

# Postgraduate Certificate Sports Nutrition

Endorsed by the NBA



**tech** global  
university



## Postgraduate Certificate

### Sports Nutrition

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

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

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01

# Introduction

This program offers the possibility to deepen and update knowledge in Sports Nutrition, with the use of the latest educational technology. This training offers a global vision of Clinical and Sports Nutrition while focusing on the most important and innovative aspects.







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*Learn here about the latest advances  
in the speciality to be able to perform  
quality nutritional practice”*

This branch of Nutrition focuses on professionals who practice intense physical sports, because the performance of physical activity increases the energy needs and some nutrients, so it is important to consume a balanced diet based on a variety of foods, with the correct selection criteria.

There is a lot of interest in everything related to dietetics and human nutrition and this is justified by a series of factors, among which two stand out:

- A greater demand for quality of life in Western society, concern for the effects of nutrition on the maintenance of health and the prevention and treatment of diseases, which translates into the search for a better, healthier and more balanced diet.
- The management of nutrition as a preventative or palliative factor for collective and personal health.

With this specialization you will have the opportunity to take a program that brings together the most advanced and in-depth knowledge in the field, where a group of highly regarded professors with extensive international experience provides you with the most complete and up-to-date information on the latest advances and techniques in Sports Nutrition.

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

- Clinical cases presented by experts in nutrition. The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- The latest diagnostic and therapeutic information on how to approach Sports Nutrition.
- An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- Special emphasis on test-based medicine and research methodologies in Sports Nutrition.
- All of this will be complemented by 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



*This course contains the most complete and up-to-date program on the market"*

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*This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Sports Nutrition, you will obtain a Postgraduate Certificate qualification from TECH Global University.*

Forming part of the teaching staff is a group of professionals in the world of Sports Nutrition, who bring to this course their work experience, as well as a group of renowned specialists, recognised by esteemed scientific communities.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training program to train in real situations.

The design of this program is based on Problem Based Learning, whereby the nutritionist must try to solve the different professional practice situations that arise throughout the program. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of Sports Nutrition with extensive teaching experience.

*This Postgraduate Certificate will generate a sense of security in your nutritional practice, which will help you grow both personally and professionally.*

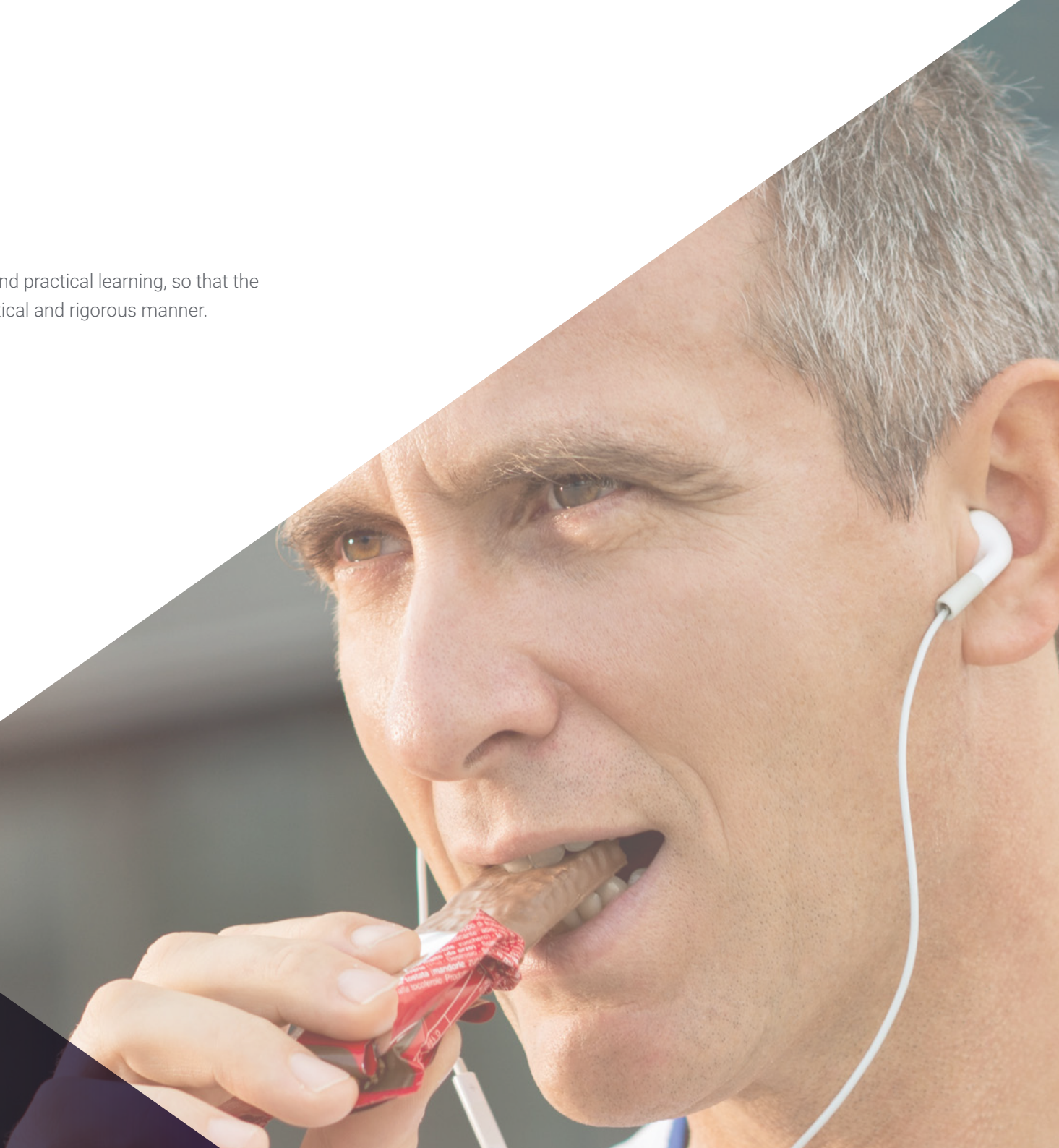
*It includes clinical cases to bring the program's degree as close as possible to the reality of care in nutrition.*





