

# Postgraduate Diploma Nursing Care in Sports Practice

Endorsed by the NBA





## Postgraduate Diploma Nursing Care in Sports Practice

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nursing-care-sports-practice](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nursing-care-sports-practice)

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# 01

# Introduction

More and more athletes are looking for prevention and health promotion activities, diagnostic tests or training planning, all of which are carried out by nursing staff. Within the field of physical activity, Sports Nursing is playing an increasingly important role. This 100% online program offers nursing personnel an in-depth study of the mechanisms of change and adaptation of the different body systems to sport, and their application in the practice of nursing care necessary for these to be carried out with attention to health. Likewise, the program will deepen in the new findings about nutrition and nutritional status as an essential factor in sport, as well as the phenomenon of doping and eating disorders.



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*Thanks to this Postgraduate Diploma you will be up-to-date on the most recent advances in studies on carbohydrates, fats, proteins and physical exercise"*

Nurses play a key role in the care of the athlete, both from the point of view of injury prevention to performing interventions in physical activity pathologies. This Postgraduate Diploma has been designed to provide the nursing professional with an update in the procedures of intervention in the athlete, both in high performance and amateur athletes.

The quality of athlete care is conditioned by professionals having updated knowledge of the care they provide. Therefore, the professional will deepen the knowledge related to the specificity of this field such as sports nutrition, legislation of nursing in sport, prescription and promotion of physical activity in sport and health problems in the discipline. All this while observing in depth the new developments in the profession.

The Nursing staff will deepen, in the course of 6 months, in the field of application of nursing care in sports practice, understanding the competitive advantages it brings, so it will be positioned at the forefront of the medical sector. Furthermore, the program enjoys the best 100% online study methodology, which eliminates the need to attend classes in person and to follow a predetermined schedule.

The **Postgraduate Diploma in Nursing Care in Sports Practice** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Sports Nursing
- ♦ 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 self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*TECH compiles updated content to make this Postgraduate Diploma a highly effective specialization process"*

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*Delves into the nurse's role in cardiovascular, endurance, strength, mobility, flexibility and speed training”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Get up-to-date on nursing interventions in pre-, during and post-exercise nutrition.*

*Learn more about the incidence of heart disease and arterial hypertension in physical activity and sports.*



02

# Objectives

The main objective of this Postgraduate Diploma is to provide you with the necessary vision and skills to turn the area the care of into an invaluable tool for the development of the integral wellbeing of the human being in Sports Practice. Beyond its potential in physical terms, this program will also work on the sports law that protects athletes and nurses.





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*Increase your competences in the use and study of biomechanics in high performance sports environments. through this Postgraduate Diploma”*



