

# MASTERMIND IN SPORTS NUTRITION



WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

## Mastermind live with Asker

These are sessions that Asker will lead which are mostly about the practical application, and how to become a better sports nutritionist. They will be run as a discussion with all participants, and an opportunity for you to ask questions. They will last 2 hours and will run weekly.

## Science Lectures

These are recorded lectures where you will learn about the science behind recommendations.

To be completed online each week, at your own pace.

## Journal Club (critical thinking session)

These are sessions where papers are discussed in detail - a lesson in critical reading. What do you pick up from papers, how do you judge them? Please come prepared to share your thoughts.

## Discussions

Smaller groups get together and discuss a set topic or task. The groups will change each week.

## LIVE WITH ASKER

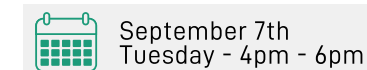
Introductions



2H

## LIVE WITH ASKER

How Asker started his career and what he learned from science;  
Types of sports nutrition businesses;  
What skills are important?;



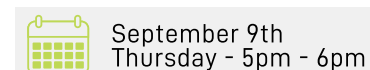
## SCIENCE

Why evidence-based?  
History of sports nutrition  
Substrate use during exercise  
Energy balance  
Questions are sometimes more important than answers

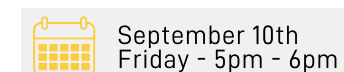


## JOURNAL CLUB

2-3 research papers to discuss in great detail



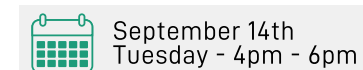
## DISCUSSIONS



8H

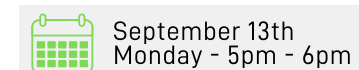
## LIVE WITH ASKER

Design of studies. What makes a good study?;  
Working with athletes in individual sports;



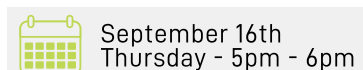
## SCIENCE

Myths in sports nutrition  
Glycogen and carb loading  
Gastric emptying and absorption  
Measuring performance

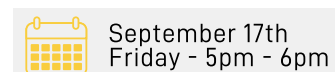


## JOURNAL CLUB

2-3 research papers to discuss in great detail.



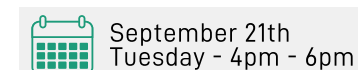
## DISCUSSIONS



8H

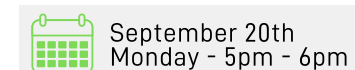
## LIVE WITH ASKER

Working in team sports:  
Football;



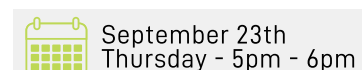
## SCIENCE

Hydration  
Carbohydrate pre-exercise  
Carbohydrate during exercise  
Planning in race or in training  
Feeding with CORE

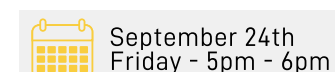


## JOURNAL CLUB

2-3 research papers to discuss in great detail.



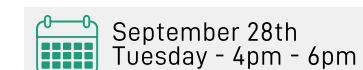
## DISCUSSIONS



8H

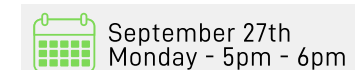
## LIVE WITH ASKER

Working in industry:  
The sports nutrition and supplement business;



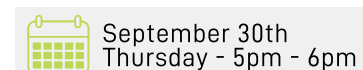
## SCIENCE

Immune function  
Protein basics  
Training the gut

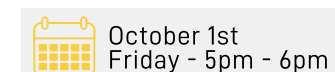


## JOURNAL CLUB

2-3 research papers to discuss in great detail.



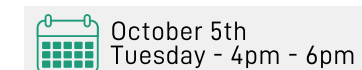
## DISCUSSIONS



8H

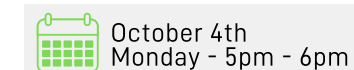
## LIVE WITH ASKER

Working in pro cycling:  
Weight management;  
Energy balance;



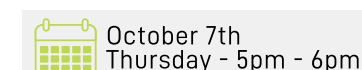
## SCIENCE

Protein: Muscle adaptation and recovery  
Protein: Practical implications  
Training low and periodised nutrition

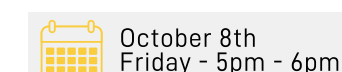


## JOURNAL CLUB

2-3 research papers to discuss in great detail.



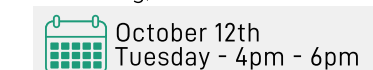
## DISCUSSIONS



8H

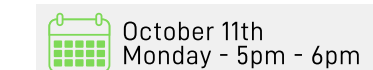
## LIVE WITH ASKER

Working with athletes from a distance;  
Social media pros and cons;  
Educating;



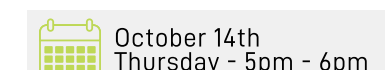
## SCIENCE

Communicating science  
Supplements  
Risks and benefits  
Extreme environments

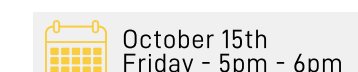


## JOURNAL CLUB

2-3 research papers to discuss in great detail.



## DISCUSSIONS



8H

14H

24H

6H

6H

50H



# MASTERMIND IN SPORTS NUTRITION

# ASKER JEUKENDRUP

BLOCKS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
WELCOME SESSION	TBC						
SCIENCE LECTURES		September, 6	September, 13	September, 20	September, 27	October, 4	October, 11
MASTERMIND LIVE WITH ASKER		September, 7	September, 14	September, 21	September, 28	October, 5	October, 12
JOURNAL CLUB		September, 9	September, 16	September, 23	September, 30	October, 7	October, 14
DISCUSSIONS		September, 10	September, 17	September, 24	October, 1	October, 8	October, 15



UK Time Zone

WELCOME SESSION

TBC

SCIENCE LECURES

5PM - 6PM

MASTERMIND LIVE WITH ASKER

4PM - 6PM

JOURNAL CLUB (CRITICAL THINKING SESSION)

5PM - 6PM

DISCUSSIONS

5PM - 6PM

DATES AND TIMES ARE PROVISIONAL (ESPECIALLY 22-28 SEPTEMBER)

