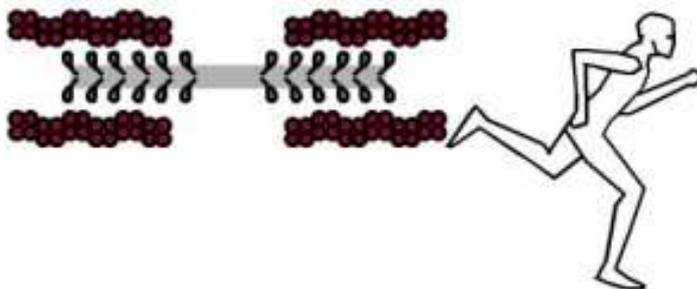


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# Evidence-based recommendations for nutrition in Alpine Skiing

Cooperation project of the German Skiing Association (DSV) and the Chair of Exercise Biology (TUM)

## Master Thesis in Sport Science

**Start:** as soon as possible

### Project description

In elite sports, an optimised and evidence-based nutrition can make the crucial difference. The aim of this project is to develop and explain nutrition recommendations for the preparation phase in professional alpine skiing based on scientific literature as well as on current training and performance data. These are our main questions:

- 1) At which times skiers should take in what amount of carbohydrates in order to improve performance in training and competition and to maximise endurance capacity, power and muscle hypertrophy?
- 2) Is there evidence that using nutritional ergogenic aids increase skiing performance?
- 3) How should alpine skiers eat in order to optimise their body weight?

### Requirements

Suitable for all master degree courses in Sport Sciences or Health Sciences

### Supervision

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