# 02 Objectives

The program's primary objective is focused on theoretical and practical learning, so that the nutritionist is able to master Sports Nutrition in both a practical and rigorous manner.





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*This program will help you acquire the skills  
you need to excel in your daily work"*



## General Objectives

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- ♦ Update the professional's knowledge on new trends in human nutrition, in both health and disease 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
- ♦ Foster 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
- ♦ Promote professional growth through continuing education and research
- ♦ Train to conduct research on patients with nutritional issues





### Specific Objectives

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- ♦ Evaluate and prescribe physical activity as a factor involved in nutritional status
- ♦ Study the latest developments in exercise physiology
- ♦ Emphasize the importance of good hydration in all sports disciplines
- ♦ Treat common eating disorders in sports such as Vigorexia, Orthorexia or Anorexia



03

# Course Management

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





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*Learn from the best professionals and become  
a successful professional yourself”*

## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition** and **Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- ♦ Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- ♦ Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- ♦ Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- ♦ Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- ♦ Vice President of the Conference of Medical Academic Representatives of the BMA
- ♦ Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- ♦ Honorary International Dean of the Cordia Colleges in India
- ♦ Senior Clinical Scientist with the Medical Research Council
- ♦ Bachelor's Degree in Medicine

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

## Management



### **Dña. Aunión Lavarías, María Eugenia**

- ♦ Pharmacist and Clinical Nutrition Expert
- ♦ "Author of the reference book in the field of Clinical Nutrition "Dietetic Management of Overweight in the Pharmacy Office". (Panamerican Medical Publishing House)
- ♦ Pharmacist with extensive experience in the public and private sector
- ♦ Pharmacist in Valencia Pharmacy
- ♦ Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- ♦ Degree in Pharmacy and Food Science and Technology. University of Valencia
- ♦ Director of the University Course "Dermocosmetics in the Pharmacy Office"





04

# Structure and Content

The structure of the contents has been designed by a team of professionals who recognise the implications of training in the daily practice in the field of nutrition, are aware of the relevance of current training to deal with sports professionals, and are committed to quality teaching using new educational technologies.



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*This Postgraduate Certificate in Sports Nutrition contains the most complete and up-to-date scientific program on the market”*