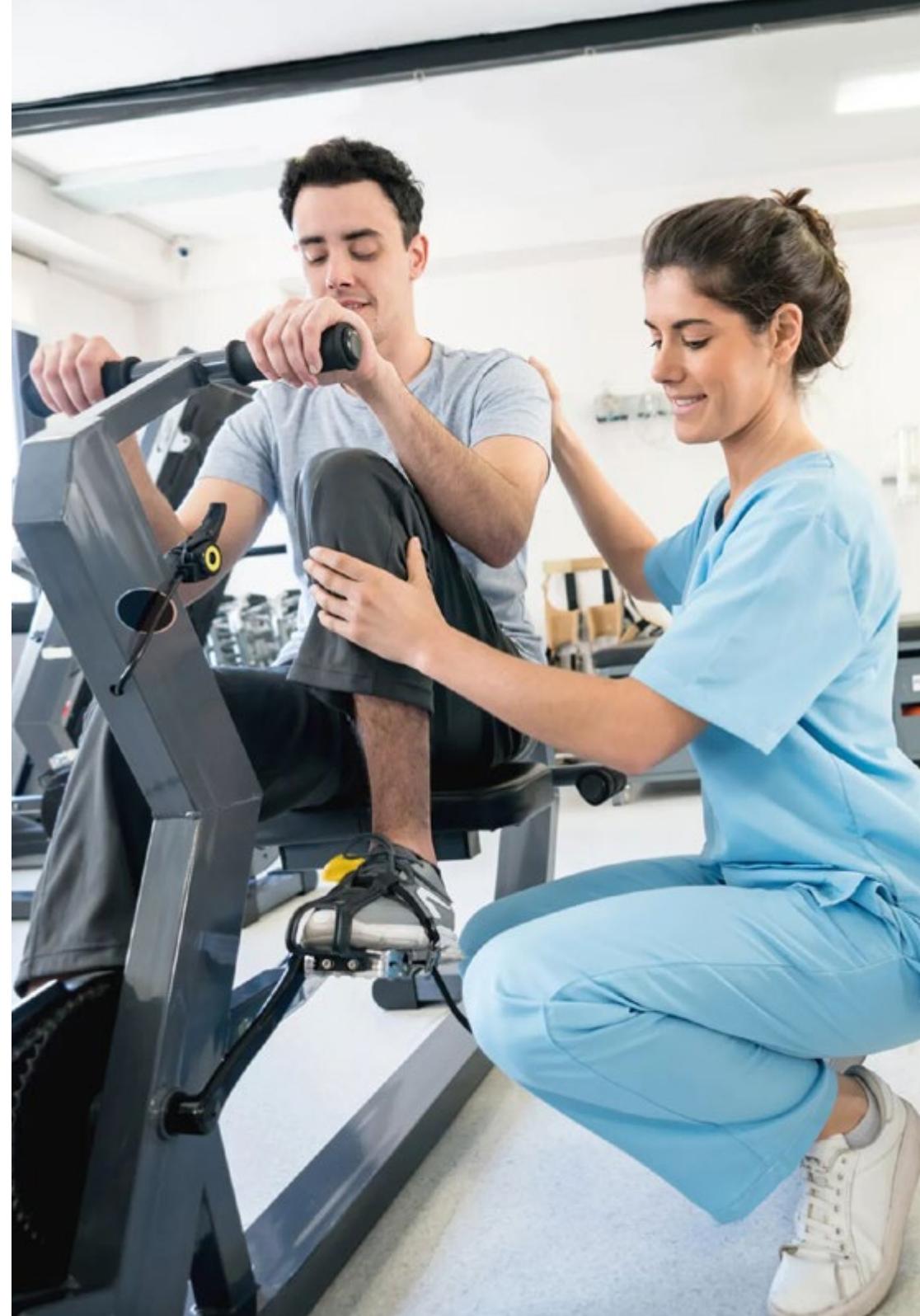
## General Objectives

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- ♦ Review the main fundamentals of sports nutrition and anatomo-physiology of physical activity
- ♦ Study the current legislation regarding sports activities and nursing
- ♦ Update the approach to the main sports pathologies
- ♦ Delve into sports psychology and assessment of the athlete at different times of the season
- ♦ Deepen in the use and study of biomechanics in high performance sports environments
- ♦ Develop the concept of sports nutrition in High Performance Sports contexts

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*Get up-to-date on the nurse's role in Doping and Anti-Doping testing to continue to maintain your reputation as a sports nurse specialist"*





## Specific Objectives

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### Module 1. Sports Nutrition

- ♦ Develop the role of the nurse in the assessment of energy expenditure and sports nutrition
- ♦ Learn about the most recent advances in studies on carbohydrates, fats, proteins and physical exercise
- ♦ Study the role of the nurse in doping and anti-doping controls
- ♦ Expand on the importance of nutrition in the recovery of sports injuries

### Module 2. Nursing, Health and Sports

- ♦ Deepen the current legislation on the main sport activity
- ♦ Differentiate the legal framework and role of the nurse in high intensity sports
- ♦ Have a comprehensive knowledge of sports law covering athletes and nurses
- ♦ Deepen in the management of a Sports Nursing device from a legal framework

