

SCOUT SPORT CLUBS OPENING UP TO ALL GIRLS' PARTICIPATION

Personal Development: Dual Career + Health

MOOC – Seminar 7

Carlos Prieto, in brief

- **Former pro-athlete. 20 years experience in high-level competitions**
- **Two university degrees and a Master's degree**
- **Athletes Inspire Children NGO president**
- **Expert by the European Handball Federation (EHF)**
- **PE teacher**



1. Intro

- **Why a Dual Career?**
- **The role of time management in our day to day**
- **Tool to improve our productivity habits**
- **Different food, their composition and impact**
- **Recovery as a prevention tool**

2. Dual Career

- **Time management**
- **3 surfaces of time management behaviours for girls:**
 - **Long-term planning. Year planner**
 - **Short-term planning. Week planner**
 - **Time attitudes. Prioritisation, distractions, multitasking**
- **Get Things Done (Productivity system) for young athletes**
 - **Capture. What is it**
 - **Clarification. Actionable, several steps, future**
 - **Organisation. Now, calendar, next steps**
 - **Reflection. Update and preparation**

3. Health

- **Nutrition**
 - **Macronutrients. Carbohydrates, proteins, fat**
 - **Micronutrients. Vitamins/minerals. Metabolic regulators, bone health**
 - **Hidratation. Thermoregulation process**
- **Pre, during post meals. Low, moderate, high demand**
- **Inclusion is also a nutritional aspect in female sport.**
- **Recovery. The invisible training of the young athletes**

Thank you very much

The reading manual will be your partner during the training process, please refer to it when you have doubts and implement the tools that we provide you with.



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