

# Professional Master's Degree Sports Nutrition

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**tech** technological  
university





## Professional Master's Degree

### Sports Nutrition

Course Modality: **Online**

Duration: **12 months**

Certificate: **TECH Technological University**

Official N° of hours: **1,500 h.**

Website: [www.techtute.com/in/nutrition/professional-master-degree/master-sports-nutrition](http://www.techtute.com/in/nutrition/professional-master-degree/master-sports-nutrition)

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# 01

# Introduction

Specialization in Nutrition is the essential response of the Professional to the care and preventive needs of the population in matters of food and health. 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. The Nutrition professional must be able to guide the athlete and advise them on nutritional matters so that they can continue to maintain their Health.





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*People who perform intense Physical Exercise on a regular basis need to eat a balanced diet rich in nutrients, so it is important to have Professionals capable of guiding them in nutritional matters”*

Sports Nutrition is a booming field of work. In recent years there has been a boom in Sports Nutrition. More and more people have introduced sport into their daily lives, and this requires specific energy needs that, without the help of a Professional, cannot be adequately acquired.

This program offers the student the possibility of expanding and updating knowledge in Sports Nutrition, using the latest educational technology. 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 program allows specialization in the field of Sports Nutrition in areas of special interest such as: nutrigenetics, nutrigenomics, nutrition and obesity, hospital dietetics, nutritional trends and specific needs of elite athletes.

The teaching team of this Professional Master's Degree in Sports Nutrition has made a careful selection of each of the topics of this specialization in order to offer students the most complete study opportunity possible and always linked to current events.

As it is an online Professional Master's Degree, the student is not bound by fixed schedules or the need to move to another physical location, rather, they can access the content at any time of the day, balancing their professional or personal life with their academic life.

This **Professional Master's Degree in Sports Nutrition** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ Exercises where the self-assessment process can be carried out to improve learning
- ◆ An algorithm-based interactive learning system, designed for decision-making for patients with nutritional challenges
- ◆ 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



*Only with a proper specialization, you will know the best way to advise your patients in nutritional matters"*

“

*This Professional Master's Degree is the best investment you can make when selecting a refresher program for two reasons: in addition to updating your knowledge of sports nutrition, you will obtain a qualification from TECH Technological University”*

It includes, in its teaching staff, professionals belonging to the field of nutrition, who bring to this program the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

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 immersive learning programmed to study in real situations.

This program is designed around Problem-Based Learning, whereby the professional 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 in Sports Nutrition with extensive experience.

*This Professional Master's Degree offers education in simulated environments, which provides an immersive learning experience designed to prepare for real-life situations.*

*This 100% online Professional Master's Degree will allow you to balance your studies with your professional work while increasing your knowledge in this field.*



02

# Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nutrition professional can master in a practical and rigorous way the study of Sports Nutrition.





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*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## 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
- ◆ Encourage professional stimulation through continuous education and research
- ◆ Prepare the professional for research into patients with nutritional problems



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*





## Specific objectives

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### Module 1. New Developments in Food

- ◆ Analyze the different methods for assessing nutritional status
- ◆ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment

### Module 2. Current Trends in Nutrition

- ◆ 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

### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- ◆ 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

### Module 4. Sports Nutrition

- ◆ Identify psychological disorders related to the practice of sport and nutrition

### Module 5. Muscle and Metabolic Physiology Associated with Exercise

- ◆ Gain an in-depth understanding of the structure of skeletal muscle
- ◆ Understand in depth the functioning of skeletal muscle
- ◆ Delve into the understanding of the most important changes that occur in athletes
- ◆ To delve into the mechanisms of energy production based on the type of exercise performed
- ◆ Further understanding of the interaction between the different energy systems that make up the muscle energy metabolism

### Module 6. Vegetarianism and Veganism

- ◆ Differentiate between the different types of vegetarian athletes
- ◆ Gain an in-depth understanding of the main mistakes made
- ◆ Treat the notable nutritional deficiencies of sportsmen and sportswomen
- ◆ Manage skills to provide the athlete with the most effective tools to combine foods

### Module 7. Different Stages or Specific Population Groups

- ◆ Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- ◆ Understand in depth the external and internal factors that influence the nutritional approach to these groups





