

The Influence of Organizational Context on the Role of the Sports Nutritionist in Football: A Thematic Review

A Influência do Contexto Organizacional no Papel do Nutricionista Desportivo no Futebol: Uma Revisão Temática

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REVISÃO TEMÁTICA

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Abstract

Sports nutrition is increasingly recognized as a relevant component of football performance, contributing to training adaptation, recovery, hydration status, body composition management and match readiness. However, the practical impact of nutrition support depends not only on the quality of scientific recommendations, but also on the organizational context in which they are translated into daily practice. This thematic review aims to examine how organizational context shapes the role, autonomy and practical effectiveness of the sports nutritionist in football. A thematic synthesis of literature related to football nutrition, practitioner roles, multidisciplinary performance teams, organizational culture and knowledge translation was conducted. The literature suggests that the role of the sports nutritionist extends beyond individual dietary counseling, including education, communication, food provision, supplementation governance, monitoring systems, travel logistics and coordination with multiple stakeholders. Organizational structure, resources, hierarchy, role clarity, access to athletes, communication pathways and club culture may facilitate or constrain the implementation of evidence-based nutrition practice. Therefore, the sports nutritionist should be understood not only as a technical expert, but also as an educator, communicator, coordinator and systems practitioner. A central theme emerging from the literature is that evidence does not automatically become practice; recommendations require context-sensitive translation, operational reliability and integration into the rhythm of the football environment. Understanding organizational context is essential to improve the feasibility, acceptance and sustainability of sports nutrition support in football.

Keywords: Sports nutrition; Soccer; Organizational culture; Evidence-based practice; Multidisciplinary teams.

Resumo

A nutrição desportiva é cada vez mais reconhecida como um componente relevante do desempenho no futebol, contribuindo para a adaptação ao treino, a recuperação, a hidratação, a gestão da composição corporal e a preparação competitiva. Contudo, o seu impacto prático não depende apenas da qualidade das recomendações científicas, mas também do contexto organizacional em que estas são traduzidas para a prática diária. Esta revisão temática analisa de que forma o contexto organizacional influencia o papel, a autonomia e a eficácia prática do nutricionista desportivo no futebol. Foi realizada uma síntese temática da literatura sobre nutrição no futebol, papel profissional, equipas multidisciplinares, cultura organizacional e tradução do conhecimento. A literatura sugere que este papel ultrapassa o aconselhamento alimentar individual, incluindo educação, comunicação, provisão alimentar, gestão da suplementação, monitorização, logística de viagens e coordenação com múltiplos intervenientes. A estrutura organizacional, os recursos, a hierarquia, a clareza de funções, o acesso aos atletas, os canais de comunicação e a cultura do clube podem facilitar ou limitar a implementação da prática baseada na evidência. Assim, o nutricionista desportivo deve ser entendido não só como especialista técnico, mas também como educador, comunicador, coordenador e profissional com atuação sistémica. Um tema central é que a evidência não se transforma automaticamente em prática; as recomendações exigem tradução sensível ao contexto, fiabilidade operacional e integração no ritmo do ambiente futebolístico. Compreender o contexto organizacional é essencial para melhorar a viabilidade, aceitação e sustentabilidade do apoio nutricional no futebol.

Palavras-chave: Nutrição desportiva; Futebol; Cultura organizacional; Prática baseada na evidência; Equipas multidisciplinares.

List of abbreviations and acronyms

MEDLINE — Medical Literature Analysis and Retrieval System Online

UEFA — Union of European Football Associations

Table of Contents

Abstract and keywords	i
Resumo e Palavras-Chave.....	iii
List of abbreviations and acronyms	v
Introduction	1
Methodology	3
Development of the Topic.....	4
Critical Analysis	10
Conclusions.....	15
Acknowledgements	16
References	17
Complementary work supervisor's evaluation	19
Appendices	20
Index of Appendices	20

1. Introduction

Sports nutrition has become an increasingly important component of football performance. In elite and youth development environments, nutrition is recognized as supporting energy availability, training adaptation, recovery, hydration status, body composition management, immune function and readiness for competition ⁽¹⁾. In a sport characterized by repeated high-intensity actions, congested schedules and narrow performance margins, nutritional support is no longer peripheral. It is part of the performance infrastructure through which player availability and competitive readiness are built.

