

Table S1. Thematic Analysis (Phase 2). Initial code generation based on theoretical assumptions and research aims (semantic approach).

Code	Code Description
CR: Concussion Injury Report	
CR 1	Injury mentioned.
CR 2	Interviewer probed (was not mentioned as a common injury)
CR 3	Athlete
CA: Concussion Awareness	
CA1	Head injury/ concussion event awareness/ communication
CA2	PN dealings with concussion injuries in athlete
CA3	Blasé attitude to concussion injuries in rugby
CA4	Timeframe for PN to support athletes' (acute period (<14 days))
CA5	PN previously experienced a concussion as an athlete
CA6	PN no mention until probed (did not mentioned as a common injury)
CA7	Symptoms/ recovery need (rest, nausea...)
CA8	Protocols increasing injury risk/ sport – hydration/ drying out
NC: Nutrition Consideration - Concussion Support	
NC1	PN poor awareness/ no consideration/ no mention/ see link
NC2	PN awareness – mentions/ logically considers nutrition specific to concussion/ researching
NC3	PN awareness – mentions referring out for nutrition support
NC4	PN new awareness/ comfort/ reassurance/ increased buy-in – nutrition
NC5	PN's Concussion Nutrition Protocols
NP: Nutrition Protocol - Concussion Support	
NP1	Poor knowledge on concussion nutrition protocols
NP2	Implementation of strategic overall nutrition support protocol
NP3	Implementation of dietary protocols to support brain healing/ recovery
NP4	Implementation novel protocols that may support brain healing/ recovery
NP5	No specific nutrition strategy for concussion recovery
NP6	Appetite – not an issue in concussion
NP7	Athlete adherence concussion protocols – reality/ evidence markers
NP A.	A. Nutrition protocols that may support concussion recovery
NP5 - C	Creatine supplementation protocols
C1	No true awareness/ knowledge
C2	Awareness of potential creatine role in concussion recovery
C3	Application is not a strategic concussion recovery support protocol?
C4	Protocol specific to increase intake of creatine post-concussion event
NP5- FO	Fish Oil - Omega 3 supplementation
FO1	No true awareness/ knowledge – application purpose
FO2	Awareness of omega-3 fish oils potential role in concussion
FO3	Application is not a strategic concussion recovery support protocol?
FO4	Protocols to increase omega 3 intakes post-concussion event

NP5 -P	Probiotic - supplementation
P1	No true awareness/ knowledge – application purpose
P2	Gut-brain support - Anecdotal evidence
NP5 - Cr	Carb reloading protocol
C-r1	Carbohydrate reloading – PN purpose uncertainty
C-r2	Protocol to carb-reload post-concussion event

Abbreviation notes: **CR** = Concussion report, **CA** = Concussion awareness, **NC** = Nutrition Consideration (concussion support), **NP** = Nutrition Protocols (concussion support), **C** = Creatine supplementation, **FO** = Fish Oil - Omega 3 supplementation, **P** = Probiotic – supplementation, **C-r** = Carb reloading.