

Internship Program

Sports Nutrition Therapy



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01 Introduction

Science and technology are advancing by leaps and bounds in order to establish nutritional strategies that adjust to the energy and recovery requirements of all kinds of athletes with greater personalization. The protocols for the care of Paralympic athletes, children, or those dedicated to differentiated exercises such as aquatic disciplines are modified as the nutritional criteria for each of them evolve. Therefore, it is a challenge to keep up to date on all these aspects and their applications. With this program, this problem is solved. Through it, TECH offers a 100% face-to-face and immersive learning experience, in a renowned hospital center, which will last only 3 weeks.

“

Achieve a holistic mastery of up-to-date skills to detect the possible signs of nutritional alteration associated with sports practice with the help of this Internship Program"





In just a few years, the scientific and technological evolution in the field of Nutrition has allowed such incredible advances as increasingly personalized feeding protocols. Elite and Paralympic athletes have been the most benefited by these innovations since, through them, health professionals can address specific problems of malabsorption of nutrients, prevent unnecessary energy expenditure and establish a correct hydration according to the physical exercise to be updated. However, not all specialists are prepared to implement the most up-to-date care tools and protocols. This is largely due to the lack of pedagogical programs that delve into the practical skills needed for this branch of health care.

TECH, aware of this scenario, has designed this Internship Program in Sports Nutrition Therapy. The qualification is developed on the basis of a face-to-face and intensive stay, lasting 3 weeks, in a prestigious medical facility. To carry out this learning process, the specialist will move to the facility that best suits their geographic location and will complete 8-hour days, from Monday to Friday. During this time, they will have access to the best resources and will be able to apply diagnostic and treatment procedures on real patients with nutritional or endocrinological pathologies such as Type I Diabetes.

You will also be able to perform many of these tasks in conjunction with leading experts. They will transmit their experiences and will include them in the development of specific professional activities. In addition, the doctor will be supervised at all times by an assistant tutor who will be in charge of helping them at all times to broaden their academic horizons in a progressive and, at the same time, intensive way. After completing this first level clinical practice, the graduate will be ready to implement a fully updated praxis based on the latest scientific evidence in this health discipline.

02

Why Study an Internship Program?

Nowadays, Therapeutic Sports Nutrition has become a coveted specialty. That is why, in this program, TECH wishes to instruct its students in the handling of the most updated equipment and techniques of this discipline. The learning of all these procedures will be guaranteed in this 100% practical mode of study, where the assimilation of new skills will be supervised by a renowned assistant tutor. In addition, this Practical Training will take place for 3 weeks, in a hospital center of international reference.

“TECH will open the doors of first level hospital centers where you will spend an intensive and rigorous face-to-face stay guided by the most distinguished experts in Sports Nutrition Therapy on the international scene”

1. Update from the latest technology available

This Internship Program has been designed so that each TECH graduate will be able to apply the latest technologies related to Sports Nutrition Therapy without any difficulty. This is possible thanks to the fact that, during this intensive on-site stay, the doctor will become directly familiar with the resources of this health area, incorporating them into their daily practice.

2. Gain in-depth knowledge from the experience of top specialists

A large team of experts from highly prestigious hospitals collaborates in this Internship Program. In addition, each specialist will have a designated tutor. This expert will be in charge of verifying the students' control over the most modern diagnostic tools and assistance protocols of Sports Nutrition Therapy.

3. Enter first-class clinical environments

The choice of the medical institutions that are part of this academic modality has involved meticulous care on the part of TECH. Each of the chosen institutions has rigorous experts. In addition, they apply up-to-date technologies and strive to provide innovative solutions to each patient. This comprehensive and demanding context will expand the professional horizons of each graduate with speed and flexibility.



4. Putting the acquired knowledge into daily practice from the very first moment

During the 3 weeks of this Internship Program, the physician will approach and diagnose patients from the world of sports directly in person. This is possible thanks to the innovative learning methodology that favors the link with the daily work practice from the very first moment. Thus, the graduate will focus on developing practical skills instead of mastering cumbersome theoretical contents.

5. Expand the boundaries of knowledge

TECH has a large number of contacts, agreements and collaborations that make it the largest educational institution in the digital context. All these relationships have led the most prestigious hospitals to join this educational program. Thus, students who take this Internship Program will have access to internationally renowned institutions in person.



You will have full practical immersion at the center of your choice"

03 Objectives

Thanks to this Internship Program, you will learn in depth the most current criteria for the nutritional management of the elite athlete. At the same time, in a 100% practical and face-to-face way, you will examine the necessary assessments to take care of the performance of child or Paralympic athletes. You will also learn in situ the preventive care and treatment required by the injured athlete.