## Module 1. Sports Nutrition

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







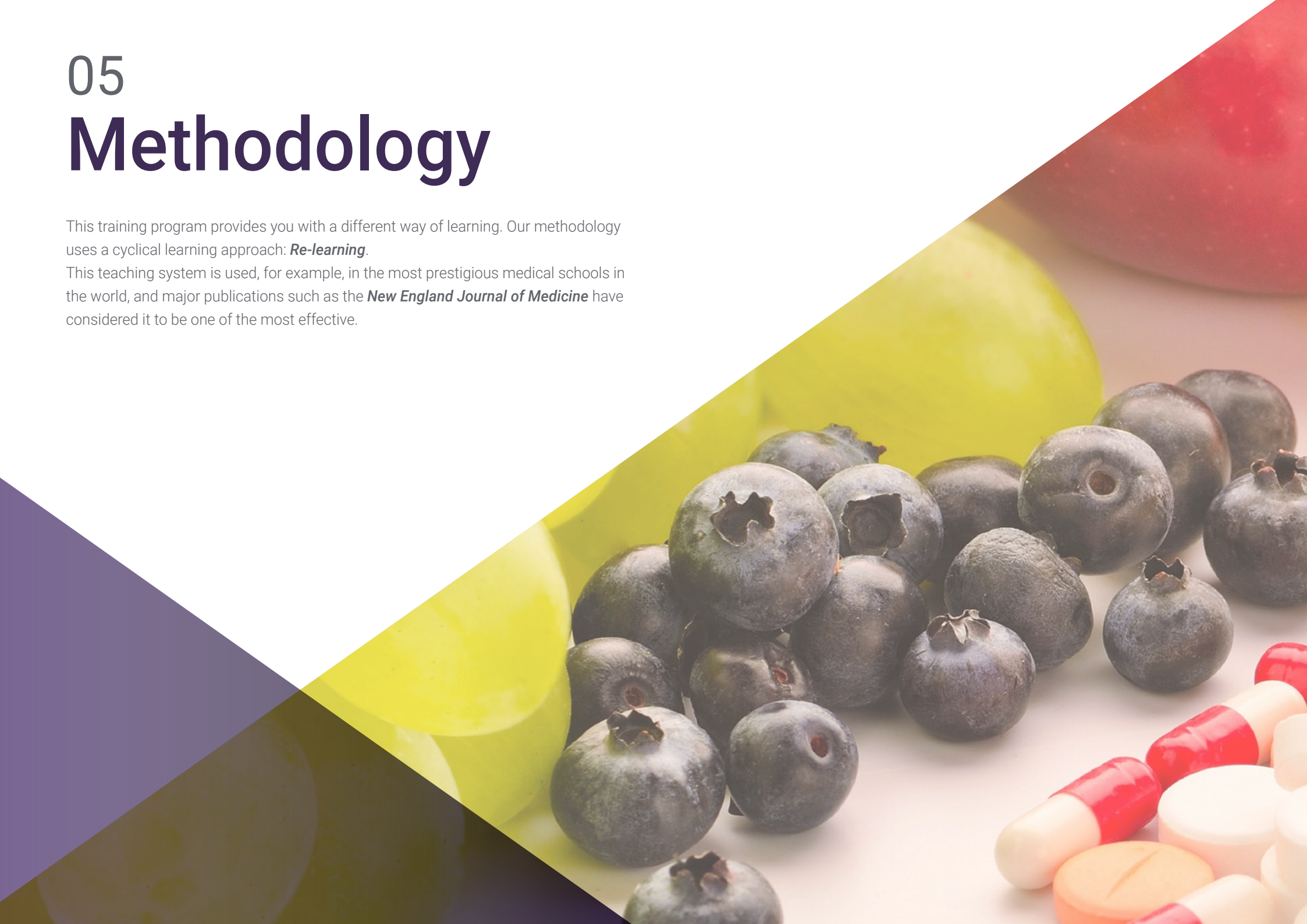
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*A unique, key, and decisive  
training experience to boost  
your professional development”*

# 05 Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

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.