This evolution has occurred alongside the professionalization of football environments. Contemporary clubs and academies increasingly operate through multidisciplinary systems, where medicine, strength and conditioning, physiotherapy, performance analysis, psychology, coaching and nutrition are expected to interact in support of athlete health and performance ⁽²⁻⁵⁾. Consequently, the sports nutritionist's role now extends beyond individual dietary counseling to matchday preparation, recovery strategies, hydration monitoring, supplementation systems, food provision, travel nutrition, education and communication with athletes, staff and families in academy settings.

Although the scientific foundations of football nutrition are relatively well established, the conditions under which this knowledge becomes practice remain less explored. Football-specific guidance covers training nutrition, matchday fueling, recovery, hydration, supplementation, body composition, travel, cultural considerations and youth development ⁽¹⁾. However, evidence-based guidance does not automatically translate into practice; recommendations must be

operationalized into routines, decisions and behaviors that fit the realities of the football environment ^(6, 7). A nutrition strategy may be physiologically sound, but its effectiveness depends on whether it can be delivered, understood, repeated and integrated into the rhythm of the football environment.

In applied settings, implementation is shaped by logistics, access to athletes, staff alignment, communication pathways, time constraints, hierarchy, cultural norms and institutional priorities. Recent work on the implementation of the UEFA nutrition consensus in elite football has shown that practitioners experience practical barriers and enablers when applying evidence-based guidance within club environments ⁽⁶⁾. This suggests that successful delivery requires more than knowing what should be recommended; it also requires understanding what makes a recommendation feasible, accepted and sustainable.

Organizational context should therefore not be treated as a neutral background variable. It may actively shape the role, autonomy and practical impact of the sports nutritionist. Nutrition practice is shaped by professional knowledge, access, trust, role clarity, decision-making structures, resources and integration within the wider performance system. Recent qualitative work in professional football further suggests that performance nutritionists must navigate a social field shaped by hierarchy, cultural norms, stakeholder relationships and forms of technical and social capital ⁽⁸⁾.

Research on knowledge translation in professional sport emphasizes that evidence must be interpreted, facilitated and delivered in ways that fit the realities of the environment ⁽⁷⁾. In football, this means that the nutritionist becomes a technical expert, translator, communicator, coordinator and systems practitioner. Against this background, the present thematic review examines how

organizational context shapes the role, autonomy and practical effectiveness of the sports nutritionist in football.

2. Methodology

This work was developed as a thematic review. A bibliographic search was conducted in PubMed/MEDLINE, Scopus, Web of Science Core Collection and SPORTDiscus between March and May 2026. Google Scholar was used as a complementary tool for citation tracking and to identify additional relevant publications through the reference lists of selected papers.

The search strategy was organized around four thematic domains: sports nutrition in football performance; the role of the sports nutritionist in football; organizational context in football and high-performance sport; and implementation of evidence-based practice in applied sport settings. Search terms were combined using “AND” and “OR”, including combinations related to sports nutrition, football/soccer, performance nutrition, sports dietitians, sports nutritionists, practitioner role, organizational context, organizational culture, multidisciplinary teams, knowledge translation, implementation, barriers, enablers and adherence.

Peer-reviewed publications written in English or Portuguese were considered. For sports nutrition and football performance, priority was given to systematic reviews, meta-analyses, scoping reviews, consensus statements, position stands and recent football-specific reviews. For organizational context, practitioner role, culture, multidisciplinary integration and implementation, systematic or narrative

reviews, qualitative studies and conceptual papers were included when relevant to applied football or high-performance sport environments.

Priority was given to literature from the last five years, although older seminal references, consensus documents or conceptually relevant sources were included when no recent equivalent was available. Publications were selected according to their relevance to the purpose of the review. The synthesis followed a thematic approach, focusing on relationships between scientific evidence, practitioner role, organizational conditions and implementation. Bibliographic references were managed using EndNote 2025.

3. Development of the Topic

3.1. Sports Nutrition in Football Performance

Football imposes high and variable physiological demands across training, competition and congested fixture periods. Its intermittent nature requires repeated high-intensity efforts, accelerations, decelerations, changes of direction and technical actions under fatigue, creating nutritional demands that extend beyond basic energy replacement ⁽¹⁾. In this context, sports nutrition supports match readiness, training adaptation, recovery, hydration status, body composition management, immune function and long-term player availability ⁽¹⁾.

