

# SNIG

## SPORTS NUTRITION INTEREST GROUP

# NEWS

Aug 2021



## WELCOME

Welcome to the Sports Nutrition Interest Group! In this newsletter, we have included: An introduction to the GSSI University (GSSIU); links to new publications and a webinar on hydration and nutrition for football (soccer) players!

We are really looking forward to ECSS this year, keep an eye out for more information on the SNIG virtual networking event - the countdown to September is on!

[Click here to register for ECSS!](#)

And [check out the conference programme here!](#)

Stay safe everybody!

## PUBLICATIONS OF INTEREST

NEW

Football (soccer) is a global sport enjoyed worldwide. The physical and technical demands of performance are ever increasing. Nutrition plays an important role in optimising performance. This statement by a UEFA expert group summarises the current evidence on nutrition in elite football to inform practical recommendations.

[Click here to read!](#)



Understanding total energy expenditure (TEE) in sport is vital for informing nutritional strategies. This paper by Ellis et al. measures the TEE of female and male tennis players during competition and training and uses this to inform nutritional strategies to support energy availability during performance.

[Find the article here!](#)



## FREE WEBINAR

Watch Dr. Julia Bone and Dr Robert Naughton discuss the importance of hydration and nutrition for football (soccer) players

[Click here to check it out!](#)

## GSSI UNIVERSITY

NEED MATERIALS FOR NEXT YEAR'S SPORT NUTRITION LECTURES?  
THE GATORADE SPORTS SCIENCE INSTITUTE IS HERE TO HELP!

For more than 30 years, the Gatorade Sports Science Institute (GSSI) has been a pioneer in helping athletes optimize their health and performance through industry-leading research and education in hydration and nutrition science. GSSI is now proudly offering ways for you to bring that expertise to your classrooms through GSSI University (GSSIU).

GSSIU offers educators engaging lecture materials and activities on a wide range of topics in Sports Nutrition, all of which are appropriate for use in an undergraduate-level course.

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LECTURES

ASSOCIATED  
ACTIVITIES

Lectures are available as slides to be delivered by the instructor, and also includes eight recorded lectures. Instructors can use the content to design a full-semester course or pick and choose specific content that best works for their needs.

Check out GSSIU on GSSIWeb today!

[Click here to view!](#)