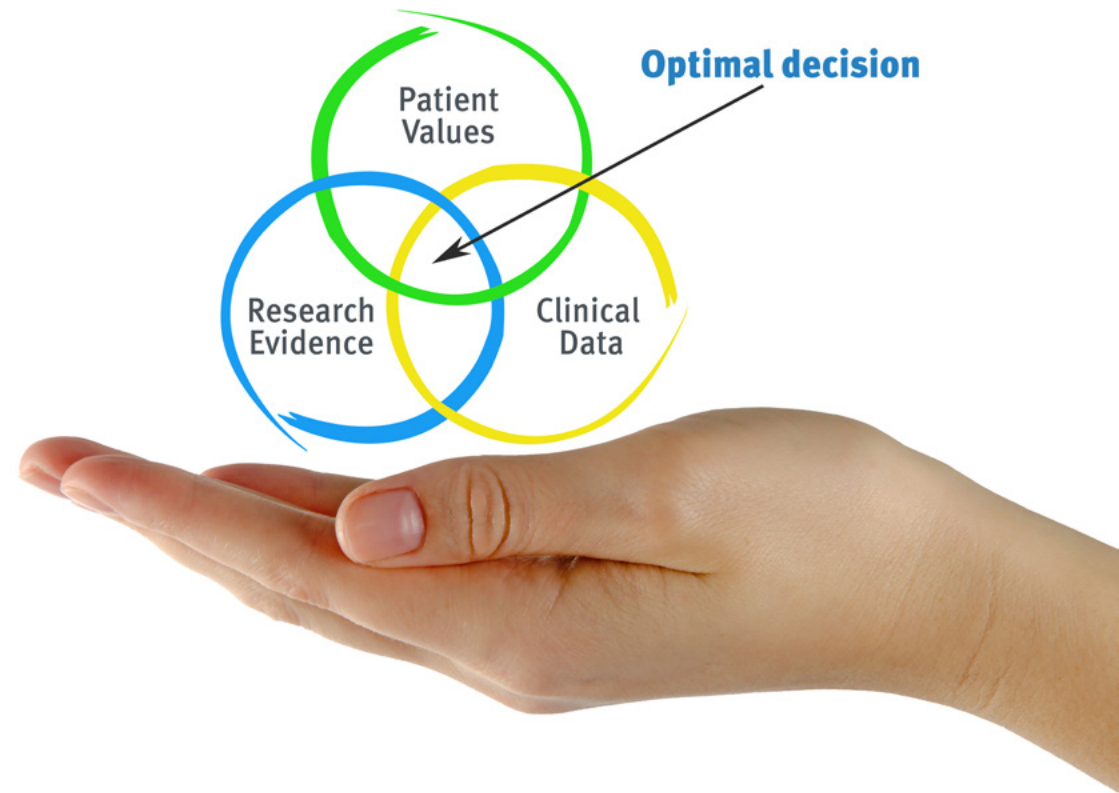
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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple clinical symptoms simulated cases based on real patients in which they will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning 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, trying to recreate the real conditions of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

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



*The nutritionist 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments and contrasting opinions: a direct equation for 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 the teaching materials are specifically created for the course by specialists who teach on the course so that the teaching content is highly 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.



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional assessment techniques and procedures. 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 the videos as many times as you like.



#### Interactive Summaries

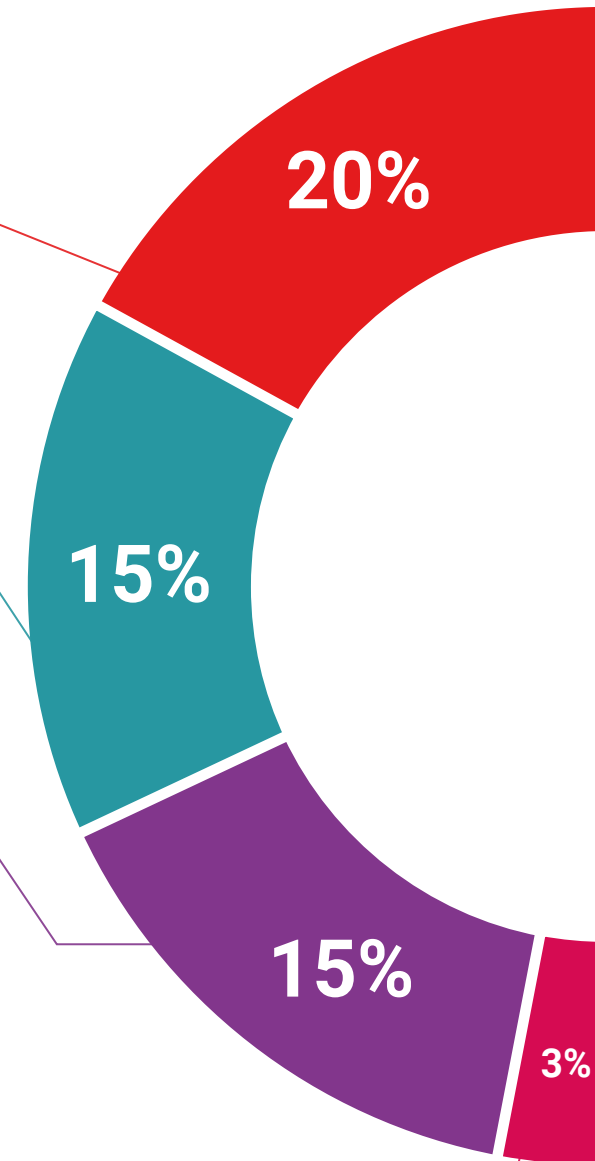
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