### Module 3. Prescription and Promotion of Sports Physical Activity

- ♦ Delve into the benefits and risks of physical activity in sports
- ♦ Developing nursing intervention in fitness testing in a physical exercise program
- ♦ Know the nurse's role in cardiovascular, endurance, strength, mobility, flexibility and speed training
- ♦ Deepen in sport physical activity in special populations

### Module 4. Health Problems in Sports

- ♦ Study nurse intervention in issues such as diabetes, obesity and asthma in exercise
- ♦ Develop knowledge of postural hygiene and medical-surgical pathology in sports
- ♦ Know the nursing intervention in dermatological, ophthalmological and ENT pathologies in sports
- ♦ Deepen in the incidence of heart disease and arterial hypertension in physical activity and sports

03

# Structure and Content

The structure of the contents of the Postgraduate Diploma has been designed by the best professionals in the field of medical Sport, with a long history and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with extensive knowledge of new technologies applied to sports practice from spirituality.





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*his diploma will provide you with updated knowledge to help your patients to have a better diet and, therefore, a better training"*

### Module 1. Sports Nutrition

- 1.1. Assessment of Energy Expenditure Anthropometry and body composition  
Nursing Interventions
- 1.2. Carbohydrates and Physical Exercise
- 1.3. Fats and Physical Exercise
- 1.4. Protein and Physical Exercise
- 1.5. Vitamin and Mineral Supplements in Physical Exercise
- 1.6. Pre-, during and post-exercise nutrition. Nursing Interventions
- 1.7. Fluid and Electrolyte Replacement after AFD. Nursing Interventions
- 1.8. *Doping* and Ergogenic Aids. Anti-*Doping* Control: Sample Collection  
Methodology. Nursing Interventions
- 1.9. Eating Disorders and AFD. Nursing Interventions
- 1.10. Nutrition in Sports Injury Recovery

### Module 2. Nursing, Health and Sports

- 2.1. Cycling
- 2.2. Team Sports
- 2.3. Racquet Sports
- 2.4. Swimming and Athletics
- 2.5. Ski
- 2.6. Combat Sports
- 2.7. Rowing and Canoeing
- 2.8. Health Effects of Exercise
- 2.9. Physical Activity and Physical Exercise for Health Improvement
- 2.10. Classification and Selection Criteria for Exercises and Movements





### Module 3. Prescription and Promotion of Sports Physical Activity

- 3.1. Planning and Principles of Training
- 3.2. Benefits and Risks of DFA
- 3.3. Fitness Testing for Inclusion in a Physical Exercise Program Nursing Interventions
- 3.4. Cardiovascular Training Nursing Interventions
- 3.5. Endurance Training Nursing Interventions
- 3.6. Strength Training Nursing Interventions
- 3.7. Mobility, Flexibility and Coordination Training. Nursing Interventions
- 3.8. AFD in Particular Populations. Nursing Interventions
- 3.9. Flexibility Training
- 3.10. Speed and Agility Training

### Module 4. Health Problems in Sports

- 4.1. Arterial Hypertension, Hyperlipidemia and Exercise
- 4.2. Diabetes and Exercise
- 4.3. Obesity, Weight Control and Exercise
- 4.4. Cardiopathies and Exercise Cardiovascular Rehabilitation
- 4.5. Asthma, Physical Exercise and Sport
- 4.6. OCFA and Physical Exercise Rehabilitation in Respiratory Patients
- 4.7. Exercise in Hematologic and Infectious Disorders
- 4.8. Osteoarthritis, Osteoporosis in Relation to Exercise and Sports
- 4.9. Low Back Pain and Exercise Postural hygiene Nursing Interventions
- 4.10. Dermatologic, Ophthalmologic and ENT Pathologies in Sport
- 4.11. Nursing Interventions in Medical-Surgical Pathology in Sport
- 4.12. Hygiene and Personal Hygiene in Sports Nursing Interventions

