

# Postgraduate Diploma

Optimizing Physical Activity, Nutrition  
and Emotional Support with Artificial  
Intelligence in Nursing





## Postgraduate Diploma Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/artificial-intelligence/postgraduate-diploma/postgraduate-diploma-optimizing-physical-activity-nutrition-emotional-support-artificial-intelligence-nursing](http://www.techtute.com/us/artificial-intelligence/postgraduate-diploma/postgraduate-diploma-optimizing-physical-activity-nutrition-emotional-support-artificial-intelligence-nursing)

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01

# Introduction to the Program

The integration of Artificial Intelligence in the field of healthcare has significantly transformed the way in which physical activity, nutrition and emotional support are approached in patient care. In this regard, the World Health Organization has highlighted the importance of these three pillars in the prevention and treatment of chronic diseases, stressing that the combination of technology and personalized care can substantially improve the quality of life of individuals. Aware of this scenario, TECH has designed this university program that will provide the most updated knowledge in the area. From a 100% online methodology, professionals will specialize in one of the most innovative fields of health, combining technology and wellness in nursing practice.



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*With this fully online Postgraduate Diploma, you will master the most innovative Artificial Intelligence techniques to optimize patients' Physical Activity and Nutrition plans”*

The Optimization of Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing is key to improve the health and well-being of patients, as well as to enhance the work of health personnel. In this field, intelligent systems allow to personalize physical activity and nutrition plans according to the profile of each user, based on biometric and clinical data in real time. This helps to prevent diseases, accelerate recovery and improve quality of life.

Given this premise, TECH has designed this Postgraduate Diploma in Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing, which will provide specialized and updated knowledge. Through a comprehensive curriculum, topics such as data analysis for the optimization of patients' physical performance, the application of predictive algorithms in hospital nutrition and the development of digital platforms for monitoring emotional well-being will be addressed. In addition, they will delve into the use of Machine Learning models that facilitate the monitoring of patient recovery, enabling early and personalized intervention.

After completing this program, nurses will acquire highly demanded skills in the digital health sector, positioning themselves as key professionals in the evolution of healthcare. Thanks to the skills developed, they will find new job opportunities in hospitals, research centers and specialized clinics. They will also be prepared to lead innovative projects in the field of technological health, standing out for their mastery in the application of digital tools for the optimization of patient care.

In addition, this program will be taught in a 100% online mode, providing total flexibility so that graduates can combine their training with their working life. In turn, the program implements the Relearning methodology, based on the intelligent reiteration of content, which facilitates the progressive assimilation of knowledge without resorting to conventional methods.

The **Postgraduate Diploma in Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing** contains the most complete and up-to-date academic program on the market. Its most notable features are:

- ♦ Development of practical cases presented by experts in Artificial Intelligence
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies in the Optimization of Physical Activity, Nutrition and Emotional Support with AI in Nursing.
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will use Artificial Intelligence techniques for constant monitoring of patients' health, allowing you to adjust users' Physical Activity programs"*

“

*You will use Artificial Intelligence to assess the emotional state of individuals, providing personalized Emotional Support to improve their well-being”*

It includes in its teaching staff professionals belonging to the field of Artificial Intelligence, who pour into this program the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Relearning will allow you to update your knowledge with less effort and more performance, involving you more in your professional specialization.*

*You will delve into the ethical principles and regulations in the use of machine learning in the field of Nursing.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.





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*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

**The world's best online university, according to FORBES**

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

**Forbes**

The best online university in the world

The most complete syllabus

**The most complete syllabuses on the university scene**

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

**The best top international faculty**

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

**TOP**  
international faculty



The most effective methodology

**A unique learning method**

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

**The world's largest online university**

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

**World's No.1**  
The World's largest online university

### The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

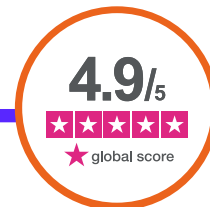
### Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



### Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



### The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



# 02 Syllabus

The curriculum will offer comprehensive training in the use of advanced digital tools, providing the necessary knowledge to interpret clinical information, make informed decisions and optimize the quality of care. In this way, professionals will delve into the impact of AI in monitoring the physical condition of patients through wearable technology, the implementation of chatbots and virtual assistants to improve adherence to nutritional treatments. In addition, they will delve into the application of Machine Learning in the prediction of clinical risks and the use of neural networks to personalize rehabilitation plans according to the patient's evolution.