### **Module 8. Nutrition for Functional Recovery and Rehabilitation**

- ◆ Approach the concept of integral nutrition as a key element in the process of readaptation and functional recovery
- ◆ Distinguish the different structures and properties of both macronutrients and micronutrients
- ◆ Prioritize the importance of both water intake and hydration in the recovery process
- ◆ Analyze the different types of phytochemicals and their essential role in improving the state of health and regeneration of the organism

### **Module 9. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population**

- ◆ Analyze patient's eating habits, as well as their problems and motivation
- ◆ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ◆ Prepare for the design of nutritional education strategies and patient care

### **Module 10. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring**

- ◆ Adequate assessment of the clinical case, interpretation of causes and risks
- ◆ Personalized calculation of nutritional plans taking into account all individual variables
- ◆ Planning nutritional plans and models for a complete and practical recommendation

# 03 Skills

After passing the assessments of the Professional Master's Degree in Sports Nutrition, the professional will have acquired the necessary skills for a quality and up-to-date praxis based on the most innovative teaching methodology.





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



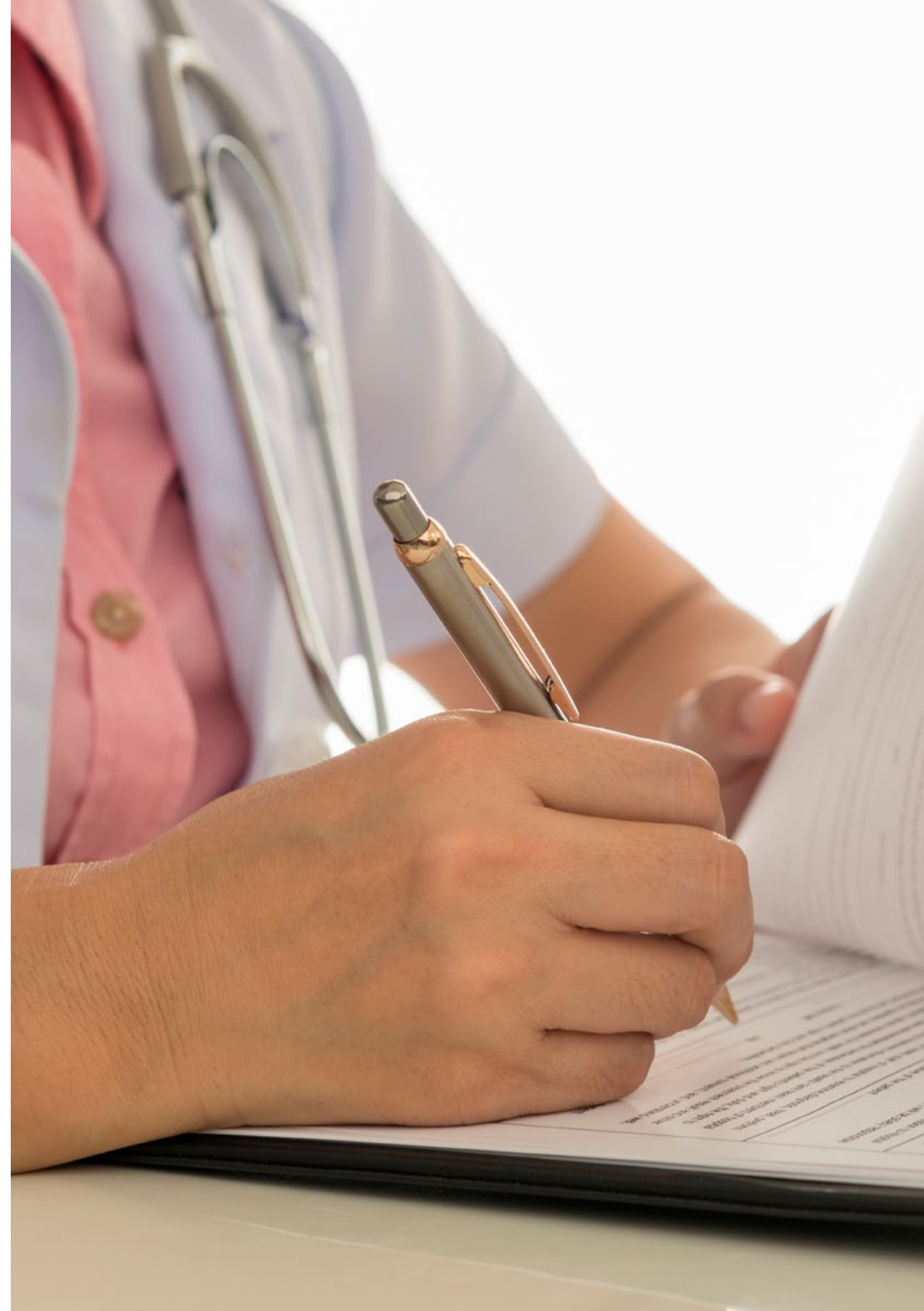
## General skills

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- ◆ Apply new trends in Sport Nutrition with their patients
- ◆ Apply the new trends in nutrition depending on the adult's pathologies
- ◆ Investigate the nutritional problems of your patients

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*Prepare yourself for success in the workplace by completing this Professional Master's Degree with a high academic level”*







## Specific skills

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- ◆ Assess patients' nutritional status
- ◆ Identify patients' nutritional problems and apply the most appropriate treatments and diets in each case
- ◆ Know about food compositions, identify their uses and add them to the diets of patients who need them
- ◆ Seek help for patients with psychological disorders related to nutrition and the practice of sports
- ◆ Be up to date on food safety and be aware of potential food hazards
- ◆ Identify the benefits of the Mediterranean diet
- ◆ Identify athletes' energy needs and provide them with appropriate diets

# 04

# Course Management

Our teachers, made up of experts in Sports Nutrition, are well known in the profession 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 program with recent updates in the field that will allow you to prepare yourself and increase your skills in this sector.





“

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

## International Guest Director

Shelby Johnson has a distinguished career as a Sports Nutritionist, specializing in college sports in the United States. In fact, her experience and specific knowledge in this area have been key in her goal of contributing to the best performance of high performance athletes.

