

# Internship Program Sports Nutrition

Endorsed by the NBA



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Internship Program  
Sports Nutrition

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# 01 Introduction

Nowadays, Sports Nutrition occupies a very important place in the habits of any athlete. It is a practice through which the person can provide the body with the nutrients it needs depending on aspects such as metabolism, the energy expenditure involved in its activity, the period of the season in which it is, etc. Therefore, professionals in this area have come to occupy a privileged place within the sector, becoming specialists widely demanded and whose update must be constant. To cover the last aspect, TECH has developed a complete program based on a 120-hour stay in a reference clinical center, where the graduate will be able to work side by side with experts in Sports Nutrition.



*Would you like to be up-to-date on the latest news related to Sports Nutrition planning for vegetarians and vegans? With this program you will be able to do it in a practical and guaranteed way"*





Every day, there are more and more people who take up sports activities, whether for health reasons, for their profession, or as a hobby. Physical activity increases the need for energy and some nutrients, so it is important to consume a balanced diet based on a wide variety of foods, with the correct selection criteria. Consume the most appropriate diets for each person and type of exercise becomes especially important when it comes to professional athletes or people who perform intensive exercise. In this context, this program has been created based on the practical update of the professional, with an intense work day of 3 weeks in a recognized clinical center, where they will be up-to-date from the hands of experts in the field of Sports Nutrition.

This Internship Program offers the possibility to deepen and update knowledge in Sports Nutrition. It offers a global vision of Clinical and Sports Nutrition, while focusing on the most important and innovative aspects: invisible training or adequate diet for athletes, and nutrition before, during, and after exercise. In this way, this intensive on-site journey, allows specialization in the field of Sports Nutrition in areas of special interest such as: nutrigenetics, nutrigenomics, nutrition and obesity, hospital dietetics, among other nutritional trends and specific needs of the elite athlete.

You will work side by side with a team of experts in the area for 120 hours, with the support of a tutor who will ensure that all the requirements for which this program was designed are met. In this way, you will be able to approach the different cases with confidence and security, participating actively in the design of specialized nutritional plans according to the requirements and needs of the different patient profiles that come to the clinic during the practical period.

# 02

## Why Study an Internship Program?

This Internship Program is a unique opportunity for any professional in the field of Nutrition who is looking to achieve excellence in their service through a comprehensive update. TECH gives you the possibility to work side by side with the best experts, delving into the analytical techniques and dietary plan design that have had the best results until now. All this in safe environments, where the promotion of trust is one of the main assets to ensure that the graduate can get up-to-date in a guaranteed way.



*A unique opportunity thanks to which you will be able to catch up on the latest news in Sports Nutrition with professionals who have worked with the most outstanding athletes"*

### **1. Updating from the Latest Technology Available**

Enrollment in this Internship Program will give the graduate access to the most innovative and sophisticated clinical technology. TECH is characterized by its cutting-edge essence, thanks to which it has managed to position itself among the best educational centers in the world. For this reason, it requires the companies in which the internships are carried out to have the latest equipment, in order to continue along the same line and offer its students the highest level of experience.

### **2. Gaining In-depth Knowledge from the Experience of Top Specialists**

TECH assigns each graduate an internship tutor, who is in charge of guiding them through the educational experience, ensuring that all the requirements for which it was designed are met. Thanks to this, the students can use their experience to update their practice, implementing the most effective clinical strategies according to the type of case.

### **3. Entering First-Class Clinical Environments**

With this Internship Program, the graduate will be able to actively participate in the clinical management of all patients received during the 3 weeks of the program, both in the diagnosis of possible nutritional alterations, as well as in the analysis of their situation and in the design of dietary plans adapted to their needs. In this way, TECH guarantees a comprehensive update for 120 hours.



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

All the strategies and techniques that the graduate uses in the Internship Program will be perfectly applicable to any environment in the area of Nutrition. TECH guarantees that the activity plans are internationally adaptable, so that the professional can practice anywhere in the world through what is covered during the stay.

#### **5. Expanding the Boundaries of Knowledge**

TECH has an international agreement with dozens of clinics around the world to offer internships that meet the needs of all its graduates. In addition, it also provides the opportunity for those who want to pursue an experience beyond their location, giving them access to prestigious centers located in different regions.