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*You will integrate Physical Activity, Nutrition and emotional well-being in personalized health plans through intelligent systems”*

## Module 1. Using Artificial Intelligence and Virtual Reality in Emotional Support in Nursing

- 1.1. Introduction to Artificial Intelligence-Assisted Emotional Support (Woebot)
  - 1.1.1. Concept and Relevance of Emotional Support in Artificial Intelligence
  - 1.1.2. Benefits and Limitations of Artificial Intelligence Emotional Support
  - 1.1.3. Main Applications in the Field of Mental Health
  - 1.1.4. Differences with Traditional Emotional Support
- 1.2. Chatbots in Emotional Support
  - 1.2.1. Types of Chatbots Available for Emotional Support (Replika, Wysa)
  - 1.2.2. Examples of Mental Health Chatbots
  - 1.2.3. Limitations of Chatbots in Emotional Support
  - 1.2.4. Case Studies of the Use of Chatbots in the Healthcare Sector
- 1.3. Artificial Intelligence Tools for Mental Health (Youper, Koko)
  - 1.3.1. Artificial Intelligence Success Stories in Mental Health
  - 1.3.2. Current Emotional Support Tools
  - 1.3.3. Integrating Artificial Intelligence in Mental Health Therapies
  - 1.3.4. Measuring the Effectiveness of Artificial Intelligence Tools
- 1.4. Privacy and Security in Artificial Intelligence-Assisted Emotional Support
  - 1.4.1. Importance of Privacy in Artificial Intelligence-Assisted Emotional Support
  - 1.4.2. Privacy Regulations in the Use of Artificial Intelligence in Healthcare
  - 1.4.3. Data Security in Emotional Support Systems
  - 1.4.4. Ethics and Protection of Sensitive Information
- 1.5. Comparison between Traditional Emotional Support and Emotional Support with Artificial Intelligence
  - 1.5.1. Current Challenges in Both Approaches
  - 1.5.2. Benefits of Combining Artificial Intelligence with Traditional Methods
  - 1.5.3. Case Studies in Mixed Emotional Support
  - 1.5.4. Implementation Challenges and Acceptance of Artificial Intelligence Support
- 1.6. Virtual Reality in Patient Care (Psious, RelieVRx)
  - 1.6.1. Introduction to Virtual Reality in Healthcare
  - 1.6.2. Virtual Reality Devices and Their Medical Application
  - 1.6.3. Virtual Reality in Patient Preparation
  - 1.6.4. Evolution of Virtual Reality in Healthcare

- 1.7. Virtual Reality Applications in Rehabilitation (MindMotion, VRHealth)
  - 1.7.1. Using Virtual Reality in Motor Rehabilitation
  - 1.7.2. Pain Management Using Virtual Reality
  - 1.7.3. Treatment of Phobias and Anxiety Disorders
  - 1.7.4. Examples of Successful Rehabilitation with Virtual Reality
- 1.8. Ethical Considerations in the Use of Virtual Reality
  - 1.8.1. Ethics in Virtual Reality Treatments
  - 1.8.2. Patient Safety in Virtual Environments
  - 1.8.3. Risks of Addiction and Overexposure to Virtual Reality
  - 1.8.4. Regulations in the Use of Virtual Reality in Healthcare
- 1.9. Comparison of Traditional Treatments and Virtual Reality
  - 1.9.1. Differences in the Effectiveness of Both Approaches
  - 1.9.2. Use Cases for Mixed Treatments
  - 1.9.3. Cost-Benefit Analysis
  - 1.9.4. Expert Opinion on the Use of Virtual Reality
- 1.10. Future of Virtual Reality in Patient Care
  - 1.10.1. Technological Advances in Virtual Reality Applied to Healthcare
  - 1.10.2. Predictions on the Impact of Virtual Reality on Healthcare
  - 1.10.3. Integrating Virtual Reality into Regular Medical Practices
  - 1.10.4. Future Possibilities for Virtual Reality Training