# 04

# 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.



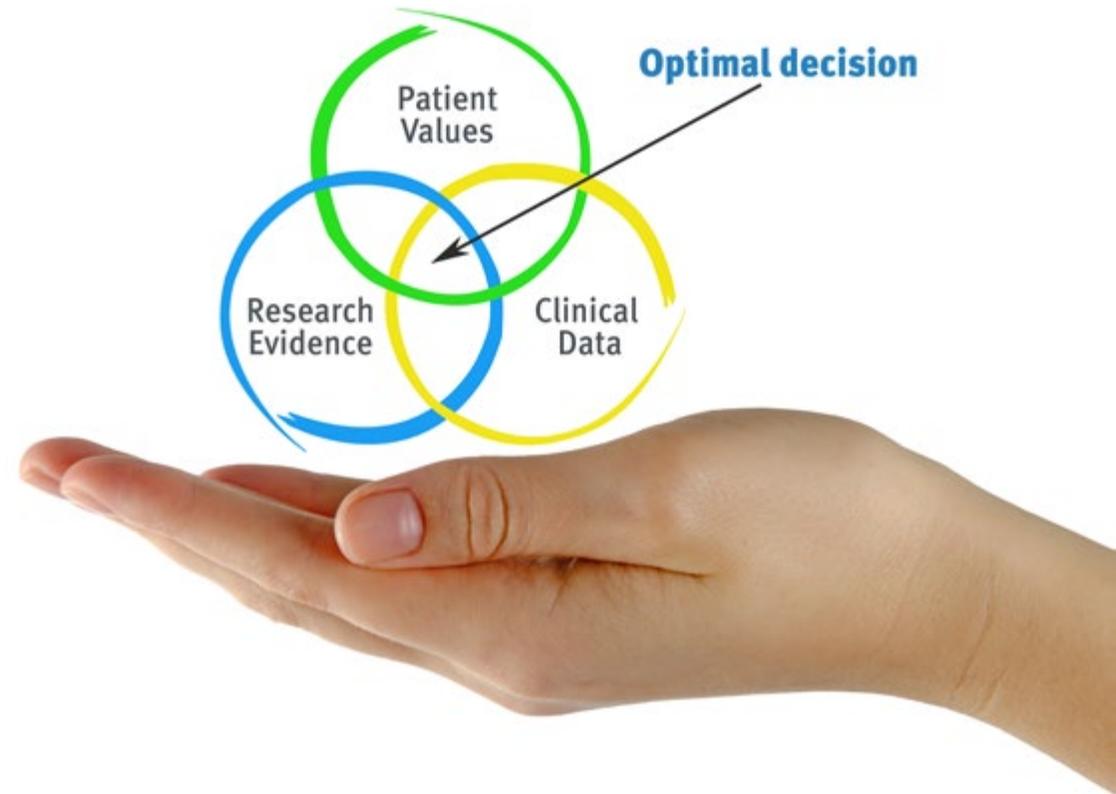
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gervas, 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.

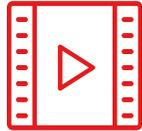
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