As Director of Sports Nutrition at Duke University, she has provided nutritional and health assistance to student athletes. In addition, she has served on the nutritionist staff at the University of Missouri and on the University of Florida soccer, lacrosse and women's basketball teams.

Likewise, her commitment to offer young athletes the best nutritional advice during their training and competitions has led her to perform a remarkable work in this professional field. In this way, in order to guarantee the best attention to athletes, she has been in charge of performing body composition analysis and building personalized plans, according to each person's objective. She has also guided athletes on the most appropriate diets for their physical efforts, in order to contribute to their full performance and avoid health problems.

During her professional career, Shelby Johnson has worked in sports nutrition, and her ability to adapt to different disciplines has allowed her to broaden her areas of expertise and offer much more precise attention.

As such, thanks to its training and experience, it has created a Food Sensitivity Policy for Sports Health, seeking to highlight the relevance of proper nutrition for health. Therefore, her goal has always been to disseminate any information that helps athletes to become aware of the best nutrients, vitamins and foods to achieve their goals.



## Dña. Johnson, Shelby

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- Director of Sports Nutrition at Duke University, Durham, U.S.A.
- Nutrition Consultant
- Nutritionist for the soccer, lacrosse and women's basketball teams at the University of Florida.
- Specialist in Sports Nutrition
- Master's Degree in Applied Physiology and Kinesiology from the University of Florida.
- Bachelor's Degree in Dietetics from Lipscomb University

“

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

## Management



### **Dr. Pérez de Ayala, Enrique**

- ◆ Head of the Sports Medicine Department at Policlínica Gipuzkoa
- ◆ Degree in Medicine from the Autonomous University of Barcelona
- ◆ Specialist in Physical Education and Sports Medicine
- ◆ Honorary Member of the AEMEF
- ◆ Former head of the Sports Medicine Department of the Real Sociedad de Fútbol

## Professors

### **Ms. Aldalur Mancisidor, Ane**

- ◆ Expert in Eating Disorders and Sports Nutrition
- ◆ Part of the dietetics office and the Basque Health Service
- ◆ Degree in Nursing
- ◆ Degree in Dietetics

### **Ms. Urbeltz, Uxue**

- ◆ Dietician in Policlínica Gipuzkoa
- ◆ BPX Instructor, Patronato de Deportes de San Sebastian
- ◆ Diploma in Dietetics and Nutrition



05

# Structure and Content

The structure of the contents has been designed by a team of professionals aware of the implications of the specialization in daily practice, conscious of the relevance of the current importance of the specialization in Sports Nutrition; and committed to quality teaching through new educational technologies.







