

# Postgraduate Diploma Sports Nutrition and Nursing

Endorsed by the NBA





## Postgraduate Diploma Sports Nutrition and Nursing

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

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

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# 01

# Introduction

Sports Nursing requires a base that allows the professional to be updated in the care of the athlete, performing interventions based on current scientific evidence. From the role of nursing staff in doping and anti-doping controls to the deepening of the importance of nutrition in the recovery of sports injuries, highlighting the role of the professional in eating disorders. In this 100% online degree, the nursing staff will have access to a rich content that brings together the latest trends in sports nutrition along with the most cutting-edge training methods to improve the athlete's performance.





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*The best way to be able to assimilate new scientific advances is through practice, so this diploma is perfect for you as a nurse"*

The nursing staff who take this Postgraduate Diploma in Sports Nutrition and Nursing will acquire the latest knowledge in functional anatomy and biomechanics applied to physical-sports activity, as well as cardiovascular, respiratory, musculoskeletal system, endocrine, renal and digestive adaptations to AFD, among others. Through numerous current techniques, you will also explore ergometry, spirometry and somatometry.

The syllabus covers the main current topics in the anatomophysiological fundamentals of physical activity, sports nutrition, including high performance sports. In this way, it will lead the nurse to new opportunities to learn different ways of acting in the field of Sports Nursing.

At the same time, being a fully online program, the nurse is not conditioned by fixed schedules or the need to move to another physical location, but can access a rich content that will help you stay in the elite of sports nursing, combining, at your own pace, your work and personal life with the academic.

This **Postgraduate Diploma in Sports Nutrition and Nursing** 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



*Advance professionally thanks to this Postgraduate Certificate, with its innovative contents and Relearning methodology"*

“ *This program is an excellent opportunity to develop you both theoretically and practically in the latest scientific advances and the newest techniques in nutrition* ”

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.

*Deepen your knowledge in methods of assessing nutritional status and energy expenditure.*

*Learn about the most recent advances in studies on carbohydrates, fats, proteins and physical exercise.*



# 02 Objectives

The objective of this Postgraduate Diploma is to support and encourage Nursing Staff in a process of professional updating that will allow them to reach the highest level of performance. TECH brings together the most interesting and up-to-date knowledge of the moment in a degree that is intensively focused on practice.







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*This program will take you all the way to the up-to-date skills you need to continue to contribute the highest level of quality to your professional practice”*



## 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



*You have before you a degree with realistic goals that will convert into immediate job advancement"*





## Specific Objectives

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### Module 1. Anato-physiological Fundamentals of Physical Activity

- ◆ In-depth study of exercise physiology and energy systems
- ◆ Know the main cardiovascular, respiratory, endocrine, digestive and musculoskeletal adaptations to physical sports activity
- ◆ Study the role of nursing intervention in assessing the physical and sporting condition of the player
- ◆ Deepen in the importance of controlling fatigue and overtraining sports

### Module 2. 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 3. Nutrition Applied to High Performance in Sports

- ◆ Examine energy metabolism within the athlete's physical effort
- ◆ Expand methods for assessing nutritional status and energy expenditure
- ◆ Delve into nutrition in strength, endurance and team sports
- ◆ Highlighting the role of the sports nurse in injuries and eating disorders

03

# Structure and Content

TECH, with the confidence and solvency of being the largest online university in Spanish in the world, has developed a compendium of specialized and updated knowledge to give Nursing Staff. the opportunity to get up to date. The professional who completes this program will incorporate the most advanced methods in Sports Nutrition and Nursing in the current panorama.



