

Postgraduate Certificate

Sports Nutrition in the Athlete during the Injury Period for Nutritionists

Accreditation/Membership





Postgraduate Certificate

Sports Nutrition
in the Athlete
during the Injury Period
for Nutritionists

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nutrition/postgraduate-certificate/sports-nutrition-athlete-injury-period-nutritionists



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01

Introduction to the Program

According to data from the International Olympic Committee, up to 50% of elite athletes suffer injuries that significantly affect their performance and prolong recovery times. In this scenario, nutrition becomes a decisive factor in accelerating rehabilitation processes, maintaining muscle mass, and optimizing the immune response. An adequate nutritional strategy during the Injury Period not only contributes to physical recovery but also impacts the emotional stability of the athlete, a key element for their successful return to competition. In this regard, TECH is committed to providing cutting-edge knowledge that integrates science, practice, and evidence applied to Sports Nutrition.



“

A comprehensive and 100% online program, exclusive to TECH, with an international perspective supported by our membership with The Chartered Association of Sport and Exercise Sciences”

The Injury Period represents one of the greatest challenges in any athlete's career, not only because it directly impacts immediate performance but also because it can compromise their long-term professional trajectory. In this context, Nutrition plays a crucial role in influencing the body's ability to repair tissues, manage inflammatory processes, and maintain an optimal physical state that facilitates return to athletic activity. Understanding the relationship between specific nutritional requirements and recovery mechanisms enables the design of effective interventions that impact both physical condition and psychological well-being.

To address this reality with a comprehensive approach, the course includes content that delves into the physiology of the Injury Period, the interaction between nutrients and healing processes, and the impact of factors such as rest and supplementation on future performance. The program will also cover the most common injuries in sports and how nutritional needs vary depending on the recovery stage, ensuring an applied and evidence-based learning experience.

The methodology incorporates case studies, allowing students to recognize real-life situations and make informed decisions when planning diets and support strategies. Additionally, the course will explore monitoring and nutritional control tools that facilitate individualized follow-up for injured athletes, offering a more strategic and personalized approach to professional intervention. Furthermore, a renowned International Guest Director will deliver an exclusive and rigorous Masterclass.

Additionally, thanks to the membership in **The Chartered Association of Sport and Exercise Sciences (CASES)**, students will gain access to exclusive educational resources, discounts on events and specialized publications, and practical benefits such as professional insurance. Students will also have the opportunity to integrate into an active community, participate in committees, and earn accreditations that will boost their development, visibility, and professional projection in the fields of sports and exercise science.

This **Postgraduate Certificate in Sports Nutrition in the Athlete during the Injury Period for Nutritionists** contains the most complete and up-to-date academic program on the market. Its most notable features are:

- ♦ Case studies presented by experts in Nutrition
- ♦ 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 the self-assessment process can be carried out 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



You will attend an exclusive Masterclass led by an International Guest Director, who will share the latest scientific advances in Sports Nutrition in the Athlete during the Injury Period for Nutritionists"



Discover how Sports Nutrition accelerates recovery after an injury and significantly reduces downtime"

The program includes a teaching staff made up of professionals from the field of Nutrition, who bring their work experience into the course, alongside recognized experts from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide professionals with a contextualized and immersive learning experience, creating a simulated environment designed to train you in real-life scenarios.

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

Learn how to design individualized meal plans for each phase of the complex process of sports rehabilitation.

Master advanced nutritional strategies that promote tissue regeneration and the efficient control of inflammation.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