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*We have the most complete and up-to-date Scientific Program in the Market. We seek excellence and we want to help you achieve it too”*

## Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Symbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical Hazards
  - 1.9.2. Chemical Hazards
  - 1.9.3. Microbiological Hazards
- 1.10. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding, Appetite and Satiety
- 2.5. Psychology and Nutrition
- 2.6. Nutrition and Sleep
- 2.7. Update on Nutritional Objectives and Recommended Intakes
- 2.8. New Evidence on the Mediterranean Diet



**Module 3. Assessment of Nutritional Status and Diet. Practical Application**

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Methods for Analyzing Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. The Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

**Module 4. Sports Nutrition**

- 4.1. Physiology of Exercise
- 4.2. Physiological Adaptation to Different Types of Exercise
- 4.3. Metabolic Adaptation to Exercise. Regulation and Control
- 4.4. Assessing Athletes' Energy Needs and Nutritional Status
- 4.5. Assessing Athletes' Physical Ability
- 4.6. Nutrition in the Different Phases of Sports Practice
  - 4.6.1. Pre-Competition
  - 4.6.2. During
  - 4.6.3. After the Competition
- 4.7. Hydration
  - 4.7.1. Regulation and Needs
  - 4.7.2. Types of Beverages

- 4.8. Dietary Planning Adapted to Different Sports
  - 4.9.1. AMA and AEPSAD Recommendations
- 4.10. Nutrition in Sports Injury Recovery
- 4.11. Psychological Disorders Related to Practising Sport
  - 4.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  - 4.11.2. Fatigue Caused by Overtraining
  - 4.11.3. The Female Athlete Triad
- 4.12. The Role of the Coach in Sports Performance

**Module 5. Muscle and Metabolic Physiology Associated with Exercise**

- 5.1. Cardiovascular Adaptations Related to Exercise
  - 5.1.1. Increased Systolic Volume
  - 5.1.2. Decreased Heart Rate
- 5.2. Ventilatory Adaptations Related to Exercise
  - 5.2.1. Changes in the Ventilatory Volume
  - 5.2.2. Changes in Oxygen Consumption
- 5.3. Hormonal Adaptations Related to Exercise
  - 5.3.1. Cortisol
  - 5.3.2. Testosterone
- 5.4. Muscle Structure and Types of Muscle Fibers
  - 5.4.1. Muscle Fiber
  - 5.4.2. Type I Muscle Fiber
  - 5.4.3. Type II Muscle Fibers
- 5.5. The Concept of Lactic Threshold
- 5.6. ATP and Phosphagen Metabolism
  - 5.6.1. Metabolic Pathways for ATP Resynthesis during Exercise
  - 5.6.2. Phosphagen Metabolism
- 5.7. Carbohydrate Metabolism
  - 5.7.1. Carbohydrate Mobilization during Exercise
  - 5.7.2. Types of Glycolysis

- 5.8. Lipid Metabolism
  - 5.8.1. Lipolysis
  - 5.8.2. Fat Oxidation during Exercise
  - 5.8.3. Ketone Bodies
- 5.9. Protein Metabolism
  - 5.9.1. Ammonium Metabolism
  - 5.9.2. Amino Acid Oxidation
- 5.10. Mixed Bioenergetics of Muscle Fibers
  - 5.10.1. Energy Sources and their Relation to Exercise
  - 5.10.2. Factors Determining the Use of One or Another Energy Source during Exercise