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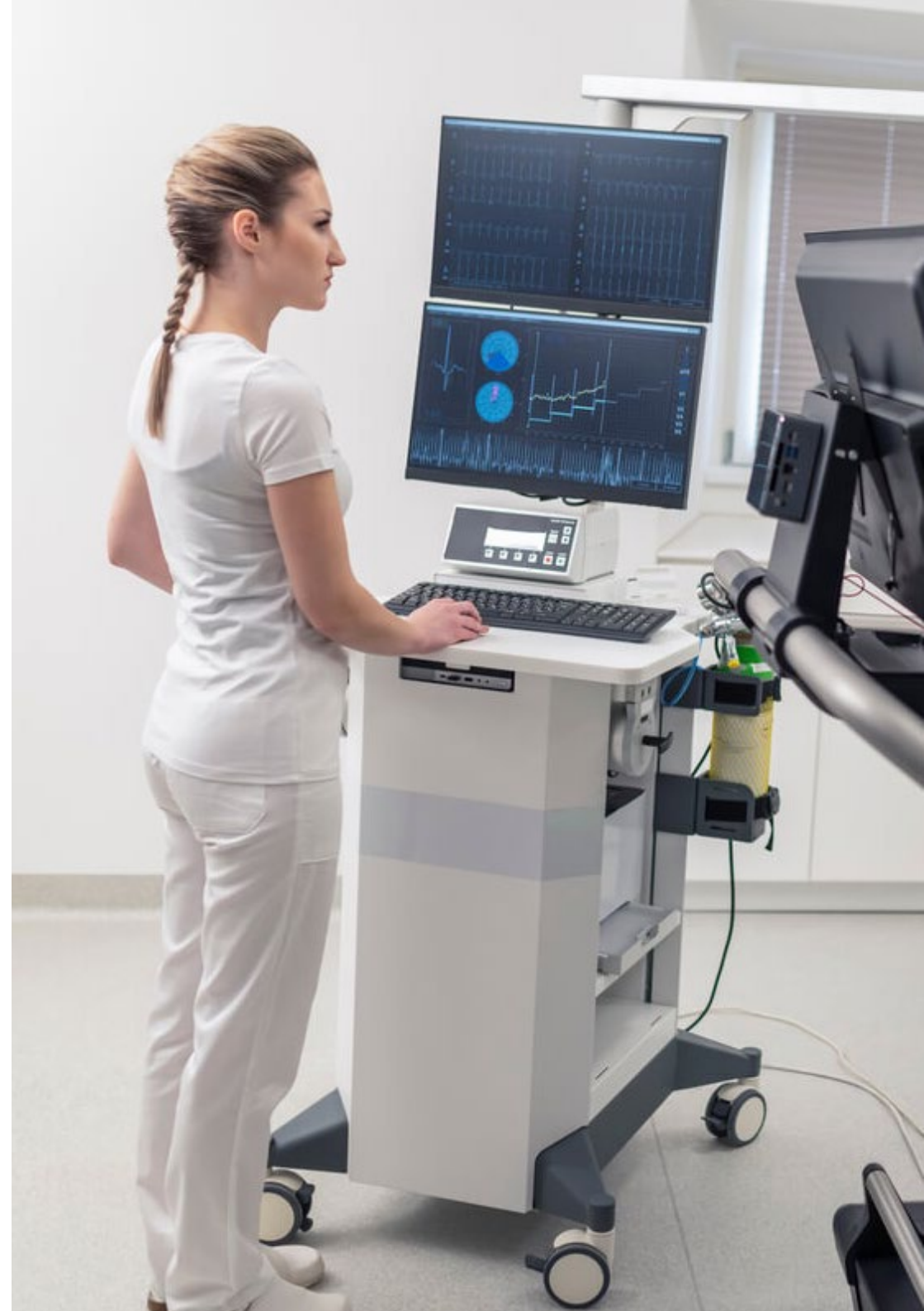
*A compendium of knowledge created to provide you the opportunity to get up to date and incorporate the most advanced knowledge in nutrition in Sports Practice"*

### Module 1. Anatomic-physiological Fundamentals of Physical Activity

- 1.1. Concepts and History of Physical Activity and Sports Medicine and Nursing.
- 1.2. Functional Anatomy and Biomechanics Applied to Physical Activity and Sports (AFD)
- 1.3. Physiology of Exercise Energy Systems
- 1.4. Cardiovascular Adaptations to AFD
- 1.5. Respiratory Adaptations to AFD
- 1.6. Adaptations of the Musculoskeletal System to AFD
- 1.7. Endocrine, Renal and Digestive Adaptations to AFD
- 1.8. Assessing Athletes' Physical Ability Ergometry, spirometry and somatometry  
Nursing interventions
- 1.9. Physical Activity in Environmental Stress Altitude and Depth
- 1.10. Thermoregulation During Physical Activity Nursing Interventions
- 1.11. Fatigue and Overtraining