Football-specific guidance identifies key areas of practice, including fueling, recovery nutrition, hydration strategies, supplementation, body composition support, travel nutrition, cultural considerations and youth development ⁽¹⁾. These areas show that nutrition in football is not limited to isolated dietary prescriptions; it is connected to the rhythm of the training week, the match calendar, individual player characteristics and team routines.

Carbohydrate availability illustrates the link between physiology and applied practice. Professional football players are advised to adjust carbohydrate intake to training demands, fixture schedule and individual goals, although recent football-specific literature highlights that guidance still relies partly on interpretation, extrapolation and practitioner experience due to limited field-based trials in elite players ⁽⁹⁾. Similarly, recovery nutrition, hydration and supplementation are evidence-informed areas, but their practical use requires attention to timing, safety, athlete response and contextual feasibility ^(1, 10-12).

These areas support the view that sports nutrition is an evidence-informed component of football performance, while also revealing the central tension of this review: recommendations do not operate in isolation. Their practical value depends on what is recommended and on whether the environment allows those recommendations to become consistent action.

3.2. Organizational Context in Football Environments

Football performance environments are not homogeneous. Clubs and academies may share the objective of supporting player health, development, availability and performance, but the conditions under which this support is delivered vary substantially. These include staffing structures, resources, hierarchy, communication systems, role clarity, access to athletes, operational processes and cultural priorities. In elite youth football, medical and performance units have been described as integral components of development programs, with operational practices varying across clubs and national federations ⁽²⁾. In high-performance sport, practitioner effectiveness is shaped by individual expertise and by the quality of the system in which that expertise is applied ⁽³⁾.

Nutrition support depends on collaboration with coaches, medical staff, strength and conditioning coaches, physiotherapists, performance analysts, logistics staff, catering services and, in academy contexts, families or educational staff. It may also be influenced by wider club stakeholders, including academy directors, team managers or senior decision-makers, who can shape resources, access, priorities and the practical boundaries of nutrition support ^(2, 3, 8). Literature on multidisciplinary teams highlights that decision-making, collaboration, interpersonal skills, leadership, psychological safety and adaptability influence service delivery in high-performance sport ⁽⁴⁾.

Organizational structure may both enable and constrain practice. More formalized environments may provide stronger infrastructure, clearer procedures, food provision systems, digital tools and greater resources, improving consistency and scale. However, greater structure may also introduce more hierarchy, more approval layers and less flexibility for rapid practitioner-led adaptation. Conversely, less formalized environments may have fewer resources but allow more direct access to athletes, faster decision-making and greater responsiveness. The relationship between resources and effectiveness is therefore not linear; it depends on how resources are organized, integrated and used ^(2-4, 8).

Organizational culture is also central. Culture influences what is valued, which behaviors are normalized, how practitioners are perceived and whether nutrition is reinforced or treated as optional. In sport organizations, culture shapes meanings, behaviors, assumptions and practices ⁽¹³⁾. In football nutrition, this means that the environment may influence whether nutrition is visible, understood, reinforced and practically achievable.

3.3. The Role of the Sports Nutritionist in Football

The role of the sports nutritionist has evolved alongside the recognition of nutrition as a component of performance, recovery, health and player development. In its most visible form, the role includes individual support, dietary assessment, body composition guidance, hydration strategies, supplementation advice and preparation for training and competition ⁽¹⁾. However, in applied football environments, it also includes education, communication, food provision, logistics, monitoring systems, interdisciplinary collaboration and the translation of evidence-based recommendations into practical routines ^(1, 6, 14).

This broader role is particularly evident in academy football. Nutrition support in youth development is not limited to immediate performance; it also contributes to nutritional literacy, habit formation, family education and long-term player development ⁽¹⁵⁾. Recent work in English football academies showed that practitioners are involved in nutrition education, food provision and the management of barriers and enablers to nutrition support ^(14, 16). In this setting, the role becomes technical, educational and organizational.

Education is central to this role. Athletes, coaches, parents and support staff require different levels of detail and communication formats. A scientifically correct message has limited value if it is not understood and applied by the intended audience.