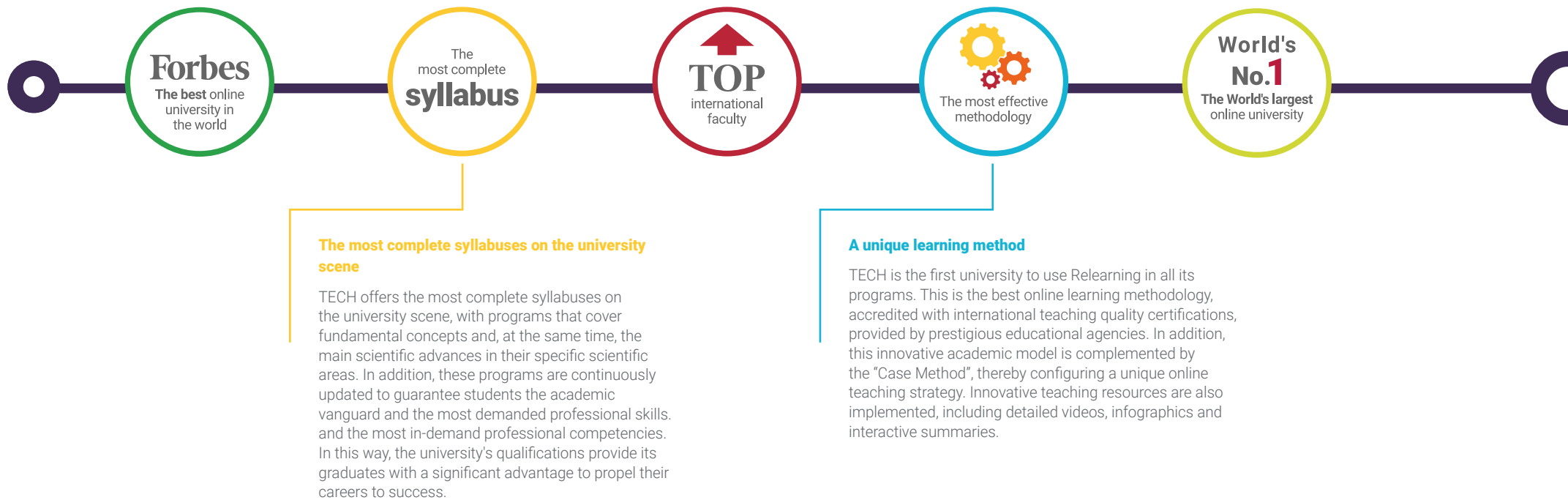
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistuba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



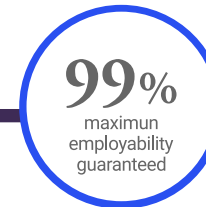
Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

Sports injuries represent a critical phase that demands a comprehensive approach beyond conventional medical treatment. In this regard, Nutrition emerges as a strategic pillar capable of accelerating recovery, reducing the risk of complications, and ensuring a safe return to sports practice. Therefore, this syllabus integrates scientific knowledge with practical applications, offering an innovative perspective on the relationship between nutrition, rehabilitation, and performance. By doing so, it establishes solid foundations for understanding how nutritional intervention directly impacts the athlete's progress during the injury period.





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Dive deeper into the essential role of supplementation as support for the complete recovery of sports injuries”

Module 1. The Injury Period

- 1.1. Introduction
- 1.2. Prevention of Injuries in Athletes
 - 1.2.1. Relative Energy Availability in Sport
 - 1.2.2. Oral Health and Injury Implications
 - 1.2.3. Fatigue, Nutrition and Injuries
 - 1.2.4. Sleep, Nutrition and Injuries
- 1.3. Phases of Injury
 - 1.3.1. Immobilization Phase. Inflammation and Changes Occurring during this Phase
 - 1.3.2. Return of Activity Phase
- 1.4. Energy Intake during the Period of Injury
- 1.5. Macronutrient Intake during the Period of Injury
 - 1.5.1. Carbohydrate Intake
 - 1.5.2. Fat Intake
 - 1.5.3. Protein Intake
- 1.6. Intake of Micronutrients of Special Interest during Injury
- 1.7. Sports Supplements with Evidence during the Period of Injury
 - 1.7.1. Creatine
 - 1.7.2. Omega 3
 - 1.7.3. Others
- 1.8. Tendon and Ligament Injuries
 - 1.8.1. Introduction to Tendon and Ligament Injuries. Tendon Structure
 - 1.8.2. Collagen, Gelatin and Vitamin C. Can they Help?
 - 1.8.3. Other Nutrients Involved in Collagen Synthesis
- 1.9. The Return to Competition
 - 1.9.1. Nutritional Considerations in the Return to Competition
- 1.10. Interesting Case Studies in Scientific Injury Literature





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Understand the close relationship between energy balance and muscle mass preservation during rest”

04

Teaching Objectives

The teaching objectives focus on delving into the role of Nutrition as a therapeutic tool during the phases of sports injury, integrating scientific evidence with clinical practice. In this way, the aim is to understand how nutrients influence tissue repair processes, inflammation modulation, and the preservation of muscle mass. Additionally, the program promotes the ability to design specific nutritional strategies that support the athlete's comprehensive recovery, optimizing not only physical performance but also their metabolic and psychological well-being during the injury period.