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

# 03 Objectives

The purpose of this Internship Program in Sports Nutrition is to facilitate the performance of the health professional in clinical procedures related to the area of healthy diet, adjusted to the objectives and requirements of the patients. Applying the latest advances and most innovative treatments in the sector, so that you can offer the best services in your own practice. Therefore, by completing this program, you will be in a position to provide patients with a diagnostic method of great precision and predicament in the discipline, increasing, consequently, your professional prestige.



## General Objectives

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- ◆ Update the nutritionist's knowledge of new trends in human nutrition, both in health and in pathological situations through evidence-based medicine
- ◆ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- ◆ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education







## Specific Objectives

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- ◆ Analyze the different methods for assessing nutritional status
- ◆ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological and pharmacological data in the nutritional assessment of the patient and in their dietary- nutritional treatment
- ◆ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ◆ Describe the composition and utilities of new foods
- ◆ Explain the different techniques and products of basic and advanced nutritional support related to the nutrition of the patient
- ◆ Explain the correct use of ergogenic aids
- ◆ Identify psychological disorders related to the practice of sport and nutrition



*Enhance your diagnostic skills and put into practice your knowledge in Sports Nutrition, applied to real cases in a 3-week practical process in a prestigious center"*

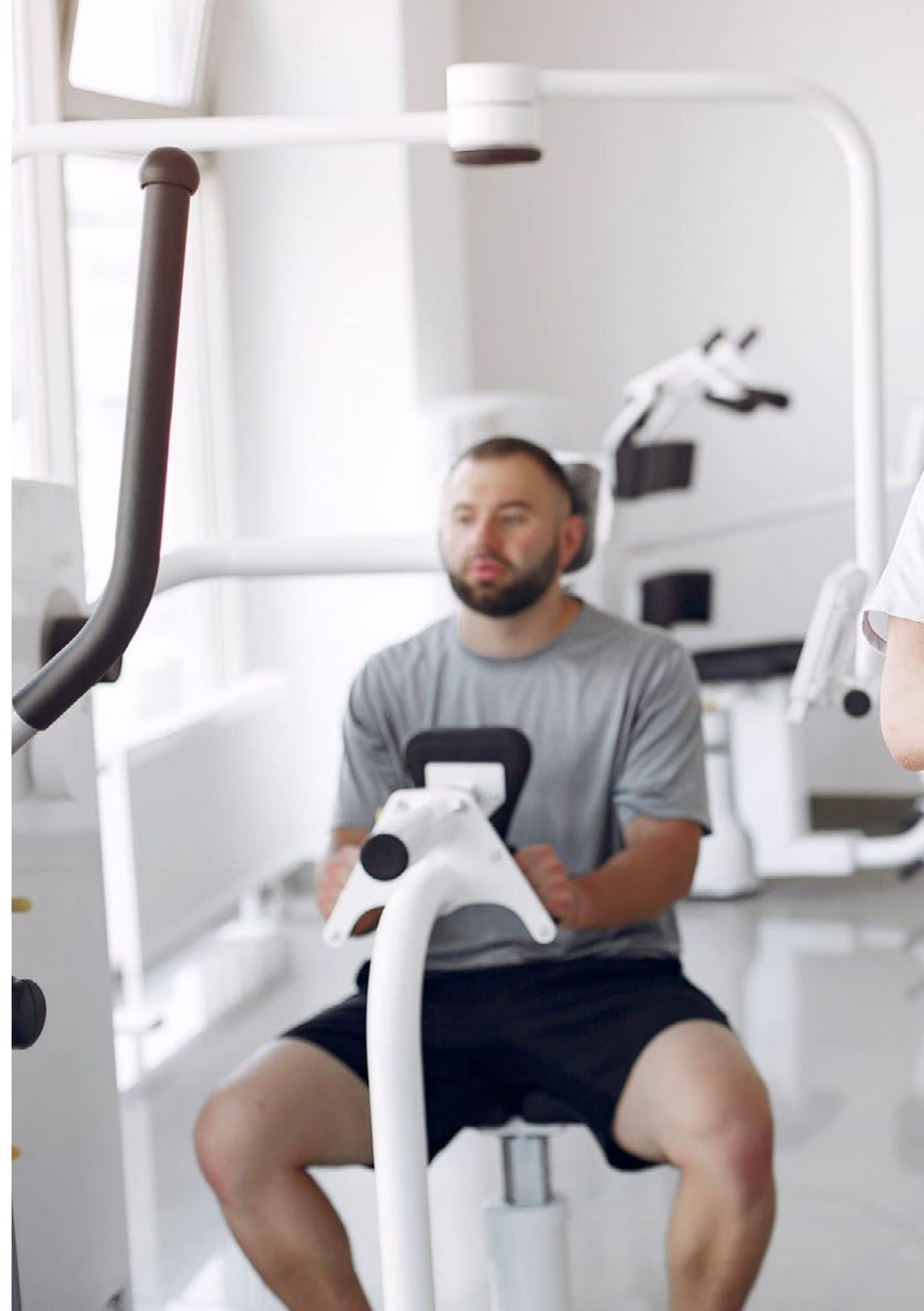
# 04 Educational Plan

This Internship Program in Sports Nutrition is planned so that the health professional will have an intense 3 weeks of learning in a clinical center of recognized prestige. The stay will be from Monday to Friday, in continuous 8-hour shifts. This ensures that the professionals can acquire and reinforce their knowledge without interruption, in a fluid manner.

In this training proposal, of a completely practical nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of diagnostic services, in the field of Sports Nutrition applied to patients and are oriented to the specific qualification for the practice of the activity.

It is undoubtedly a great opportunity to learn, working in an innovative center with cutting-edge equipment and the best-specialized personnel, being the best scenario to live this innovative experience promoted by TECH for the improvement of professional skills. Combining up-to-date procedures focused on a new way of understanding and integrating healthcare processes.