## Module 2. Physical Activity Improvement with Artificial Intelligence and Virtual Reality for Nursing

- 2.1. Introduction to Artificial Intelligence in Physical Activity (Google Fit)
  - 2.1.1. Importance of Artificial Intelligence in the Field of Physical Activity
  - 2.1.2. Applications of Artificial Intelligence in Fitness Tracking
  - 2.1.3. Advantages of Using Artificial Intelligence to Improve Physical Performance
  - 2.1.4. Successful Cases of Artificial Intelligence in Training Optimization
- 2.2. Artificial Intelligence Tools for Physical Activity Tracking (Whoop, Google Fit)
  - 2.2.1. Types of Artificial Intelligence Tracking Devices
  - 2.2.2. Smart Sensors and Wearables
  - 2.2.3. Advantages of Using Artificial Intelligence for Continuous Monitoring
  - 2.2.4. Examples of Monitoring Platforms

- 2.3. Virtual and Augmented Reality in Physical Training
  - 2.3.1. Introduction to Virtual Reality (VR) and Augmented Reality (AR)
  - 2.3.2. Applying VR and AR in Fitness Programs
  - 2.3.3. Benefits of Immersion in Extended Reality Environments
  - 2.3.4. Case Studies of VR and AR Training
- 2.4. Platforms and Apps for Physical Activity Tracking (MyFitnessPal, Jefit)
  - 2.4.1. Mobile Apps for Physical Activity Monitoring
  - 2.4.2. Innovative Artificial Intelligence-Based Platforms
  - 2.4.3. Comparison between Traditional Application and Emotional Support from Artificial Intelligence
  - 2.4.4. Examples of Popular Platforms
- 2.5. Education Offer Personalization with Artificial Intelligence
  - 2.5.1. Creating Customized Training Plans
  - 2.5.2. Data Analysis for Real-Time Adjustments
  - 2.5.3. Artificial Intelligence in the Optimization of Routines and Targets
  - 2.5.4. Examples of Customized Plans
- 2.6. Motivation and Progress Tracking with Artificial Intelligence Tools
  - 2.6.1. Artificial Intelligence for Progress and Performance Analysis
  - 2.6.2. Artificial Intelligence-Assisted Motivation Techniques
  - 2.6.3. Real-Time Feedback and Personalized Motivation
  - 2.6.4. Success Stories in Improving Exercise Adherence
- 2.7. Comparative Analysis between Traditional and Artificial Intelligence Methods
  - 2.7.1. Efficiency of Traditional Methods vs. Artificial Intelligence
  - 2.7.2. Costs and Benefits of Using Artificial Intelligence in Training
  - 2.7.3. Challenges and Limitations of Technology in Physical Training
  - 2.7.4. Expert Opinion on the Impact of Artificial Intelligence
- 2.8. Ethics and Privacy in Monitoring Physical Activity with Artificial Intelligence
  - 2.8.1. Protection of Personal Data in Artificial Intelligence Tools
  - 2.8.2. Privacy Regulations in Artificial Intelligence Devices
  - 2.8.3. Liability in the Use of Physical Activity Data
  - 2.8.4. Ethics in Monitoring and Analysis of Personal Data

- 2.9. Future of Artificial Intelligence in Training and Physical Activity
  - 2.9.1. Technological Advances in Artificial Intelligence and Fitness
  - 2.9.2. Predictions on the Impact of Artificial Intelligence on Physical Activity
  - 2.9.3. Possibilities for Development in Extended Reality
  - 2.9.4. Long-Term Vision of Artificial Intelligence in the Sports Environment
- 2.10. Case Studies in Physical Activity Improvement with Artificial Intelligence
  - 2.10.1. Case Studies on Training Optimization
  - 2.10.2. Experiences of Users in Improving Their Performance
  - 2.10.3. Analysis of Data from Artificial Intelligence and Fitness Studies
  - 2.10.4. Results and Conclusions on the Impact of Artificial Intelligence