General Objectives

- ♦ Handle advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- ♦ Incorporate the different scientific advances into their own professional field and work in a multidisciplinary environment
- ♦ Acquire the necessary skills through the teaching-learning process that will allow them to continue training and learning in the field of sports nutrition, both through the contacts established with professors and professionals of the master's degree, as well as in an autonomous way





Specific Objectives

- ♦ Manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities
 - ♦ Specialize in the structure of muscle tissue and its role in sports
 - ♦ Gain knowledge about the energetic and nutritional needs of athletes in different pathophysiological situations
 - ♦ Master the energy and nutritional needs of athletes in different situations specific to age and gender, for the injured athlete, child athletes and Paralympic athletes
 - ♦ Delve into the mechanisms of energy production according to the type of exercise carried out
 - ♦ Interpret biochemistry to detect nutritional deficits or overtraining states
 - ♦ Learn how to monitor the athlete throughout the season
 - ♦ Plan the periods of the season according to their requirements
 - ♦ Understand the demands and requirements associated with sports activities in aquatic environments
 - ♦ Establish the correct individual hydration guidelines according to the climate
 - ♦ Optimize through a nutritional approach the improvement of body composition
 - ♦ Differentiate between the different types of vegetarian athletes
 - ♦ Treat the notable nutritional deficiencies of sportsmen and sportswomen
 - ♦ Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- ♦ Apply a nutritional strategy according to the new nutritional requirements that appear during the injury period
 - ♦ Determine the nutritional requirements of the different para-sportsmen in order to establish a specific nutritional plan
 - ♦ Assess the nutritional requirements for people with diabetes both in their daily life and in exercise, to improve their health
 - ♦ Apply current scientific evidence on nutritional ergogenic aids



Enroll now with TECH and you will have access to the best 100% hands-on learning experience the educational market has to offer"

04

Educational Plan

This Internship Program is composed of a 3-week intensive on-site stay. During this period, the specialist will move to a prestigious hospital institution, where they will complete an 8-hour working day, from Monday to Friday. At this facility, they will have access to the most modern protocols and tools for the evaluation, diagnosis and treatment of athletes with nutritional pathologies. At all times, you will apply these advances to real patients, thus acquiring the most sought-after skills in an immersive way.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

Likewise, in clinical practice, the medical professional will be linked to experts with extensive experience. Working together with them, they will assimilate their most complex and advanced experiences. In addition, an assistant tutor will be in charge of overseeing the didactic progress of the specialist and of incorporating him or her into various tasks.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for medical practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"



Module	Practical Activity
Assessment of the nutritional status and diet of the elite athlete	Determination of energy expenditure by specific assessment methods
	Differentiate the nutritional status based on the athlete's body composition and by biochemical, hematological and immunological methods
	Apply specific nutritional objectives and guidelines for nutritional requirements and recommended intakes of healthy adults
	Prevent eating disorders such as Vigorexia, Orthorexia, Anorexia through the necessary psychological assistance
Precision Nutrition in Sports	Incorporate hydrolyzed collagen with other food products to increase the absorption of polysaccharides and natural collagen
	Prevent gastrointestinal problems through energy drinks and gels made with hydrogel technology
	Optimize protein intake through the absorption of micronutrients, such as vitamin D
Nutrition for the diabetic athlete and para-athlete	Assess the different insulins or medications used by diabetics and determine how their use is best suited to the physical exercise performed by the sick athlete
	Monitor the nutritional requirements for people with diabetes both in daily life and during exercise to improve their health
	Implement precision nutritional ergogenic aids for athletes with secondary pathologies
	Establish a specific nutritional plan for the para-athlete depending on their physiological and metabolic limitations
	Adequately measure the interactions between drug intake in these athletes and nutrients to avoid deficits
New advances in food and nutrition of the athlete	Apply patient analysis techniques based on Nutrigenetics and Nutrigenomics
	Assess the implications of phytochemicals and non-nutritional compounds in the daily diet of the athlete
	Incorporate transgenic foods into contemporary dietary approaches
	Train modern guidelines on Hydration in sports practice
	Periodically examine the basis of physiological regulation of nutrition, appetite and satiety
	Explore physiological adaptation to different types of physical exercise

05 Where Can I Do the Internship Program?

With the goal of offering the best preparation to its graduates, TECH has created a clinical practice of excellence for this program. During 3 weeks of intensive classroom learning, the specialist will move to a renowned hospital center where the most advanced technologies and a team of experts with extensive knowledge in the field of Sports Nutrition Therapy prevail. This way, the health professional will achieve their professional improvement goals with the greatest guarantees.



Complete this Internship Program in an institution equipped with the latest scientific and technological advances in Sports Nutrition Therapy"





The student will be able to do this program at the following centers:



Medicine

Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

Hospital HM Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine

Hospital HM Nuevo Belén

Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Medicine

Policlínico HM Distrito Telefónica

Country	City
Spain	Madrid

Address: Ronda de la Comunicación, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Medicine

Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

Policlínico HM Las Tablas

Country	City
Spain	Madrid

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Nursing in the Traumatology Department
- Diagnosis in Physiotherapy



Medicine

Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the internship program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This **Internship Program in Sports Nutrition Therapy** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Sports Nutrition Therapy**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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Internship Program
Therapeutic Sports Nutrition

Internship Program

Sports Nutrition Therapy

A photograph of a person's hands operating a silver blender filled with orange juice. The scene is set outdoors on a wooden table with a woven placemat. In the foreground, there is a slice of orange and a green-handled knife. The image is partially obscured by a large blue diagonal graphic on the left side.

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