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Discover innovative and practical tools for continuously monitoring the nutritional status of an injured athlete”



General Objectives

- ♦ Design nutrition plans adapted to different levels of physical effort and specific physiological conditions
- ♦ Apply principles of exercise physiology to optimize performance in populations with special needs
- ♦ Evaluate common nutritional imbalances in athletes with physical limitations or health conditions
- ♦ Integrate the latest scientific evidence to promote safe and efficient dietary interventions in specialized sports environments
- ♦ Develop a critical and proactive view of the inclusion and adaptation of nutritional strategies in the field of adapted sports
- ♦ Incorporate innovative technological tools for continuous monitoring and adjustment of dietary pathways in established sports groups





Specific Objectives

- ♦ Analyze the nutritional implications in the different phases of the injury period, from immobilization to return to activity
- ♦ Identify the most suitable energy, macronutrient, micronutrient, and supplement requirements to promote recovery and prevent recurrences

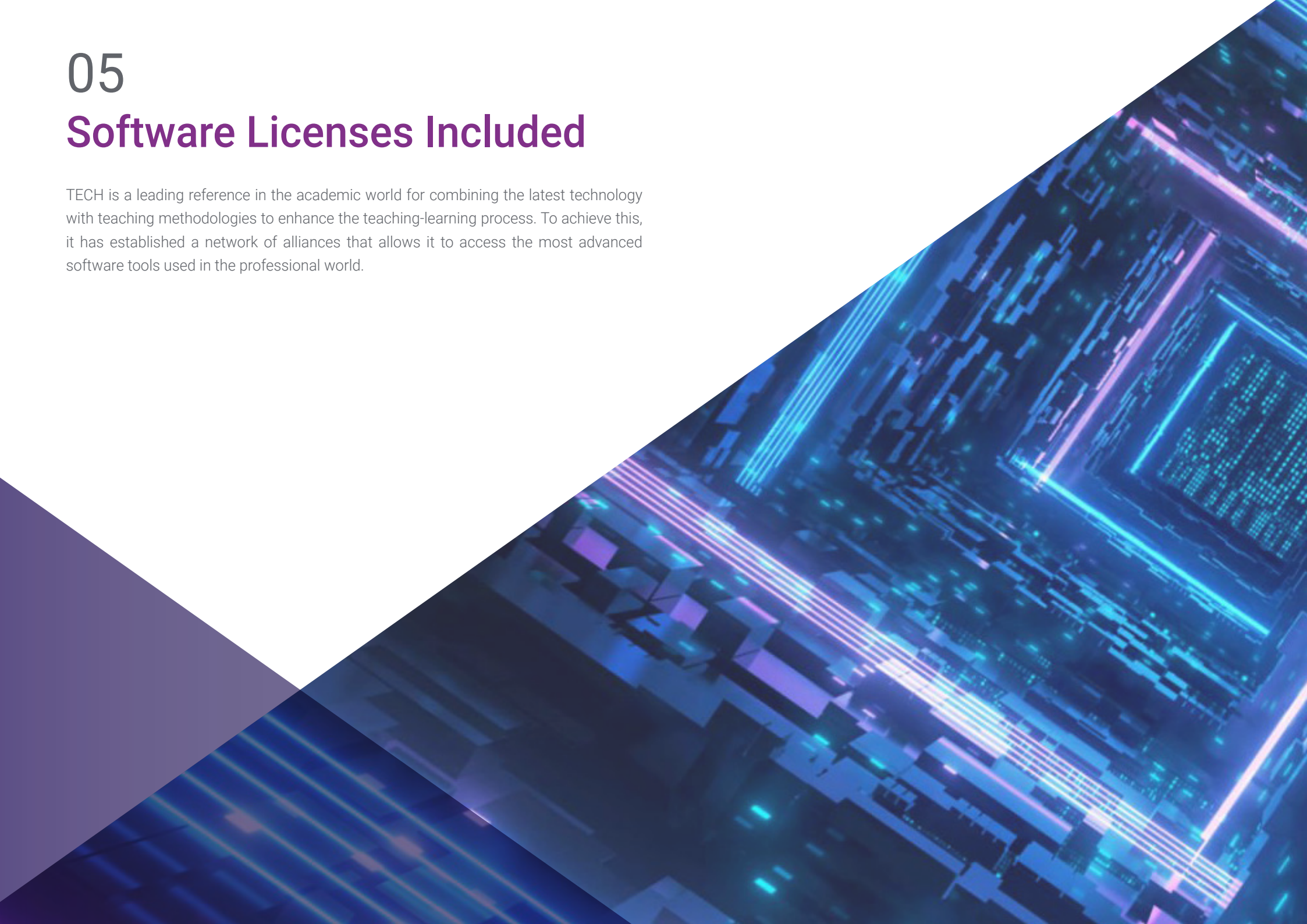


Explore practical cases based on real recovery situations, analyzing contextual and nutritional variables in depth