### Module 3. Optimizing Nutrition and Health Education with Artificial Intelligence in Nursing

- 3.1. Principles of Personalized Nutrition with Artificial Intelligence in Nursing
  - 3.1.1. Fundamentals of Personalized Nutrition
  - 3.1.2. Role of Artificial Intelligence in Individualized Nutrition
  - 3.1.3. Benefits of Personalization in Nutritional Plans
  - 3.1.4. Examples of Success in Personalized Nutrition
- 3.2. Application of Artificial Intelligence in Nutrition
  - 3.2.1. Artificial Intelligence Mobile Nutrition Applications (MyFitnessPal, Foodvisor, Yazio)
  - 3.2.2. Dietary Tracking Tools
  - 3.2.3. Comparison of Artificial Intelligence Apps for Nutrition
  - 3.2.4. Review of Popular Applications
- 3.3. Personalized Nutrition Assistants
  - 3.3.1. Artificial Intelligence for Nutritional Recommendations (Nutrino, Viome, Noom)
  - 3.3.2. Virtual Assistants in Nutrition
  - 3.3.3. Examples of Personalization in Nutrition
  - 3.3.4. Challenges in the Development of Nutritional Assistants
- 3.4. Comparison from Traditional Tools and Emotional Support from Artificial Intelligence in Nutrition
  - 3.4.1. Efficacy of Traditional Methods vs. Artificial Intelligence
  - 3.4.2. Benefits of Artificial Intelligence over Conventional Tools
  - 3.4.3. Costs and Accessibility of Artificial Intelligence Tools
  - 3.4.4. Comparative Case Studies

- 3.5. Future of Artificial Intelligence-Assisted Nutrition
  - 3.5.1. Technological Innovations in Nutrition
  - 3.5.2. Predictions on the Impact of Artificial Intelligence in Nutrition
  - 3.5.3. Future Challenges in the Personalization of Nutrition
  - 3.5.4. Long-Term Vision of Artificial Intelligence in Nutrition
- 3.6. Artificial Intelligence Tools for Outreach and Health Education
  - 3.6.1. Introduction to Artificial Intelligence Tools in Health Education
  - 3.6.2. Guide for Creating Effective Educational Prompts
  - 3.6.3. Introduction to Gemini
  - 3.6.4. Introduction to ChatGPT
- 3.7. Optimization of Educational Searches with Artificial Intelligence
  - 3.7.1. Artificial Intelligence-Assisted Search Engines
  - 3.7.2. Examples of Search Engines in Health Education
  - 3.7.3. Advanced AutoCAD Functions with Artificial Intelligence
  - 3.7.4. Using Special Operators to Improve Searches
- 3.8. Academic Presentations Enhanced with Artificial Intelligence
  - 3.8.1. Artificial Intelligence Tools for Academic Presentations
  - 3.8.2. ChatGPT for Scientific Presentations
  - 3.8.3. Gemini for Event Presentations
  - 3.8.4. Additional Platforms such as Gamma.app, Beautiful AI and Tome
- 3.9. Creation of Scientific Posters with Artificial Intelligence
  - 3.9.1. Introduction to Artificial Intelligence Tools for Posters
  - 3.9.2. Visme as a Tool for Scientific Posters
  - 3.9.3. Biorender for Visualizing Scientific Information
  - 3.9.4. Jasper and Canva in the Creation of Posters
- 3.10. Creating Educational Avatars and Assistants
  - 3.10.1. Artificial Intelligence Applied to the Creation of Educational Avatars
  - 3.10.2. Conversation Engines for Educational Assistants
  - 3.10.3. Tools such as Heygen and Synthesia
  - 3.10.4. Studio D-ID in the Creation of Interactive Avatars







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*You will be able to analyze large volumes of data related to Patients' Physical Activity and Nutrition through advanced algorithms”*

04

# Teaching Objectives

The main objective of this Postgraduate Diploma is to train professionals in the use of tools based on Artificial Intelligence to improve the quality of care in the healthcare field. Through an innovative and multidisciplinary approach, graduates will acquire the necessary skills to apply predictive models, data analysis algorithms and advanced digital technologies in fitness monitoring, the design of personalized nutritional plans and the implementation of emotional support strategies. In this way, you will respond to the demands of the sector and position yourself at the forefront of digital transformation in Nursing.



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*You will apply Artificial Intelligence to improve the quality of life of patients, optimizing their emotional well-being through a holistic approach”*



## General Objectives

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- ◆ Develop advanced skills to integrate Artificial Intelligence tools into clinical practice, improving patient care and the efficiency of care processes
- ◆ Be able to design and implement personalized conversational assistants that optimize communication and clinical information management
- ◆ Manage intelligent systems for resource planning, remote monitoring of users and individualization of care plans
- ◆ Utilize emerging technologies such as Virtual Reality to provide psychological support to individuals
- ◆ Use applications based on Artificial Intelligence to create personalized physical activity and nutrition programs
- ◆ Develop scientific dissemination resources based on specialized software, such as presentations, posters or interactive avatars
- ◆ Ensure responsible handling of sensitive personal data, complying with ethical standards and privacy regulations in the adoption of technological tools
- ◆ Implement AI-assisted remote monitoring systems to improve early detection of clinical complications and optimize the management of chronic diseases
- ◆ Design personalized care plans based on data analysis and supported by intelligent systems
- ◆ Acquire a multidisciplinary approach to facilitate rapid adaptation to changes in the healthcare environment