The student will actively participate by performing activities and procedures related to each area of competence (learning to learn and learning to do), with the support and guidance of the teachers and other classmates to facilitate teamwork and multidisciplinary integration as transversal competencies for the practice in Sports Nutrition (learning to be and learning to relate to others).





The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Advances and trends in food</b>	Conduct analysis of new food developments
	Develop analyses in nutrigenetics and nutrigenomics
	Delve into the assessment of immunonutrition
	Apply the physiological regulation of eating for appetite and satiety
	Manage the evaluation in Nutrition and circadian system
<b>Assessment of nutritional status and diet</b>	Delve into the analysis of Bioenergetics and Nutrition
	Work on the assessment of nutritional status
	Manage the assessment of ingestion
	Conduct a dietary assessment in the healthy adult
	Conduct a menopausal dietary assessment
<b>Nutrition in specialized sports practice</b>	Achieve a detailed analysis of nutrition in the elderly
	Carry out a correct physiological adaptation to different types of exercise
	Develop metabolic adaptation to exercise
	Perform a thorough assessment of the athlete's energy needs and nutritional status of the athlete
	Develop the assessment of the athlete's physical capacity
	Put into practice the analysis of nutrition in the different phases of sports practice
	Practice in the assessment of hydration
	Delve into the dietary planning adapted to different sports
Develop a detailed analysis of nutrition in the recovery of sports injuries	
Value the psychological disorders related to practising sport	

# 05

## Where Can I Do the Internship Program?

In order to provide the best practical learning experience for the student, TECH has selected the best centers that open their doors by making all their resources available to allow the qualification of professionals with great conviction and passion. In this way, the professional will have access to patients, to the best experts, and to the latest diagnostic technology.


“

*TECH offers you the most prestigious clinical centers to carry out your internship program with the support of experts in Sports Nutrition. Live the experience now"*





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



**Nutrition**

### Olympus Center

Country	City
Spain	Madrid

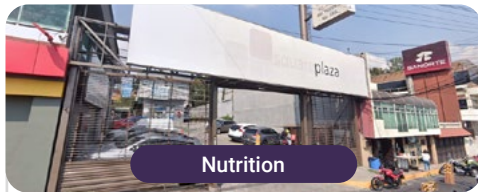
Address: Calle de Palos de la Frontera, 16,  
28012 Madrid

Olympus Center specializes in meeting the objectives of the person, according to their physical condition

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**Related internship programs:**