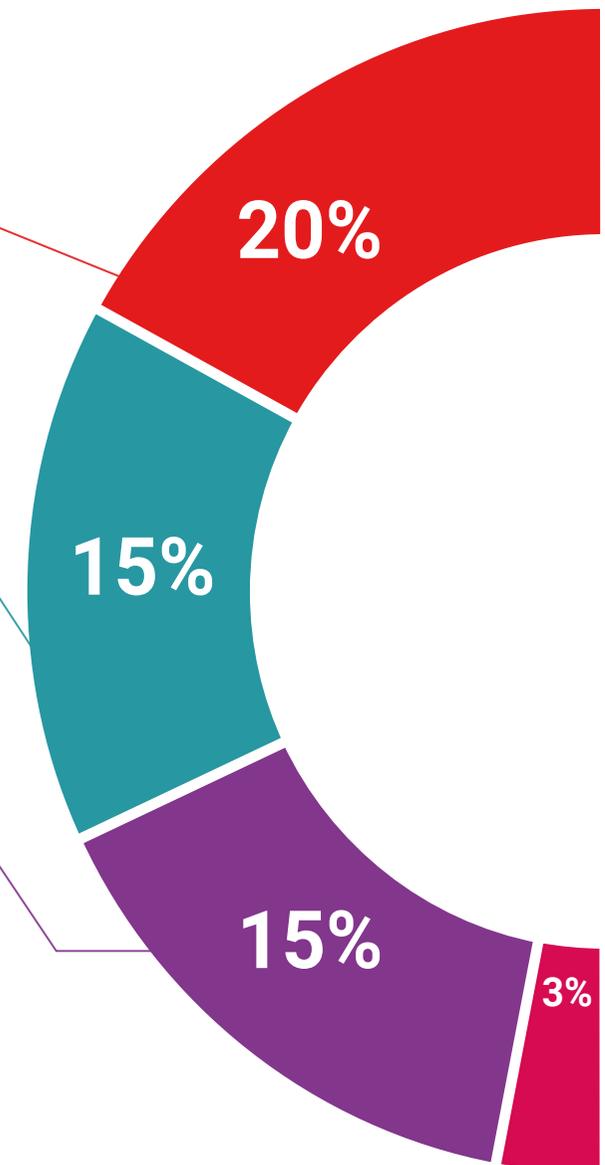
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

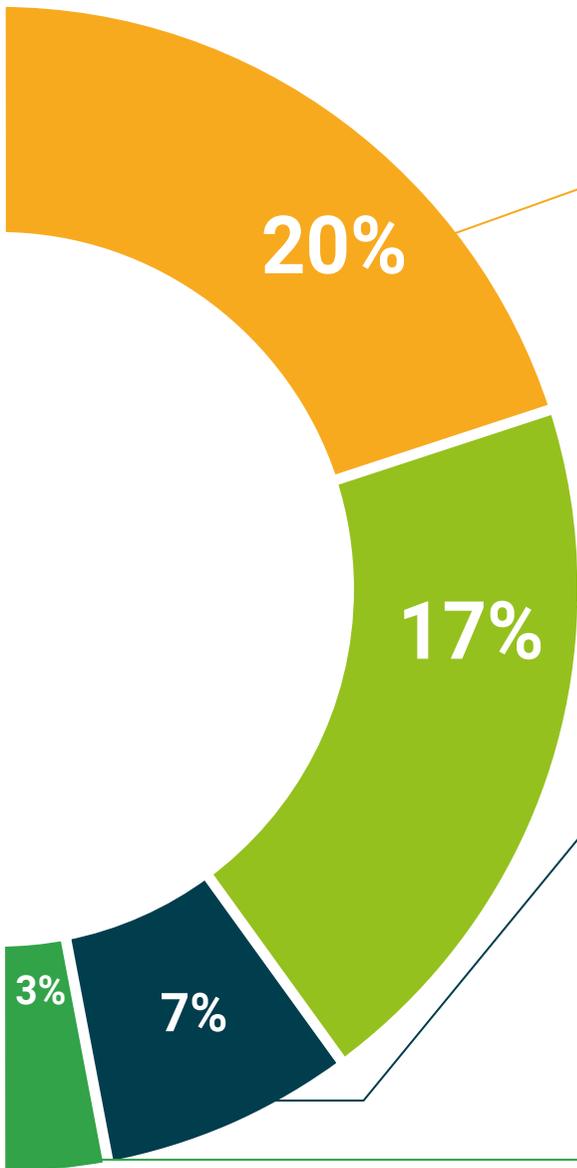
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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.



05

# Certificate

The Postgraduate Diploma in Nursing Care in Sports Practice guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Diploma in Nursing Care in Sports Practice** 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** title 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 Nursing Care in Sports Practice**

Modality: **online**

Duration: **6 months**

Accreditation: **24 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.



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Nursing Care  
in Sports Practice

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- » Certificate: TECH Global University
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- » Schedule: at your own pace
- » Exams: online

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