



## COURSE GUIDE

### Introduction

- An introduction to 'Nutrition for Team Sports'
- Underpinning Principles for the Course
- Building a Framework for Applying Theory to Practice

### The Training Diet

- The Hierarchy of Performance Principles
- Carbohydrate Periodisation for Optimising Fuelling and Signalling
- Optimising Recovery and Maximising Adaptation
- Optimising the Hormonal and Immunological Environment
- The Theoretical Underpinning of Commonly Used Supplements in Team Sports
- Injury Prevention and Rapid Recovery

### Match-Day Nutrition

- Contemporary Methods for Maximising Match-Day Performance
- Advanced Match-Day Supplementation Strategies
- Intra-Match Considerations

### Body Composition Manipulation

- Macronutrient Considerations for Body Composition
- Fat Loss with Performance Maintenance
- Muscle Gain Protocols

### Setting up a Periodised Nutrition Plan

- Practical Considerations for:
  - The Pre-Season Diet
  - The Training Diet
  - The Match-Day Diet
  - Goal-Specific Periodisation

#### TO GET IN TOUCH ▶

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