05

Software Licenses Included

TECH is a leading reference in the academic world for combining the latest technology with teaching methodologies to enhance the teaching-learning process. To achieve this, it has established a network of alliances that allows it to access the most advanced software tools used in the professional world.



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*Upon enrolling, you will receive,
completely free of charge, academic
credentials for the following professional
software applications”*

TECH has established a network of professional alliances with the leading providers of software applied to various professional fields. These alliances allow TECH to access hundreds of software applications and licenses, making them available to its students.

The software licenses for academic use will allow students to utilize the most advanced applications in their professional field, enabling them to become familiar with and master these tools without incurring any costs. TECH will handle the licensing process so that students can use them indefinitely during the time they are enrolled in the Postgraduate Certificate in Nutrition in the Athlete during the Injury Period for Nutritionists, and they will be able to do so completely free of charge.

TECH will provide free access to the following software applications:



i-Diet

DIETOPRO.COM
software de gestión dietético-nutricional

Nutrium

Accessing **Nutrium**, a professional platform valued at **200 euros**, is a unique opportunity to optimize patient management. This advanced system allows users to record medical histories, schedule appointments, send reminders, and conduct online consultations, facilitating communication through its mobile app.

Additionally, this exclusive and **free-access** license provides tools for tracking nutritional goals, enabling clients to update their progress in real time. This enhances treatment adherence and improves the effectiveness of dietary recommendations.

Key Features:

- ♦ **Complete Client Management:** Detailed records, appointment scheduling, and automatic reminders
- ♦ **Continuous Communication:** Online consultations and a mobile app for patients
- ♦ **Nutritional Goal Monitoring:** Tools to set and track specific objectives
- ♦ **Real-Time Updates:** Patients can directly report their progress
- ♦ **Treatment Efficiency:** Improved adherence and better outcomes for dietary plans

This platform, available **at no cost** during the program, will allow students to apply their knowledge practically, supporting a comprehensive and efficient approach to nutrition.

i-Diet

Another exclusive benefit of this university program is **free access to i-Diet**, a nutritional assessment tool valued at **180 euros**. This flexible platform allows users to modify food and recipe databases, as well as add new elements intuitively.

i-Diet is designed to adapt to different professional needs, enabling the customization of nutritional plans from the first day of the course. The tool incorporates artificial intelligence in its calculations, developed with the support of the Department of Mathematical Modeling at ETSIMO, ensuring precision and scientific rigor in every assessment.

Key Features:

- ♦ **Editable Database:** Access to food and recipes with full customization options
- ♦ **AI-Powered Calculations:** Optimized algorithms for precise and efficient evaluations
- ♦ **Over 1,000 Supervised Recipes:** Content developed by dietitian-nutritionist Cristina Rodríguez Bernardo
- ♦ **Multiple Body Measurements:** Compatible with BIA, ultrasounds, infrared, skinfold calipers, and circumferences
- ♦ **Intuitive Interface:** Easy to use both in consultations and for clinical follow-up

Free **access to i-Diet** during the course provides an invaluable opportunity to apply theoretical knowledge, improve nutritional decision-making, and strengthen the technical skills of professionals.

DietoPro

As part of our commitment to comprehensive and applied training, all students enrolled in this program will receive **free access** to the **DietoPro** license, specialized in nutrition and valued at approximately **30 euros**. This platform will be available throughout the course. Its use enriches the learning process, facilitating the immediate implementation of the knowledge acquired.

It is an advanced solution that allows users to create personalized plans, record and analyze daily intake, and receive recommendations tailored to each individual. Its intuitive interface and solid technological foundation provide a practical experience aligned with current standards of well-being and digital health.