The role also includes a substantial operational dimension. Nutrition practice often depends on systems that are not always visible to the athlete: food availability, catering standards, travel logistics, supplementation protocols, hydration monitoring, stock management, digital platforms and delivery timing around training or competition ^(1, 6, 14). These functions may appear secondary

compared with direct athlete contact, but they are central to implementation. A large part of performance nutrition impact may occur before the athlete directly interacts with the nutritionist.

The professional influence of the sports nutritionist is also shaped by the social and organizational environment. Recent qualitative work in professional football suggests that performance nutritionists must navigate a field shaped by hierarchy, stakeholder relationships, implicit rules and forms of technical, social and cultural capital ⁽⁸⁾. Professional effectiveness therefore depends on scientific competence, trust-building, environmental awareness, strategic communication and the ability to act within the boundaries of the system.

3.4. Implementation of Sports Nutrition Practice in Football

Implementation represents the point at which scientific knowledge encounters organizational reality. While the evidence base for football nutrition is increasingly developed, its practical impact is shaped by whether recommendations can be translated into routines, systems, behaviors and decisions ^(6, 7). Knowing what should be recommended is not the same as being able to implement it consistently, appropriately and sustainably ^(6, 7).

Inside football environments, implementation is shaped by access to athletes, staff alignment, time availability, logistical systems, communication pathways, food provision, organizational culture, leadership and practitioner autonomy. Research on barriers and enablers to implementing the UEFA nutrition consensus in elite football shows that nutritionists face practical challenges when translating evidence-based guidance into club realities ⁽⁶⁾. For example, a recovery strategy may be nutritionally appropriate, but it becomes ineffective if food is not available at the right time, if delivery is not clearly owned by staff, or if athletes

do not understand why it matters. Implementation is therefore not simply the final step after evidence has been established; it is a professional process requiring adaptation, negotiation and system-level coordination.

Knowledge translation literature reinforces this point. Effective performance delivery requires more than awareness of research evidence; it depends on the ability to interpret evidence, understand the recipient, facilitate change and deliver knowledge in a way that fits the specific environment ⁽⁷⁾. In football nutrition, this means converting scientific principles into actions that fit training schedules, match routines, travel demands, athlete preferences, staff priorities and available resources. Evidence must be translated, not merely transferred.

Implementation also depends on visible and invisible work. Visible work may include athlete education, consultations, group presentations, hydration testing or direct support around training and competition. However, much of the nutritionist's impact may be built through less visible processes: organizing stock, coordinating food provision, developing educational resources, aligning with staff, creating monitoring tools and ensuring that appropriate nutrition options are available at the right time. Operational reliability is part of nutrition quality.

The cultural and human context of the athlete must also be considered. Football players do not make nutritional decisions in isolation from beliefs, routines, preferences, family environment, religion, language, stress, sleep, school or professional commitments. Recent qualitative research in professional football suggests that players' dietary practices are shaped by personal upbringing, cultural background, social capital, economic resources and the wider

club context ⁽¹⁷⁾. Strategies that ignore cultural, social or individual context may be physiologically valid but practically fragile.

Similarly, digital tools and monitoring systems may support implementation, but only when integrated into daily routines. Without consistent data entry, interpretation and follow-up, they may create the appearance of organization without necessarily improving practice. Together, these considerations suggest that implementation is one of the defining challenges of sports nutrition practice in football. The key issue is whether a scientifically valid recommendation can be sustained within the rhythm, structure, hierarchy, logistics, culture and priorities of the football environment.

4. Critical Analysis

Sports nutrition in football is no longer primarily limited by the absence of scientific knowledge. In key areas such as fueling, recovery, hydration and supplementation, evidence-informed recommendations are increasingly available ^(1, 9-12). However, the central challenge lies in the transition from evidence to implementation. This transition is shaped by implementation barriers and knowledge translation processes ^(6, 7), organizational structure and performance-team functioning ⁽²⁻⁴⁾, practitioner positioning and social dynamics within football environments ⁽⁸⁾, and communication, culture and food provision ^(13, 14, 17). For this reason, the role of the sports nutritionist should be interpreted through both a technical and an organizational systems-based perspective.