## Module 6. Vegetarianism and Veganism

- 6.1. Vegetarianism and Veganism in the History of Sport
  - 6.1.1. The Beginnings of Veganism in Sport
  - 6.1.2. Vegetarian Athletes Today
- 6.2. Different Types of Vegetarian Food
  - 6.2.1. The Vegan Athlete
  - 6.2.2. The Vegetarian Athlete
- 6.3. Common Errors in the Vegan Athlete
  - 6.3.1. Energy Balance
  - 6.3.2. Protein Consumption
- 6.4. Vitamin B12
  - 6.4.1. B12 Supplementation
  - 6.4.2. Bioavailability of Spirulina Algae
- 6.5. Protein Sources in the Vegan/Vegetarian Diet
  - 6.5.1. Protein Quality
  - 6.5.2. Environmental Sustainability
- 6.6. Other Key Nutrients in Vegans
  - 6.6.1. Conversion of ALA to EPA/DHA
  - 6.6.2. Fe, Ca, Vit-D and Zn

- 6.7. Biochemical Evaluation/Nutritional Shortcomings
  - 6.7.1. Anaemia
  - 6.7.2. Sarcopenia
- 6.8. Vegan vs. Omnivorous Food
  - 6.8.1. Evolutionary Food
  - 6.8.2. Current Food
- 6.9. Ergogenic Aids
  - 6.9.1. Creatine
  - 6.9.2. Vegetable Protein
- 6.10. Factors that Decrease Nutrient Absorption
  - 6.10.1. High Fiber Intake
  - 6.10.2. Oxalates

## Module 7. Different Stages or Specific Population Groups

- 7.1. Nutrition in the Female Athlete
  - 7.1.1. Limiting Factors
  - 7.1.2. Requirements
- 7.2. Menstrual Cycle
  - 7.2.1. Luteal Phase
  - 7.2.2. Follicular Phase
- 7.3. Triad
  - 7.3.1. Amenorrhea
  - 7.3.2. Osteoporosis
- 7.4. Nutrition in the Pregnant Female Athlete
  - 7.4.1. Energy Requirements
  - 7.4.2. Micronutrients
- 7.5. The Effects of Physical Exercise on the Child Athlete
  - 7.5.1. Strength Training
  - 7.5.2. Endurance Training



- 7.6. Nutritional Education in the Child Athlete
  - 7.6.1. Sugar
  - 7.6.2. Eating Disorders
- 7.7. Nutritional Requirements in the Child Athlete
  - 7.7.1. Carbohydrates
  - 7.7.2. Proteins
- 7.8. Changes Associated with Aging
  - 7.8.1. % Body Fat
  - 7.8.2. Muscle Mass
- 7.9. Main Problems in the Older Athlete
  - 7.9.1. Joints
  - 7.9.2. Cardiovascular Health
- 7.10. Interesting Supplements for Older Athletes
  - 7.10.1. Whey Protein
  - 7.10.2. Creatine

### Module 8. Nutrition for Functional Recovery and Rehabilitation

- 8.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
- 8.2. Carbohydrates
- 8.3. Proteins
- 8.4. Fats
  - 8.4.1. Saturation
  - 8.4.2. Unsaturated
    - 8.4.2.1. Monounsaturated
    - 8.4.2.2. Polyunsaturated
- 8.5. Vitamins
  - 8.5.1. Water Soluble
  - 8.5.2. Fat Soluble

- 8.6. Minerals
  - 8.6.9. Macrominerals
  - 8.6.2. Microminerals
- 8.7. Fiber
- 8.8. Water:
- 8.9. Phytochemicals
  - 8.9.1. Phenols
  - 8.9.2. Tioles
  - 8.9.3. Terpenes
- 8.10. Food Supplements for Prevention and Functional Recovery

## Module 9. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 9.1. Feeding Habits in the Current Population and Health Risks
- 9.2. Mediterranean and Sustainable Diet
  - 9.2.1. Recommended Dietary Pattern
- 9.3. Comparison of Dietary Patterns or "Diets"
- 9.4. Nutrition in Vegetarians
- 9.5. Childhood and Adolescence
  - 9.5.1. Nutrition, Growth and Development
- 9.6. Adults
  - 9.6.1. Nutrition for the Improvement of Quality of Life
  - 9.6.2. Prevention
  - 9.6.3. Treatment of Disease
- 9.7. Pregnancy and Lactation Recommendations
- 9.8. Recommendations in Menopause
- 9.9. Advanced Age
  - 9.9.1. Nutrition in Aging
  - 9.9.2. Changes in Body Composition
  - 9.9.3. Abnormalities
  - 9.9.4. Malnutrition
- 9.10. Nutrition in Athletes





