



**BARÇA
INNOVATION HUB**
Universitas

CERTIFICATE

SPORTS NUTRITION

100% ONLINE • 4 MONTHS

Learn from the best
Enjoy a unique educational experience
Become part of a global network

**VYSOKÁ ŠKOLA
MANAŽMENTU**

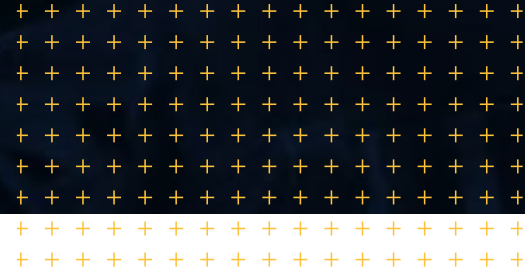
CityUniversity
of Seattle programs

barcainnovationhub.com

The influence that nutrition has on physical performance and individuals' body composition is a matter of public knowledge. In fact, we hear about a huge number of professional athletes that owe their increased performance to radical changes in diet.

The ingredients that make up athletes' diets determine the quality of their movements. When we talk about diet or food in the context of sports, we also make references to athletic supplements and hydration. These are all key components when it comes to increasing or maintaining our physical performance.

In this educational program you will learn about the effects that foods and athletic supplements produce in the body. The objective is for you to optimize the selection of dietary components when it comes time to maximize physical performance.



Antonia Lizárraga

EXPERT ADVISOR



Head of FC Barcelona's Sports Nutrition area.

PROFESSORS

Lic. Facundo Ahumada
Endurance Athlete Trainer. Degree in Chemistry.

Lic. Adrián Barale
Sports Nutritionist. University teacher and researcher.

Lic. Luciano Spena
Sports Nutritionist. International Anthropometrist Level ISAK III



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



OBJECTIVES

Acquire knowledge of sports nutrition and its practical applications, in order to make correct decisions in the search of the best sports performance.

AIMED AT

- Professionals of health sciences related to sports.
- Students and graduates of programs and careers related to sports, health and fitness.
- Athletes, relatives of athletes, or any person linked to sports.

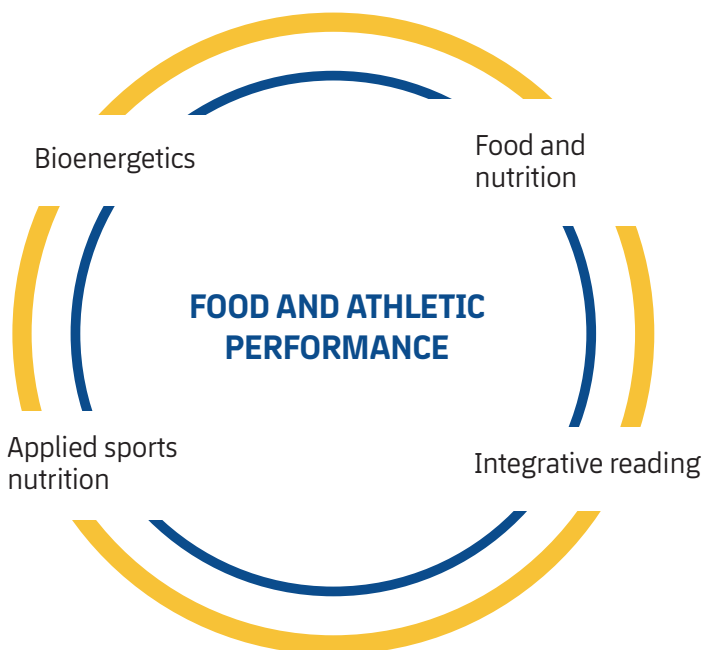
LEARN TO

- 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.