Key Features:

- ♦ **Personalized Nutrition Planning:** Design meal plans tailored to specific goals, preferences, and requirements
- ♦ **Diet Tracking and Monitoring:** Facilitate nutritional control through dynamic reports and detailed nutrient analysis
- ♦ **Intelligent Suggestions:** Use artificial intelligence to propose adjustments and personalized recommendations
- ♦ **Integration with Health Devices:** Compatible with *wearables* and fitness apps for a comprehensive view of physical health
- ♦ **Educational Resources:** Access to content, guides, and expert advice to reinforce healthy habits and promote continuous learning

This **free license** offers a unique opportunity to explore professional tools, solidify theoretical knowledge, and make the most of a high-value practical experience.

06

Study Methodology

TECH is the first university in the world to combine case study methodology with Relearning, a 100% online learning system based on guided repetition.

This innovative pedagogical strategy has been conceived to offer professionals the opportunity to update knowledge and develop skills in an intensive and rigorous way. A learning model that places the student at the center of the academic process and gives them the leading role, adapting to their needs and leaving aside the more conventional methodologies.



“

TECH prepares you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive academic programs worldwide

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies or Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Method

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

The university methodology best rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

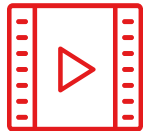
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

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

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

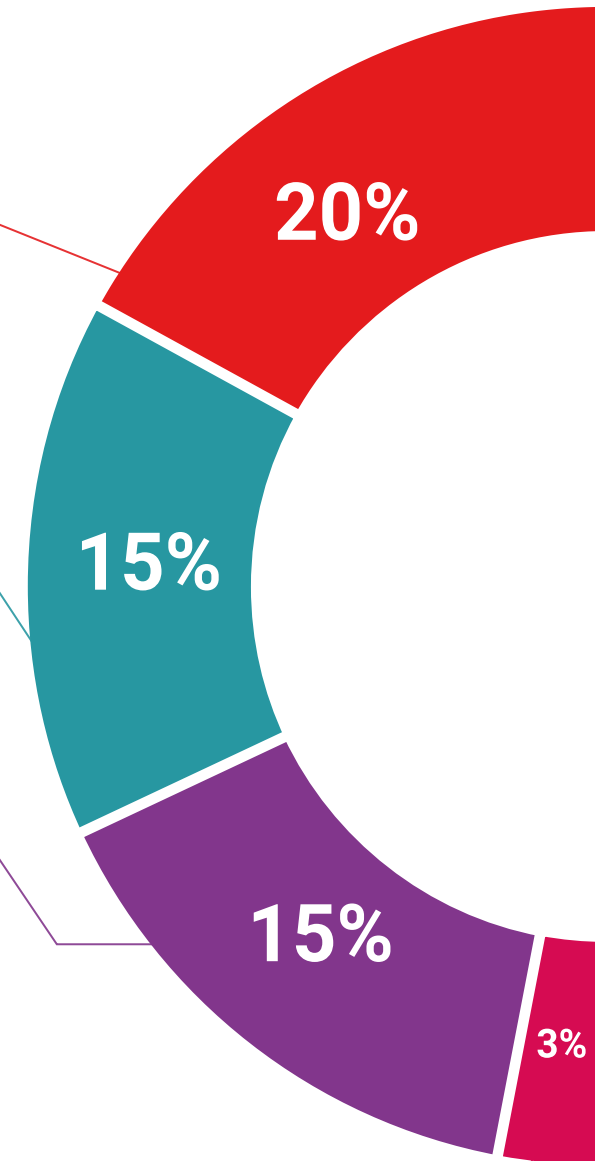
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