## Specific Objectives

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### Module 1. Using Artificial Intelligence and Virtual Reality in Emotional Support in Nursing

- ♦ Delve into the applications of Artificial Intelligence in the emotional support of patients through tools such as Woebot and Replika
- ♦ Implement virtual reality programs for mental health management and rehabilitation
- ♦ Analyze the ethical and regulatory considerations related to the use of intelligent systems in emotional support
- ♦ Compare traditional and technological methods to identify best practices in psychological support

### Module 2. Physical Activity Improvement with Artificial Intelligence and Virtual Reality for Nursing

- ♦ Develop technical skills to master applications such as Whoop and Google Fit, aimed at monitoring physical activity
- ♦ Elaborate personalized Physical Activity programs using real time data and AI-assisted analysis
- ♦ Integrate Virtual Reality techniques in fitness and rehabilitation plans to improve the patient's physical well-being
- ♦ Consider the ethical and privacy issues related to physical monitoring and follow-up

### Module 3. Optimizing Nutrition and Health Education with Artificial Intelligence in Nursing

- ♦ Use tools such as Foodvisor and Nutrino to create personalized nutritional plans based on Artificial Intelligence
- ♦ Design innovative resources using platforms such as ChatGPT and Gemini to promote scientific dissemination
- ♦ Master Artificial Intelligence applications in healthcare education, optimizing the creation and presentation of didactic content
- ♦ Explore the future of personalized nutrition and intelligent systems-assisted health education to adapt to new trends



*Thanks to TECH, you will have access to an extensive library of multimedia resources, including interactive summaries, specialized readings, infographics and detailed clinical case analyses”*

# 05

## Career Opportunities

Thanks to this university program, professionals will be prepared to assume strategic roles in personalized care, clinical data management and the application of intelligent technologies to improve patient wellbeing. By acquiring key knowledge, they will be able to work in hospitals, clinics and rehabilitation centers, applying predictive models for disease prevention and continuous monitoring of patients' physical condition. In addition, they will have the possibility of joining units specialized in clinical nutrition, where AI is used to design food plans adapted to pathologies such as diabetes, obesity or cardiovascular diseases.





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*You will adjust individualized Physical Activity programs according to the specific needs of people, using intelligent systems”*

### Graduate Profile

Graduates will be highly qualified to face the challenges presented by the integration of Artificial Intelligence in health care. Thanks to a solid preparation in the application of advanced technologies, the expert will be able to implement innovative strategies in the personalized care of patients, using AI to improve their physical activity, nutrition and emotional well-being. In short, this profile will allow you to comprehensively address the patient's health, not only from a clinical perspective, but also from a technological and preventive perspective.

*You will acquire skills in privacy and security of patient data using Artificial Intelligence tools in Emotional Support.*

- ♦ **Ability to analyze and make decisions based on data:** Interpret and analyze large volumes of clinical, using data using Artificial Intelligence tools
- ♦ **Multidisciplinary Teamwork:** Collaborate effectively with other healthcare professionals, such as physicians, nutritionists, and psychologists, integrating digital technologies into care processes
- ♦ **Change Management and Technological Adaptation:** Manage new tools and methodologies to implement innovative solutions that optimize physical activity, nutrition and emotional support
- ♦ **Leadership in the Implementation of Health Technologies:** Coordinate initiatives in the Nursing field that integrate AI, remote monitoring and other emerging technologies, driving digital transformation





After completing the program, you will be able to use your knowledge and skills in the following positions:

- 1. Digital Health Nurse:** Responsible for the implementation of advanced technologies for monitoring patients, optimizing their physical and emotional health through AI and smart devices.
- 2. Digital Rehabilitation Program Coordinator:** In charge of designing and coordinating personalized rehabilitation plans, using AI tools for monitoring and evaluating patients' progress.
- 3. Nutrition and Smart Health Consultant:** Manager of nutritional plans tailored to individual patient needs, incorporating data analytics and biomarker technologies.
- 4. Digital and Emotional Therapies Nurse:** Responsible for the use of technologies such as chatbots and virtual platforms for the monitoring and emotional support of patients, improving their adherence to treatments.
- 5. Health Innovation Manager:** Leader of projects to implement digital tools in healthcare institutions, driving the integration of AI to optimize care and improve clinical outcomes.
- 6. Preventive Programs with AI Coordinator:** Developer of preventive programs that use AI algorithms to predict health risks and propose personalized solutions based on the data obtained.
- 7. Researcher in Technology applied to Nursing:** Manager of research on the impact of AI on improving nursing care and areas related to physical activity, nutrition and emotional well-being.
- 8. Telemedicine and Remote Monitoring Manager:** Responsible for managing telemedicine platforms and remote monitoring systems, ensuring patients receive personalized and continuous care.

06

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”*

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



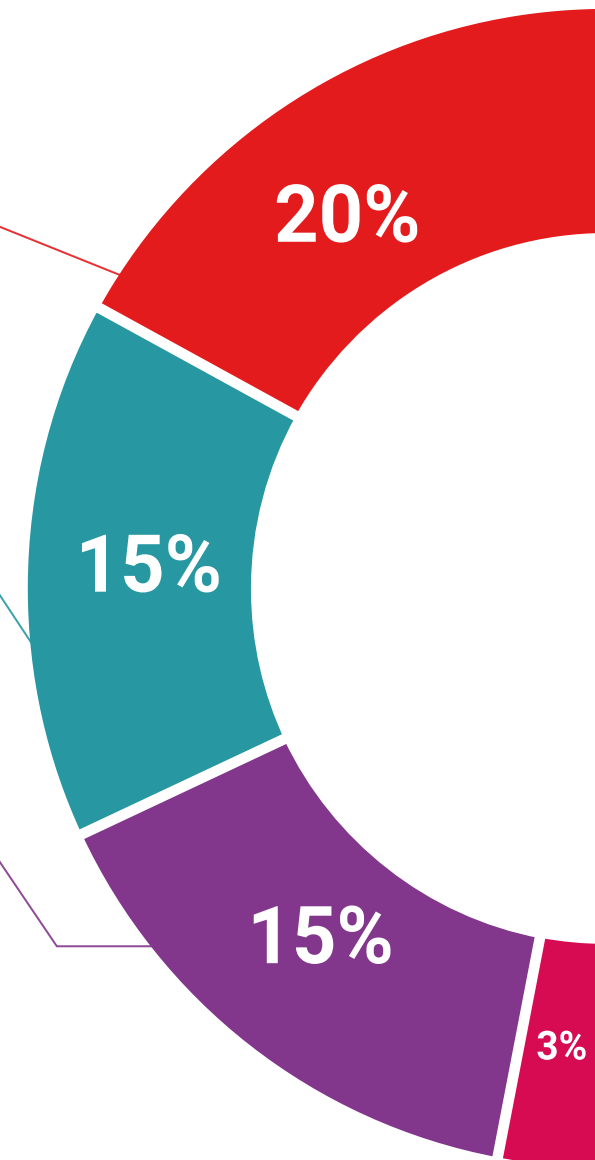
#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge. This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful. Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



07

# Teaching Staff

The faculty of this academic pathway is composed of a multidisciplinary team of highly qualified professionals, with vast experience both in the clinical setting and in the implementation of cutting-edge technologies. In fact, the teachers not only have a deep knowledge in the traditional areas of nursing, but also a solid background in the integration of Artificial Intelligence tools in healthcare. Thanks to their extensive professional background, mentors are constantly updated on the latest technological innovations, which allows students to access relevant content.



“

*You will have the full support of the teaching team, made up of authentic references in Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing”*

## Management



### Dr. Peralta Martín-Palomino, Arturo

- ♦ CEO and CTO at Prometheus Global Solutions
- ♦ CTO at Korporate Technologies
- ♦ CTO at AI Shepherds GmbH
- ♦ Consultant and Strategic Business Advisor at Alliance Medical
- ♦ Director of Design and Development at DocPath
- ♦ Doctorate in Psychology from the University of Castilla La Mancha
- ♦ Doctorate in Economics, Business and Finance from the Camilo José Cela University
- ♦ Doctorate in Psychology from University of Castilla La Mancha
- ♦ Master's Degree in Executive MBA from the Isabel I University
- ♦ Master's Degree in Sales and Marketing Management from the Isabel I University
- ♦ Expert Master's Degree in Big Data by Hadoop Training
- ♦ Master's Degree in Advanced Information Technologies from the University of Castilla La Mancha
- ♦ Member of: SMILE Research Group

