

# Postgraduate Certificate Sports Nutrition for Nursing

Endorsed by the NBA



**tech** technological  
university



## Postgraduate Certificate Sports Nutrition for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/sports-nutrition-nursing](http://www.techtitute.com/us/nursing/postgraduate-certificate/sports-nutrition-nursing)

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# 01

# Introduction

Sports nutrition is essential to improve physical performance and prevent injuries in athletes. For nurses, having knowledge in this area is fundamental, as it allows them to provide comprehensive and personalized care to different athletes. In addition, there is currently a growing demand for specialized care in this field due to the increased interest in physical activity and sport in the population. A nurse with skills in the area can help design specific nutritional plans for each athlete and provide advice on appropriate supplementation and hydration. Therefore, this 100% online qualification becomes an opportunity for the professional who wants to be up-to-date on these topics.



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*Acquire the necessary skills and competencies to work in nursing in the area of Clinical Nutrition with a high intensity training course”*

Most of the factors that determine the state of health are linked both to diet and to the regular practice of physical exercise. In the athlete a balanced diet has to supply enough energy to cover all needs, and must provide all nutrients in adequate amounts, taking into account individual characteristics and needs, and adapting the intake to the type of sport performed and training.

An adequate diet, in terms of quantity and quality, before, during and after physical-sports activity is essential to optimize performance. While a good diet cannot replace incorrect training or regular physical form, an inadequate diet can impair performance in a well-trained athlete.

Therefore, having this knowledge is of vital importance for the nursing field, since the staff is one of the closest to the patient, and can positively influence their dietary intake, even more so if we are talking about a competitor or high performance athlete.

With this training the professional will have the opportunity to update their knowledge in this area, acquiring new skills for their daily practice. In addition to this, it is developed in a 100% online format, with easy access from any device with Internet connection, without pre-established schedules or transfers to on-site centers.

This **Postgraduate Certificate in Sports Nutrition for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Clinical cases presented by experts. 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
- ◆ Diagnostic and therapeutic novelties on Sports care
- ◆ Addressing the role of nursing in the nutritional planning of the sports program of the professional and amateur athlete
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ Includes theoretical lectures, questions to the expert, discussion forums on controversial issues and individual reflection papers
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Through this course you will be able to up-date your knowledge in the nutritional planning of the athlete”*



“

*With this course you will be able to combine a high intensity training with your professional and personal life, achieving your goals in a simple and real way”*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading 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 immersive education programmed to learn in real situations.

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

*The Postgraduate Certificate provides simulated environments, that provide immersive learning programmed to train in real situations.*

*It includes clinical cases to bring the development of the program as close as possible to the reality of sports nursing care.*



# 02 Objectives

This program is oriented towards a review of the main aspects of sports nursing, based on scientific evidence and the experience of recognized professionals, with special emphasis on the nutritional planning of the athlete.





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*This training will generate a sense of security in decision making and care delivery, which will help you grow personally and professionally”*



## General Objective

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- To update nursing professionals on nutrition planning procedures in the sports program of the professional or amateur athlete to optimize their sports performance while maintaining an optimal level of health, avoiding the introduction of illegal and unhealthy performance-enhancing substances

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*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice”*





## Specific Objectives

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- ◆ Assess the energy needs of a user who practices a physical-sports activity
- ◆ Describe the metabolism of nutrients in the physical-sports practice
- ◆ To design pre-, intra- and post-exercise nutrition plans for the user
- ◆ To take into account the hydric needs of the user of physical-sporting activity
- ◆ Define the concepts of "doping" and "ergogenic aids", their varieties and characteristics
- ◆ To help the user in the face of eating disorders and physical-sports activity



03

# Course Management

Our teaching team, experts in Clinical Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Master's Degree with the latest developments in the field that will allow you to train and increase your skills in this sector.







“

*Learn about the latest advances  
in Sports Nutrition for Nursing  
from leading professionals”*



## Management



### Ms. Auni3n Lavar3as, Mar3a Eugenia

- ♦ Pharmacist Clinical Nutrition Expert
- ♦ Author of the reference book in the field of Clinical Nutrition *Dietary , Management of Overweight in the Pharmacy Office*. (Editorial M3dica Panamericana)
- ♦ Pharmacist with extensive experience in the public and private sector
- ♦ Head Pharmacist
- ♦ Pharmacy Assistant. Pharmacy Chain. British Health and Beauty Retailers Boots UK. Oxford Street Centro de Londres
- ♦ Bachelor 's Degree in Food Science and Technology. University of Valencia
- ♦ Course Management Pharmacy Office





# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in sports nursing, aware of the relevance of current knowledge in order to provide quality care to the athlete and committed to teaching through new educational technologies.





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*This Postgraduate Certificate in Sports Nutrition for Nursing contains the most complete and updated scientific program on the market”*

- 1.1. Physiology of Exercise
- 1.2. Physiological Adaptation to Different Types of Exercise
- 1.3. Metabolic Adaptation to Exercise. Regulation and Control
- 1.4. Assessing Athletes' Energy Needs and Nutritional Status
- 1.5. Assessing Athletes' Physical Ability
- 1.6. Nutrition in the Different Phases of Sports Practice
  - 1.6.1. Pre-Competition
  - 1.6.2. During
  - 1.6.3. Post-Competition
- 1.7. Hydration
  - 1.7.1. Regulation and Needs
  - 1.7.2. Types of Beverages
- 1.8. Dietary Planning Adapted to Different Sports
- 1.9. Ergogenic Aids and Current Anti-Doping Regulations
  - 1.9.1. AMA and AEPSAD Recommendations
- 1.10. Nutrition in Sports Injury Recovery
- 1.11. Psychological Disorders Related to Practising Sport
  - 1.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  - 1.11.2. Fatigue Caused by Overtraining
  - 1.11.3. The Female Athlete Triad
- 1.12. The Role of the Coach in Sports Performance







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*A unique, key and decisive training experience to boost your professional development”*

# 05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

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

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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.





## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*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.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

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

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents 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 and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### 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 in 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.





06

# Certificate

The Postgraduate Certificate in Sports Nutrition for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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

This **Postgraduate Certificate in Sports Nutrition for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sports Nutrition for Nursing**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



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

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
classroom



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