### Module 2. Sports Nutrition

- 2.1. Assessment of Energy Expenditure Anthropometry and Body Composition  
Nursing Interventions
- 2.2. Carbohydrates and Physical Exercise
- 2.3. Fats and Physical Exercise
- 2.4. Protein and Physical Exercise
- 2.5. Vitamin and Mineral Supplements in Physical Exercise
- 2.6. Pre-, during and post-exercise nutrition. Nursing Interventions
- 2.7. Fluid and Electrolyte Replacement after AFD. Nursing Interventions
- 2.8. Doping and Ergogenic Aids. Anti-Doping Control: Sample Collection  
Methodology. Nursing Interventions
- 2.9. Eating Disorders and AFD. Nursing Interventions
- 2.10. Nutrition in Sports Injury Recovery





### Module 3. Nutrition Applied to High Performance in Sports

- 3.1. Energy Metabolism of Physical Effort
- 3.2. Assessing Nutritional Status and Body Composition
- 3.3. Assessing Energy Expenditure
- 3.4. Bodybuilding Nutrition and Body Recomposition
- 3.5. Nutrition in Strength-Based Sports
- 3.6. Nutrition in Team Sports
- 3.7. Nutrition in Endurance-Based Sports
- 3.8. Nutritional Ergogenic Aids
- 3.9. Eating Disorders and Sports Injuries
- 3.10. Advances and Research in Sports Nutrition

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*A Postgraduate Diploma created to be optimal in all its aspects with a global criterion of excellence. Enroll today and update yourself in your profession”*

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. 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.



05

# Certificate

The Postgraduate Diploma in Sports Nutrition and Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Sports Nutrition and Nursing** contains the most complete and up-to-date scientific program on the market.

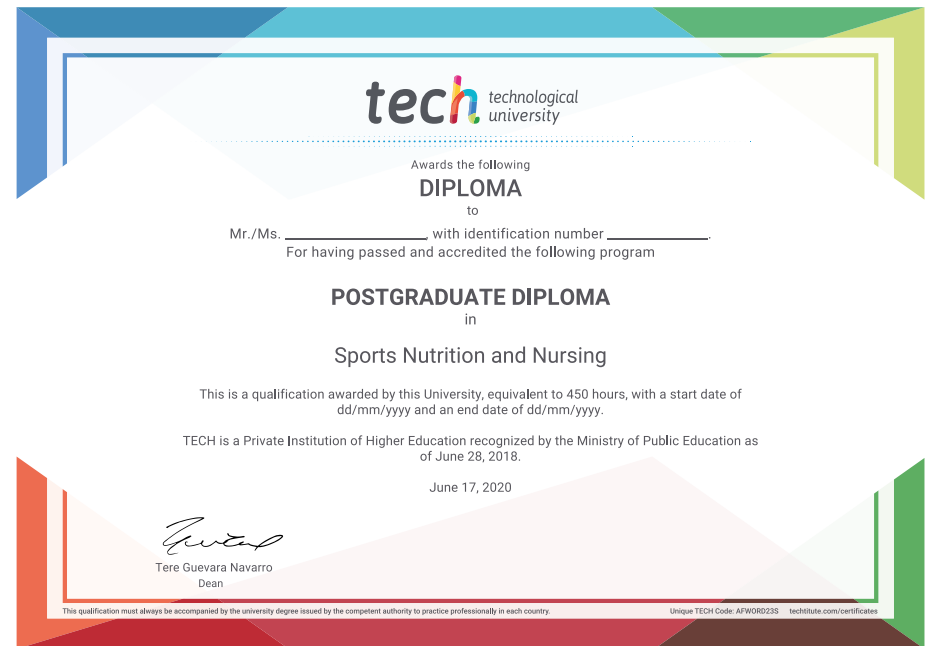
After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Sports Nutrition and Nursing**

Official N° of Hours: **450 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  
virtual classroom



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**tech** technological  
university