- High Performance in Sports
- Fitness Instructor



### Nutriperformance

Country	City
Mexico	Mexico City

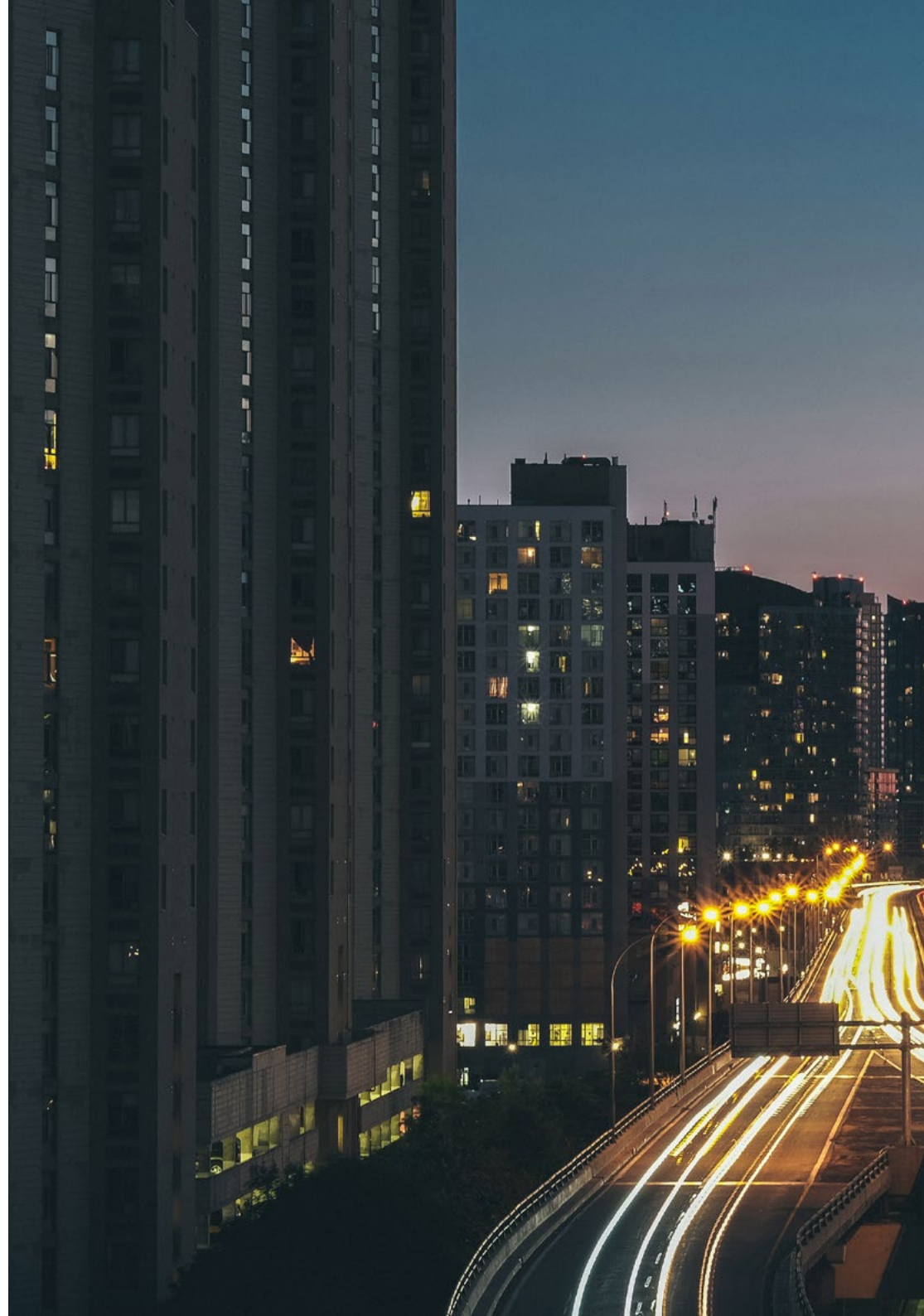
Address: Av. Toluca 585-Local 6,  
Olivar de los Padres, Álvaro Obregón, 01780  
Ciudad de México, CDMX


Team of specialist nutritionists with extensive experience in  
a wide range of sports fields

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**Related internship programs:**

- Sports Nutrition for Physiotherapists
- Sports Nutrition





**Nutrition**

### Liga Sanluseña de Fútbol

Country	City
Argentina	San Luis

Address: Bolívar 935, D5700 GTS, San Luis

Association focused on nutritional planning, specifically for soccer practice

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**Related internship programs:**  
-Sports Nutrition