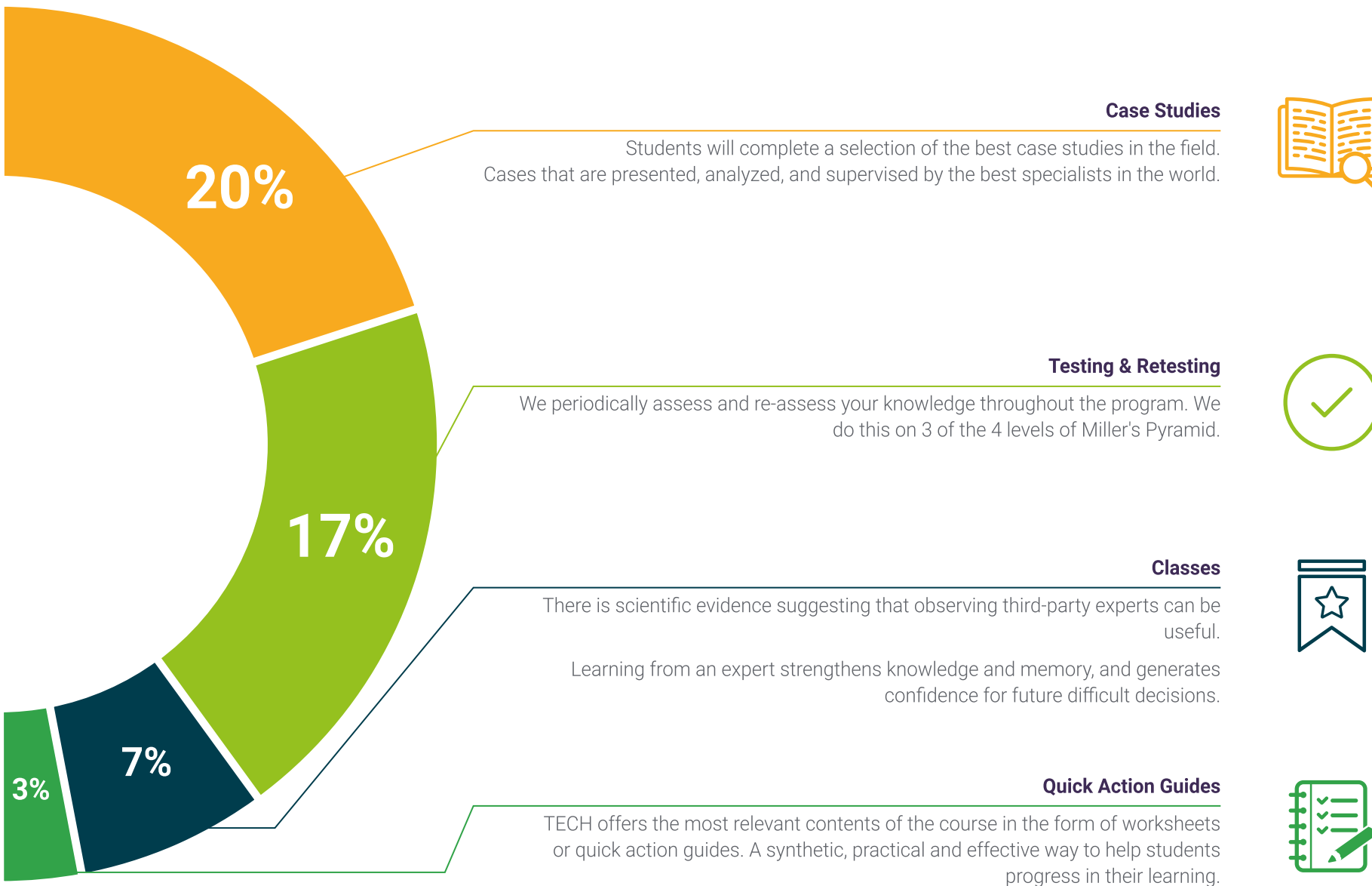
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





07

Teaching Staff

The teaching staff is composed of leading professionals in Sports Nutrition, Exercise Physiology and Rehabilitation, whose expertise integrates clinical practice with applied research. Their background in high-performance centers, multidisciplinary teams and scientific projects provides an updated, evidence-based perspective on the role of Nutrition throughout the recovery process. Furthermore, their pedagogical approach promotes practical and contextualized learning, ensuring the acquisition of skills that enable professionals to face real challenges inherent to the Injury Period in sports.



Breakfast (264 calories)

- 1 cup nonfat plain Greek yogurt
- 1/4 cup muesli
- 1/4 cup blueberries

A.M. Snack (84 calories)

- 5 dried apricots

Lunch (335 calories)

Chickpea & Veggie Salad

- 2 cups mixed greens
- 3/4 cup veggies of your choice (try cucumbers and tomatoes)
- 1/2 cup chickpeas, rinsed
- 1/2 Tbsp. chopped walnuts

Combine ingredients and top salad with 1 Tbsp. each balsamic vinegar and olive oil.