## **Module 10.** Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

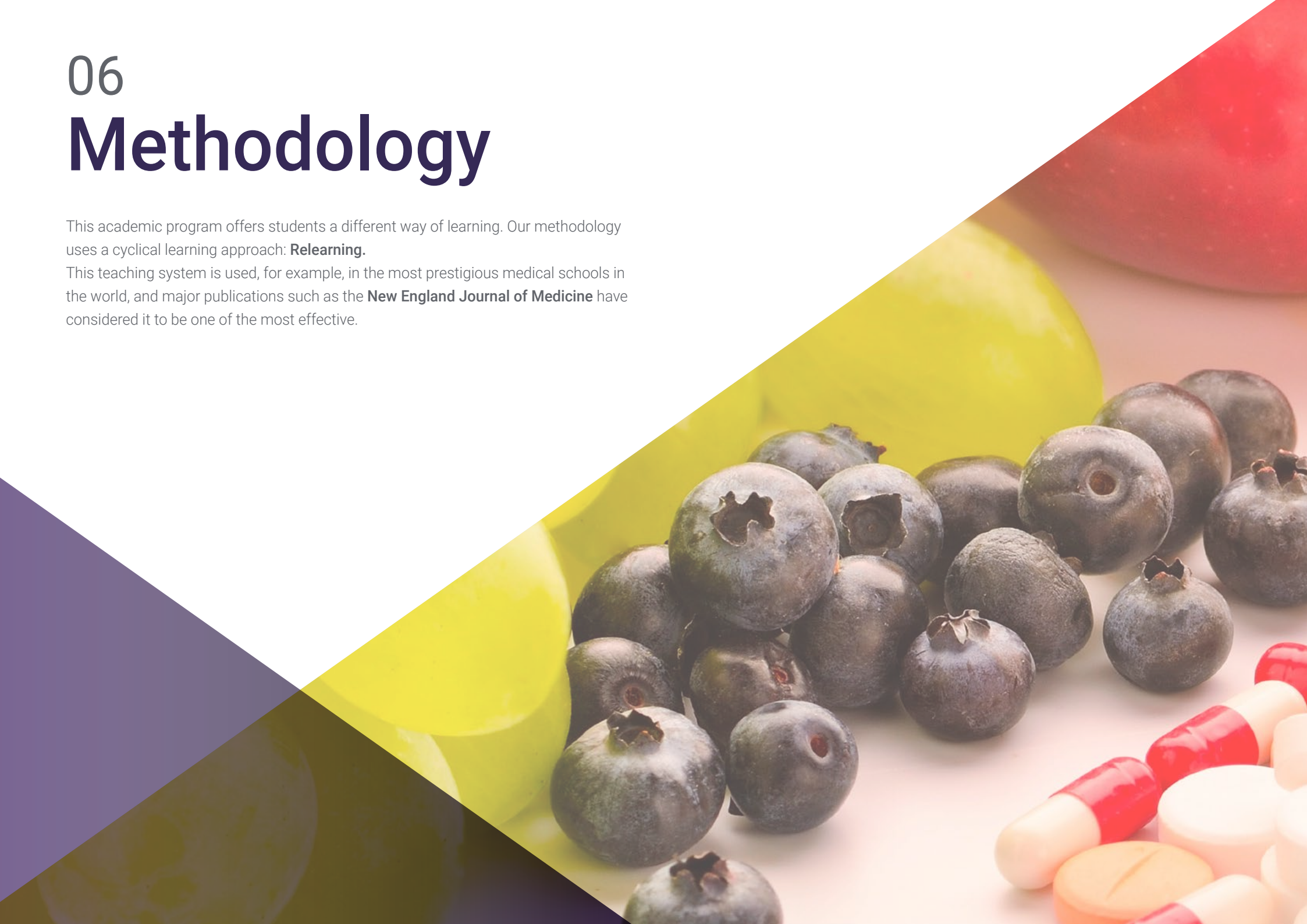
- 10.1. Medical History and Background
  - 10.1.1. Individual Variables Affecting Nutritional Plan Response
- 10.2. Anthropometry and Body Composition
- 10.3. Assessment of Eating Habits
  - 10.3.1. Nutritional Assessment of Food Consumption
- 10.4. Interdisciplinary Team and Therapeutic Circuits
- 10.5. Calculation of Energy Intake
- 10.6. Calculation of Recommended Macro- and Micronutrient Intakes
- 10.7. Quantity and Frequency of Food Consumption Recommendations
  - 10.7.1. Dietary Patterns
  - 10.7.2. Planning
  - 10.7.3. Distribution of Daily Feedings
- 10.8. Diet Planning Models
  - 10.8.1. Weekly Menus
  - 10.8.2. Daily Intake
  - 10.8.3. Methodology by Food Exchanges
- 10.9. Hospital Nutrition
  - 10.9.1. Dietary Models
  - 10.9.2. Decision Algorithms
- 10.10. Educational
  - 10.10.1. Psychological Aspects
  - 10.10.2. Maintenance of Feeding Habits
  - 10.10.3. Discharge Recommendations

