- Module 4: Integrative Module.

#### Course 4: Body Composition, Somatotype and Athletic Performance

- Module 1: Body Composition.
- Module 2: Body Composition, Athletic Performance and Nutrition.
- Module 3: Somatotype.

- Module 4: Integrative Module.

#### Course 5: Advanced Sports Nutrition

- Module 1: The History and Future of Sports Nutrition.
- Module 2: What It Takes to Be Effective in Sports Nutrition.
- Module 3: Supplements versus Foods.
- Module 4: Immune System.

#### Course 6: Nutrition, Recovery and Training Adaptations

- Module 1: Exercise and Fatigue.
- Module 2: Recovery and Adaptation.
- Module 3: Optimising Recovery and Adaptation.
- Module 4: Recovery from Injury.

#### Course 7: Match Day Preparation and Personalized Nutrition

- Module 1: Personalized Nutrition?
- Module 2: Preparing for Match Day.
- Module 3: Extreme Conditions.
- Module 4: Supplements.

#### Course 8: Periodized Nutrition

- Module 1: The Theory.
- Module 2: Training the Gut.
- Module 3: Training Low.
- Module 4: From Theory to Practice.