4.1. From Evidence to Applied Impact

A central theme emerging from the literature reviewed is that evidence does not automatically become practice; evidence-based recommendations require

context-sensitive translation and implementation before they can influence football practice ^(6, 7). Scientific recommendations define what should ideally be done, but their effectiveness depends on whether they can be delivered, reinforced and repeated within the constraints of the football environment.

The implementation of the UEFA nutrition consensus in elite football illustrates this issue clearly. Although the recommendations provide a strong evidence-informed foundation, practitioners still report barriers and enablers related to club realities ⁽⁶⁾. Similarly, knowledge translation literature emphasizes that research evidence must be adapted, communicated, facilitated and delivered in a way that fits the context of practice ⁽⁷⁾. The key question therefore shifts from “what is the best recommendation?” to “what allows the best recommendation to become feasible, accepted and sustainable?”.

In football, a strategy may be scientifically correct but operationally weak if it lacks timing, logistical support, athlete buy-in, staff reinforcement or clear ownership. A pre-match fueling plan, for instance, has limited value if the athlete does not know how to apply it, if suitable food is unavailable, or if it conflicts with the team routine. Implementation is therefore part of the professional role itself, not an accessory to evidence.

4.2. Structure, Resources and Autonomy

The relationship between structure, resources and autonomy is complex. Better-resourced environments may provide stronger food provision, advanced monitoring systems, better staffing, digital platforms and more consistent operational processes. However, highly structured environments may also

introduce more hierarchy, formal approval pathways and less flexibility for rapid practitioner-led adaptation.

This creates an important trade-off. In larger football environments, the nutritionist may gain stronger infrastructure but may also need to navigate more layers of coordination. In smaller or less formalized environments, the practitioner may face fewer resources but sometimes have closer athlete contact, faster decision-making and more direct influence. Neither context is inherently superior. The key question is how resources, autonomy, communication and role clarity interact to shape implementation.

This perspective is supported by literature on performance support teams, which shows that effectiveness depends on more than the presence of expertise; it also depends on structure, team functioning, interpersonal processes and the wider environment ⁽³⁻⁵⁾. In football academies and performance departments, operational structures vary across organizations, reinforcing that context influences how support services are delivered ⁽²⁾. Recent work in professional football also suggests that performance nutritionists must navigate stakeholder relationships, hierarchy and forms of professional capital that shape their practical influence ⁽⁸⁾.

4.3. The Sports Nutritionist as a Systems Practitioner

The literature reviewed supports a broader interpretation of the sports nutritionist's role. In football, the nutritionist's role extends beyond dietary advice. The role may include education, behavior change, food provision, supplementation governance, hydration monitoring, travel planning, communication with staff, family education and the creation of systems that make appropriate nutrition easier to implement ^(1, 6, 14).

Much of the nutritionist's impact may occur through work that is not immediately visible to athletes. Stock organization, catering standards, educational materials, monitoring tools, digital platforms and staff coordination may all shape the nutritional environment before an individual recommendation is delivered. If food is unavailable, poorly timed, poorly communicated or disconnected from team routines, even a strong recommendation may fail.

The sports nutritionist therefore operates at the intersection of science, behavior, logistics, communication and organizational culture. Recent work in professional football suggests that performance nutritionists must navigate hierarchy, stakeholder relationships, implicit norms and different forms of technical and social capital ⁽⁸⁾. Professional effectiveness therefore depends on scientific competence, trust-building, environmental awareness, strategic communication and the ability to act within the boundaries of the system.

4.4. Communication, Culture and Contextual Adaptability

Athlete adherence is often discussed as an individual responsibility, but the literature suggests that nutritional behaviors are also shaped by the environment in which athletes live, train and make food decisions ^(14, 17). Adherence should therefore be interpreted not only as a matter of knowledge or motivation, but also as an environmental outcome. Nutritional behavior is shaped by what athletes understand, what staff reinforce, what food options are available, who influences decisions and what fits daily routines.

Organizational culture is therefore central to football nutrition. Culture influences what is normalized, how support services are perceived and whether nutrition is treated as a performance priority or an optional add-on ^(13, 17). In

academy environments, nutrition education also involves habit formation, family influence and long-term development ⁽¹⁴⁾. Communication is the mechanism through which evidence becomes understandable and actionable; players, coaches, parents, medical staff, strength and conditioning staff, chefs and logistics personnel do not need the same message. The same scientific principle may need to become a simple cue for a young player, a practical checklist for parents, a timing decision for staff, or an operational routine for food provision.