P.M. Snack (70 calories)

• 2 clementines

Dinner (334 calories)

Squash & Red Lentil Curry
• 1 cup brown rice

“

Benefit from a flexible online modality
that adapts to your pace, personal
needs and time availability”

International Guest Director

Jamie Meeks has demonstrated throughout her career her dedication to **Sports Nutrition**. After graduating from Louisiana State University with a degree in Sports Nutrition, she quickly rose to prominence. Her talent and commitment were recognized when she received the prestigious **Young Dietitian of the Year** award from the Louisiana Dietetic Association, an achievement that marked the beginning of a successful career.

After completing her bachelor's degree, Jamie Meeks continued her education at the University of Arkansas, where she completed her internship in **Dietetics**. She then went on to earn a Master's Degree in Kinesiology with a specialization in **Exercise Physiology** from Louisiana State University. Her passion for helping athletes reach their full potential and her tireless commitment to excellence make her a leading figure in the sports and nutrition community.

Her deep knowledge in this area led her to become the first **Director of Sports Nutrition** in the history of Louisiana State University's athletic department. There, she developed innovative programs to meet the dietary needs of athletes and educate them on the importance of proper **nutrition** for **optimal performance**.

Subsequently, she has held the position of **Director of Sports Nutrition** for the NFL's **New Orleans Saints**. In this role, she is dedicated to ensuring that professional players receive the best nutritional care possible, working closely with coaches, trainers, physical trainers and medical staff to optimize individual performance and health.

As such, Jamie Meeks is considered a true leader in her field, being an active member of several professional associations and participating in the advancement of **Sports Nutrition** on a national level. In this regard, she is also a member of the **Academy of Nutrition and Dietetics** and the **Association of Collegiate and Professional Sports Dietitians**.



Ms. Meeks, Jamie

- Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, United States
- Sports Nutrition Coordinator at Louisiana State University
- Registered Dietitian by the Academy of Nutrition and Dietetics
- Certified Specialist in Sports Dietetics
- Master's Degree in Kinesiology with specialization in Exercise Physiology from the Louisiana State University
- Degree in Dietetics from Louisiana State University
- Member of: Louisiana Dietetic Association, Association of Dietitians Collegiate and Professional, and Dietetic Practice Group of Cardiovascular Sports Nutrition and Wellness

“

Thanks to TECH, you will be able to learn with the best professionals in the world"

Management



Dr. Marhuenda Hernández, Javier

- ♦ Nutritionist in Professional Soccer Clubs
- ♦ Head of Sports Nutrition. Club Albacete Balompie SAD
- ♦ Head of Sports Nutrition. Catholic University of Murcia, UCAM Murcia Football Club.
- ♦ Scientific Advisor. Nutrium
- ♦ Nutritional Advisor. Impulse Center
- ♦ Teacher and Coordinator of Postgraduate Studies.
- ♦ Doctorate in Nutrition and Food Safety. San Antonio Catholic University of Murcia
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Catholic University of Murcia
- ♦ Master's Degree in Clinical Nutrition. San Antonio Catholic University of Murcia
- ♦ Academic. Spanish Academy of Nutrition and Dietetics (AEND)



Faculty

Dr. Mata, Fernando

- ♦ Sports Nutritionist
- ♦ Scientific Advisor for Cádiz Club de Fútbol
- ♦ Scientific Advisor for the Spanish Boxing National Team
- ♦ Scientific Advisor for the Uruguayan Weightlifting Federation
- ♦ General Director of NutriScience Spain
- ♦ Nutrition Coordinator at Beiman Clinics
- ♦ Coordinator of the SAMD Nutrition Group
- ♦ PhD in Biomedicine
- ♦ Graduate in Dietetics and Nutrition
- ♦ Master's Degree in Translational Biomedical Research from the University of Cordoba
- ♦ Master's Degree in Physiology, University of Barcelona

“

A unique, essential and decisive learning experience to boost your professional development"

08 Certificate

The Postgraduate Certificate in Sports Nutrition in the Athlete during the Injury Period for Nutritionists guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Postgraduate Certificate 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 private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Sports Nutrition in the Athlete during the Injury Period for Nutritionists** 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 private qualification from **TECH Global University** is a European continuing education and professional development program that guarantees the acquisition of competencies in its area of expertise, providing significant curricular value to the student who successfully completes the program.

TECH is a member of the distinguished professional organization **The Chartered Association of Sport and Exercise Sciences (CASES)**. This membership reaffirms its commitment to excellence in management and specialized training in the sports field.

Accreditation/Membership



Title: **Postgraduate Certificate in Sports Nutrition in the Athlete during the Injury Period for Nutritionists**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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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