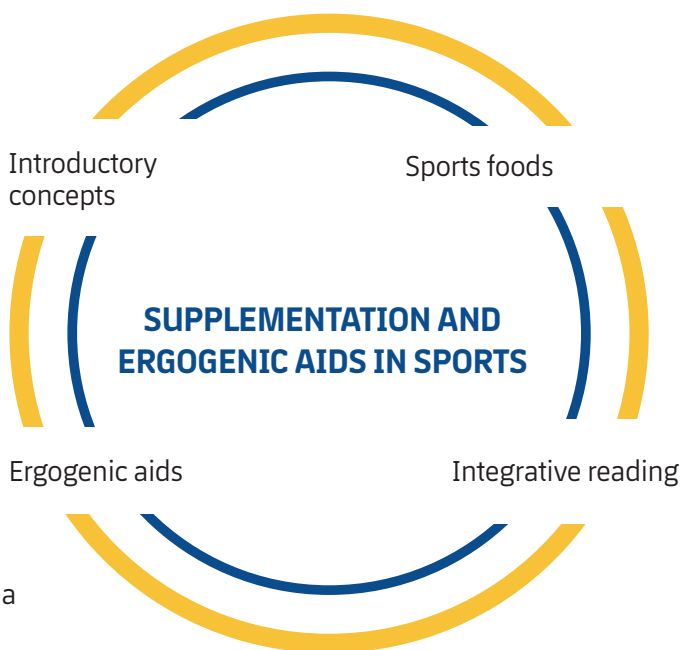
COURSES

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).

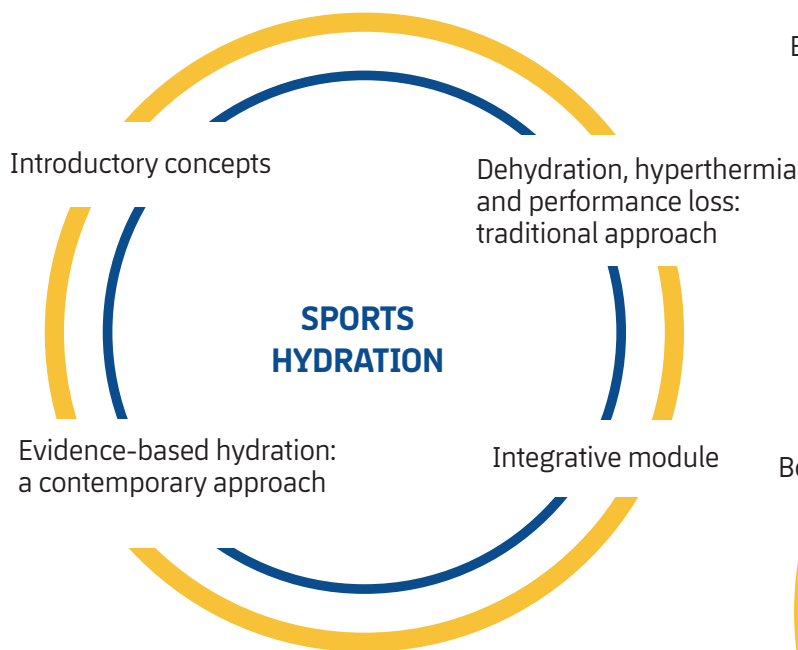
FOOD AND ATHLETIC PERFORMANCE



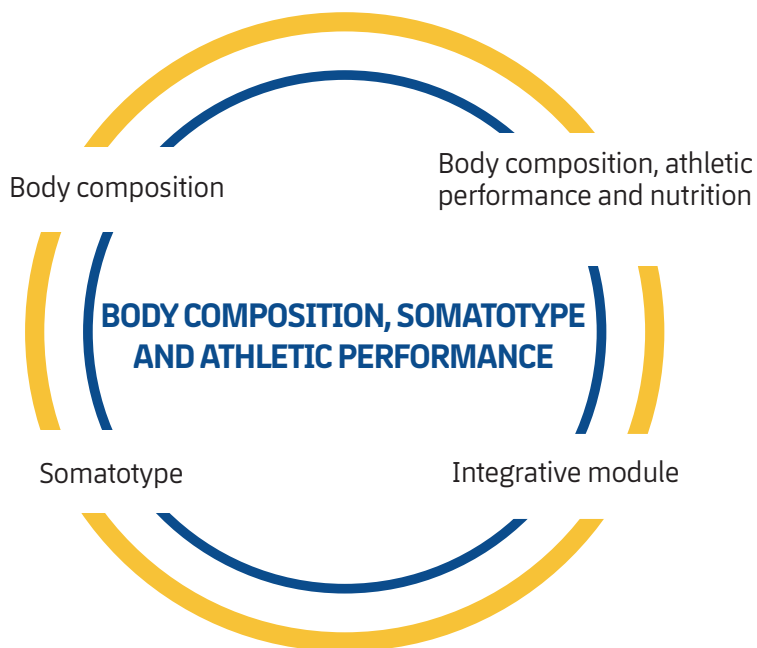
SUPPLEMENTATION AND ERGOGENIC AIDS IN SPORTS



SPORTS HYDRATION



BODY COMPOSITION, SOMATOTYPE AND ATHLETIC PERFORMANCE



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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**CREATING A NEW GENERATION OF
SPORTS PROFESSIONALS**

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