Contextual adaptability should therefore be considered a core competency of the sports nutritionist in football. The same evidence-based principle may require different forms of delivery depending on the environment ^(6-8, 17). This does not mean lowering standards; it means understanding which parts of a recommendation are essential and which can be adapted to improve feasibility, adherence and sustainability. More research is still needed on how nutrition practice is implemented inside real football environments, particularly regarding organizational structures, practitioner autonomy, stakeholder relationships, operational systems and implementation barriers.

The main themes identified in this review can be summarized as a set of interacting dimensions that shape whether sports nutrition knowledge becomes feasible, accepted and sustainable in football practice (Appendix A). Practical implications derived from these dimensions are summarized in Appendix B.

Overall, this critical analysis reinforces the central argument of the review: sports nutrition in football is not defined only by scientific recommendations. It is shaped by the organizational conditions that determine whether those recommendations can be translated into action. The sports nutritionist's role is therefore technical, educational, relational, operational and contextual.

5. Conclusions

This thematic review examined how organizational context shapes the role, autonomy and practical effectiveness of the sports nutritionist in football. The literature reviewed suggests that sports nutrition is an important and evidence-informed component of football performance. However, its practical impact depends not only on the quality of scientific recommendations, but also on the organizational conditions under which those recommendations become practice.

The role of the sports nutritionist in football should therefore be understood as broader than individual dietary counseling. In applied environments, the nutritionist may act as an educator, communicator, coordinator, operational planner and translator of scientific knowledge into practical systems. This includes visible support, such as athlete education and individual guidance, but also less visible work, including food provision, supplementation governance, hydration monitoring, logistics and routines that make evidence-based behaviors easier to repeat.

A central conclusion of this review is that organizational context is not merely a background variable. Resource availability, hierarchy, role clarity, access to athletes, communication pathways, organizational culture and multidisciplinary integration can all facilitate or constrain practice. In football, the challenge is not only knowing what evidence-based nutrition practice should look like, but also understanding what allows that practice to become feasible, accepted, integrated and sustainable. The sports nutritionist should therefore be understood as a systems practitioner: a technical expert working at the intersection of science, behavior, logistics, communication and organizational culture.

Acknowledgements

I would like to thank Professor Tiago Silva and Professor Paulo Colaço for the way they shaped how I see nutrition and sport, especially within the football club environment, and for the trust and recognition they gave me along the way. Their teaching, enthusiasm and early guidance gave me real maturity and confidence in these themes, and helped me understand that football is shaped not only by science, but also by people, environments and internal dynamics that can be hard to navigate. This was something I later felt firsthand, and it is what truly inspired the theme of this work. I am also grateful to Royal Sporting Club Anderlecht, where I did my internship and where this review took shape. The experiences I lived there are what pushed me to look more closely at the evidence behind these questions.

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Complementary work supervisor's evaluation

COMPLEMENTARY WORK SUPERVISOR'S EVALUATION

Guilherme chose a topic that is both highly relevant and rarely addressed at this level of study: the influence of organizational context on the role and effectiveness of the sports nutritionist in football.

The thematic review is well structured and clearly written, drawing on recent, high-quality literature including football specific consensus statements, qualitative research and implementation science. Guilherme moved beyond a descriptive summary of nutritional recommendations and built a coherent argument around the translation of evidence into practice, a perspective that reflects real professional scientific maturity. The critical analysis and the conceptual synthesis in the appendices are valuable original contributions.

Throughout the supervision process, Guilherme worked with a high degree of autonomy and communicated professionally. His willingness to question how nutrition support actually functions within a club, rather than how it appears in guidelines, shows good understanding of the literature.

In summary, this work meets and exceeds the expectations for the curricular unit. It is scientifically sound, practically relevant and clearly reflects the student's analytical capacity. I evaluate this work very positively and congratulate Guilherme on the result.

Brussels, 11/06/2026

Sincerely,

A handwritten signature in black ink, appearing to read 'Jana Camphens', with a stylized flourish underneath.