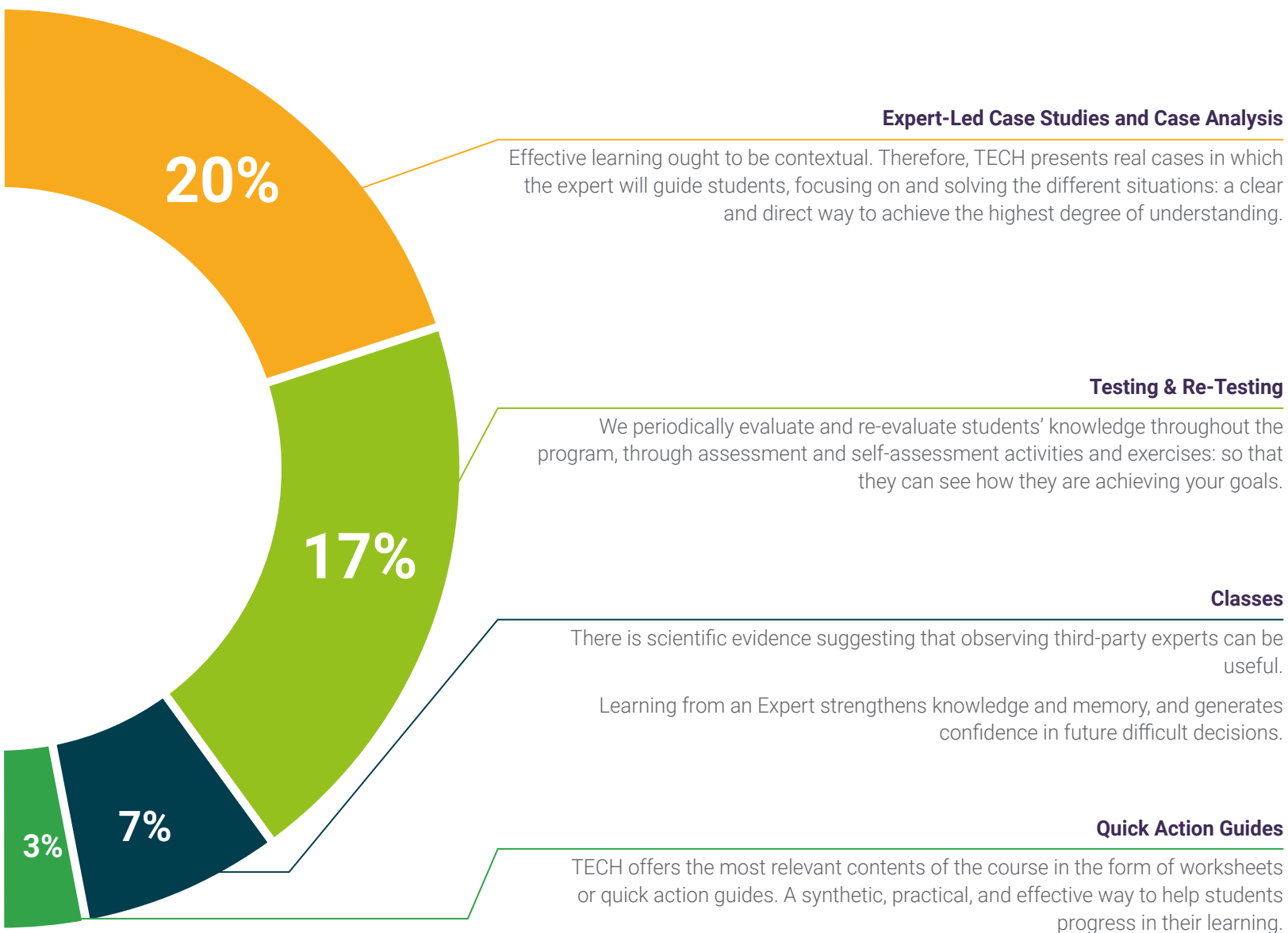
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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.





# 06 Certificate

The Postgraduate Certificate in Sports Nutrition guarantees you, in addition to the most rigorous and updated training, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this training and receive your university degree without travel or laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate in Sports Nutrition** 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 Certificate in Sports Nutrition**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA





## Postgraduate Certificate

### Sports Nutrition

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



# Postgraduate Certificate Sports Nutrition

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