*Delve into the most relevant theory in this field, subsequently applying it in a real work environment"*

# 06

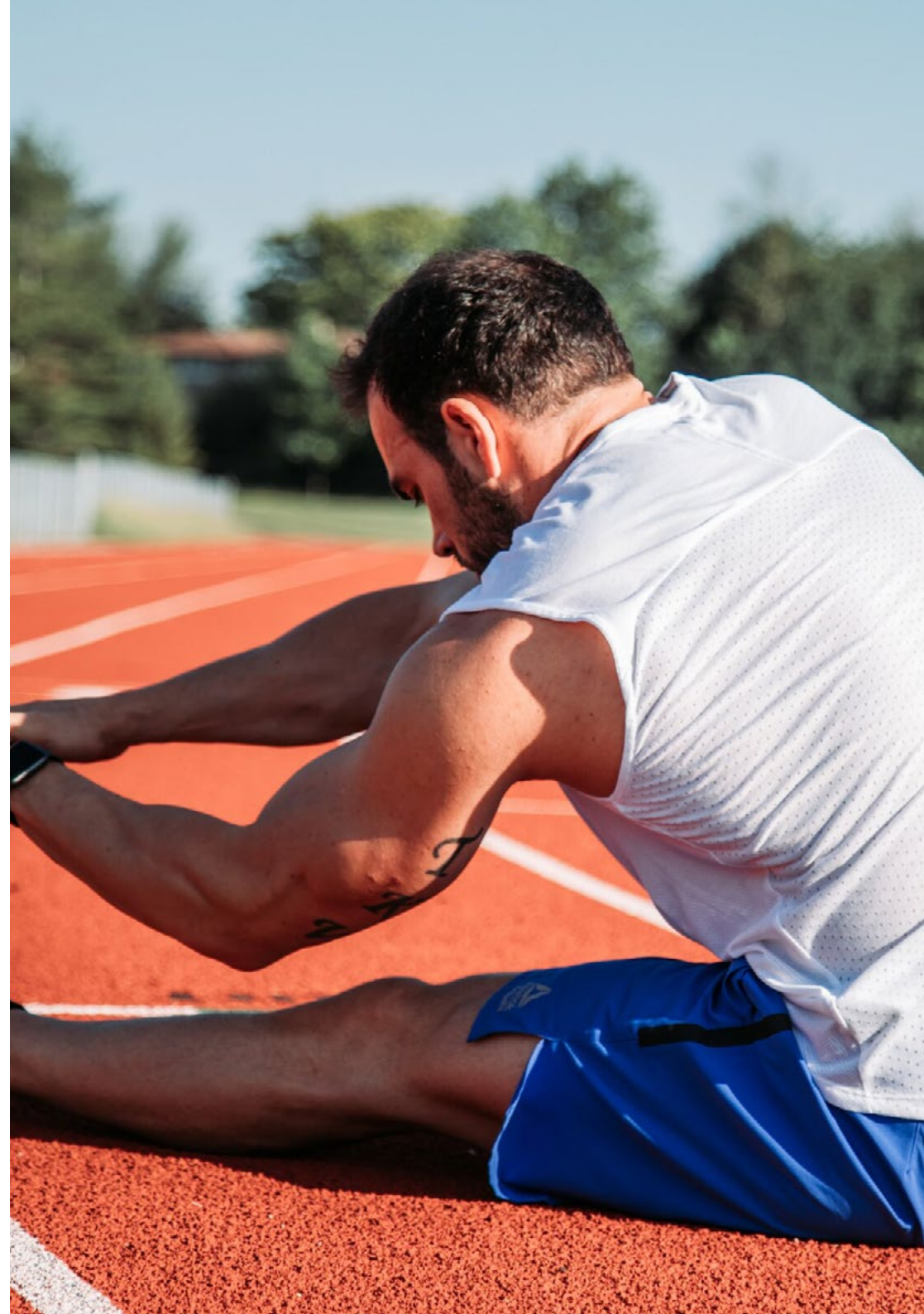
## General Conditions

### 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 practical training 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 program agreement shall be 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** contains the most comprehensive 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 certificate issued by TECH Technological University via tracked delivery\*.

The diploma issued by TECH will state the score obtained in the test.

Title: **Internship Program in Sports Nutrition**

Duration: **3 weeks**

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

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

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