06

# 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.







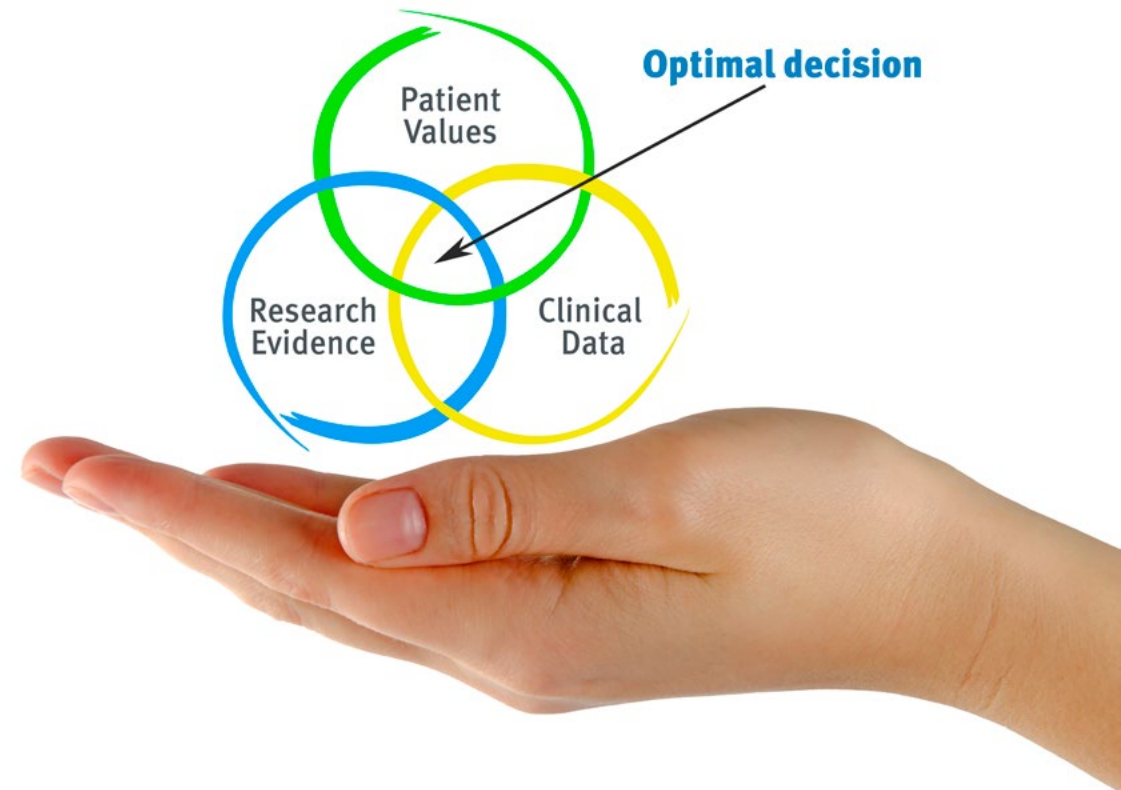
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH 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. 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. 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, 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.