Jana Camphens
First Team Performance Nutritionist
Royal Sporting Club Anderlecht

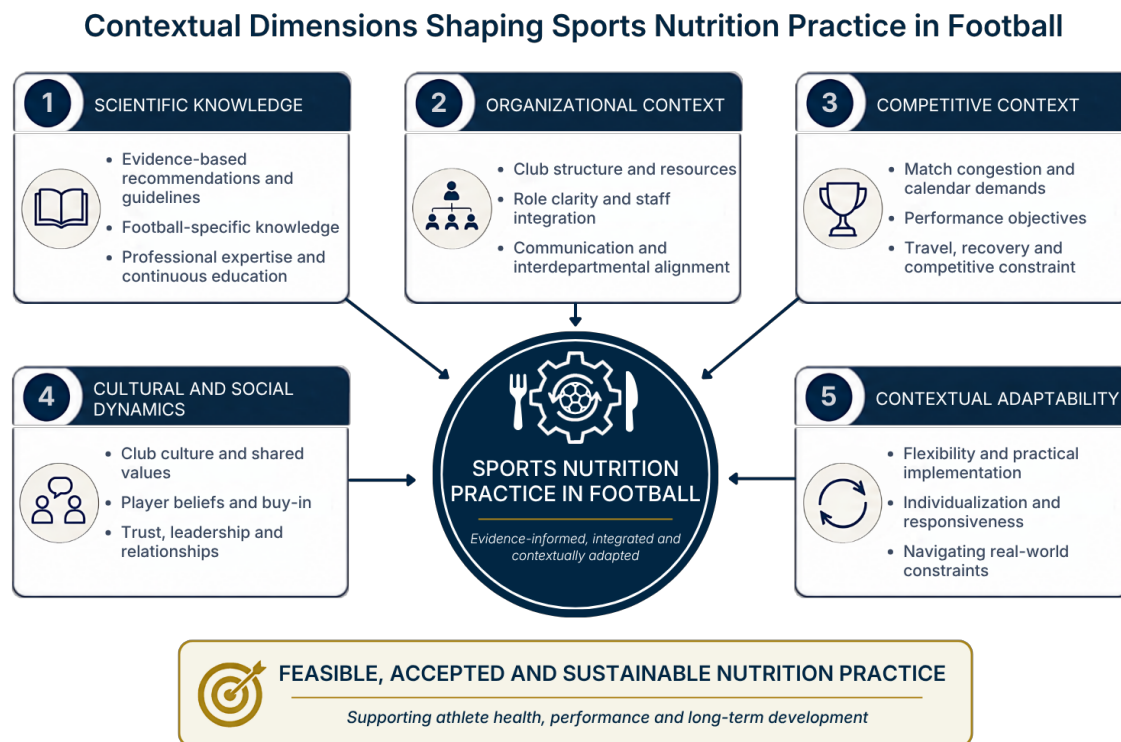
Appendices

Index of Appendices

Appendix A – Conceptual Synthesis of the Contextual Dimensions Shaping the Role of the Sports Nutritionist in Football

Appendix B – Practical Implications of the Contextual Dimensions Identified in the Review

Appendix A – Conceptual Synthesis of the Contextual Dimensions Shaping the Role of the Sports Nutritionist in Football



Appendix A. Conceptual synthesis of the main contextual dimensions influencing the role and practical effectiveness of the sports nutritionist in football. Source: author's own elaboration based on the literature reviewed.

Appendix B – Practical Implications of the Contextual Dimensions Identified in the Review

Contextual dimension	Practical implication for football nutrition practice	Supporting literature
Scientific knowledge	Evidence-based recommendations must be interpreted according to football demands, player characteristics and applied context.	(1, 9-12, 15)
Organizational structure	Resources, hierarchy, role clarity and access to athletes influence the nutritionist's autonomy and practical impact.	(2-5, 8)
Operations and logistics	Nutrition strategies depend on food availability, timing, stock systems, travel logistics and delivery routines.	(1, 2, 6, 14, 16)
Communication and culture	Messages must be adapted to players, staff, parents and the cultural norms of the environment.	(8, 13, 14, 17)
Contextual adaptability	The nutritionist must adapt delivery without losing scientific integrity.	(6-8, 17)

Appendix B. Practical implications of the contextual dimensions identified in the review. Source: author's own elaboration based on the literature reviewed.