## Professors

### Mr. Popescu Radu, Daniel Vasile

- ◆ Independent Specialist in Pharmacology, Nutrition and Dietetics
- ◆ Freelance Producer of Didactic and Scientific Content
- ◆ Nutritionist and Community Dietitian
- ◆ Community Pharmacist
- ◆ Researcher
- ◆ Master's Degree in Nutrition and Health from the Open University of Catalonia
- ◆ Master's Degree in Psychopharmacology from the University of Valencia
- ◆ Pharmacist from the Complutense University of Madrid
- ◆ Nutritionist-Dietitian by the European University Miguel de Cervantes

### Mr. Del Rey Sánchez, Alejandro

- ◆ In Charge of Implementing Programs to Improve Tactical Emergency Care
- ◆ Degree in Industrial Organization Engineering
- ◆ Certification in Big Data and Business Analytics
- ◆ Certification in Microsoft Excel Advanced, VBA, KPI and DAX
- ◆ Certification in CIS Telecommunication and Information Systems

### Ms. Del Rey Sánchez, Cristina

- ◆ Talent Management Administrator at Securitas Seguridad España, S.L.
- ◆ Extracurricular Activities Center Coordinator
- ◆ Tutor and pedagogical interventions with Primary and Secondary Education students
- ◆ Postgraduate in Development, Delivery and Tutoring of e-Learning Training Actions
- ◆ Postgraduate in Early Childhood Care
- ◆ Degree in Pedagogy from the Complutense University of Madrid

08

# Certificate

This Postgraduate Diploma in Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing guarantees, in addition to the most rigorous and up-to-date program, access to an Postgraduate Diploma diploma issued by TECH Global University.







“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This private qualification will allow you to obtain a diploma for the **Postgraduate Diploma in Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University**, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

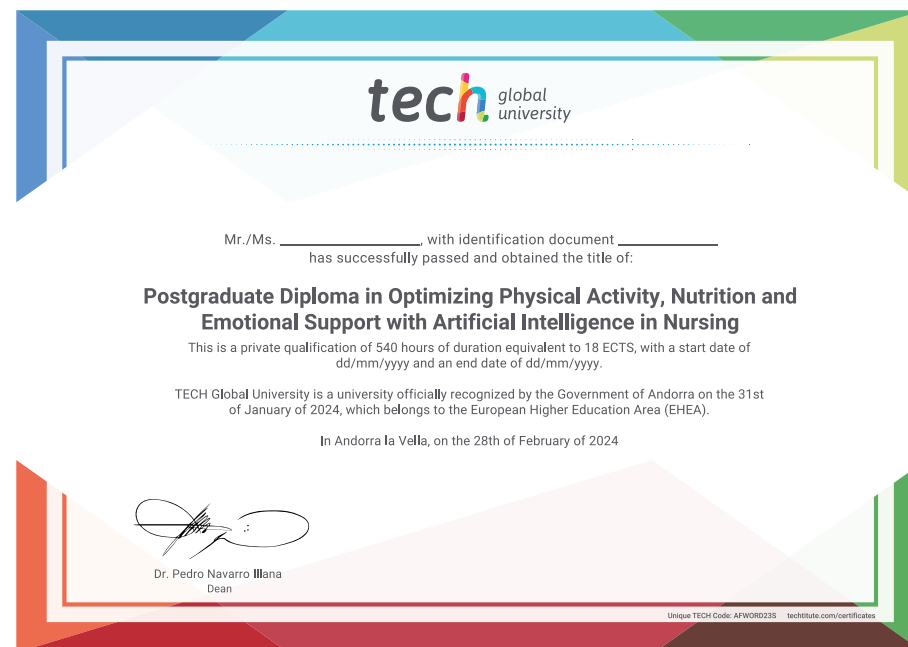
This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



## Postgraduate Diploma Optimizing Physical Activity, Nutrition and Emotional Support with Artificial Intelligence in Nursing

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Global University**
- » Accreditation: **18 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

# Postgraduate Diploma

Optimizing Physical Activity, Nutrition  
and Emotional Support with Artificial  
Intelligence in Nursing