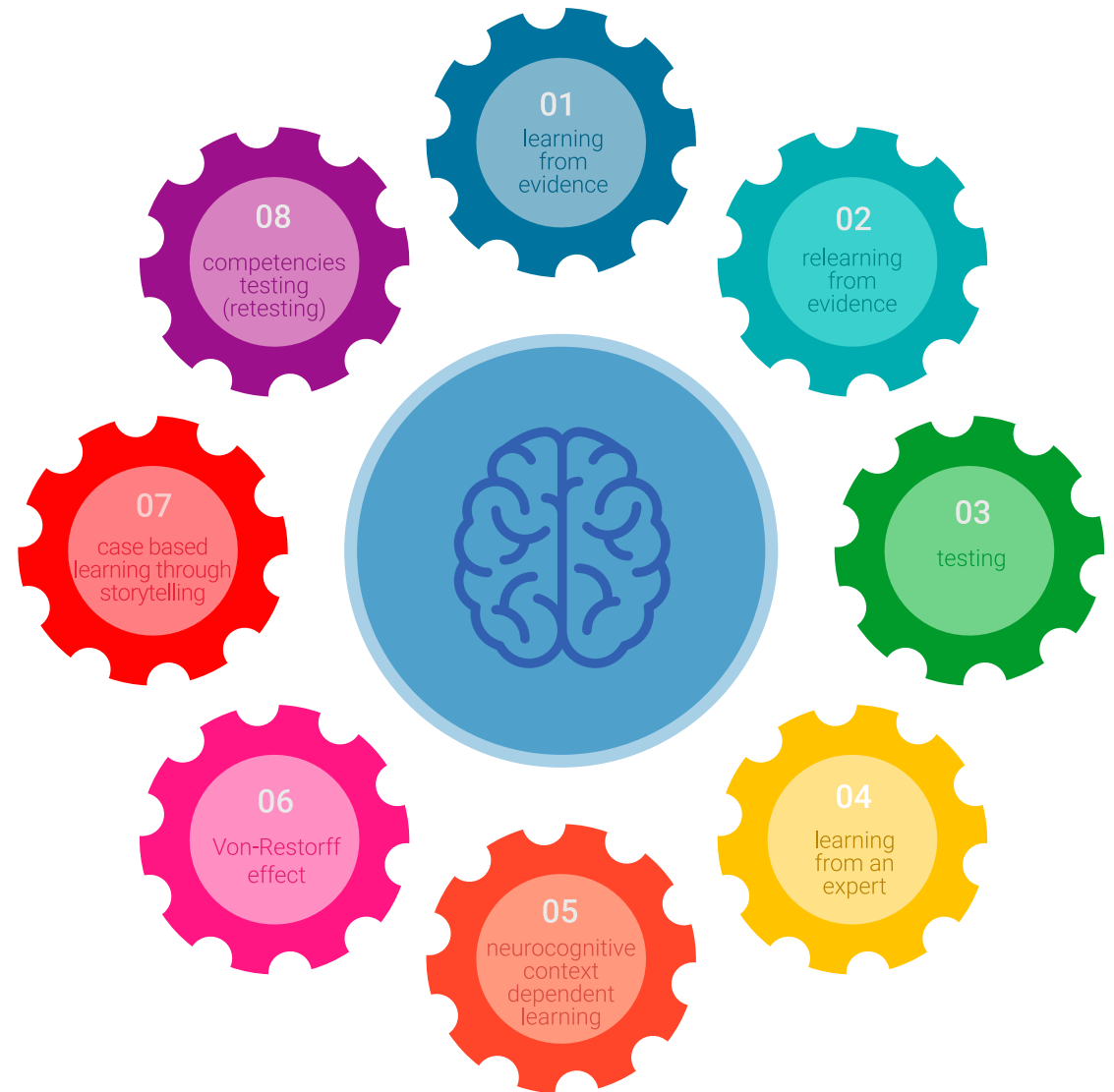


## Relearning Methodology

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 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 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, 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.

*Relearning 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 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.

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 counselling 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

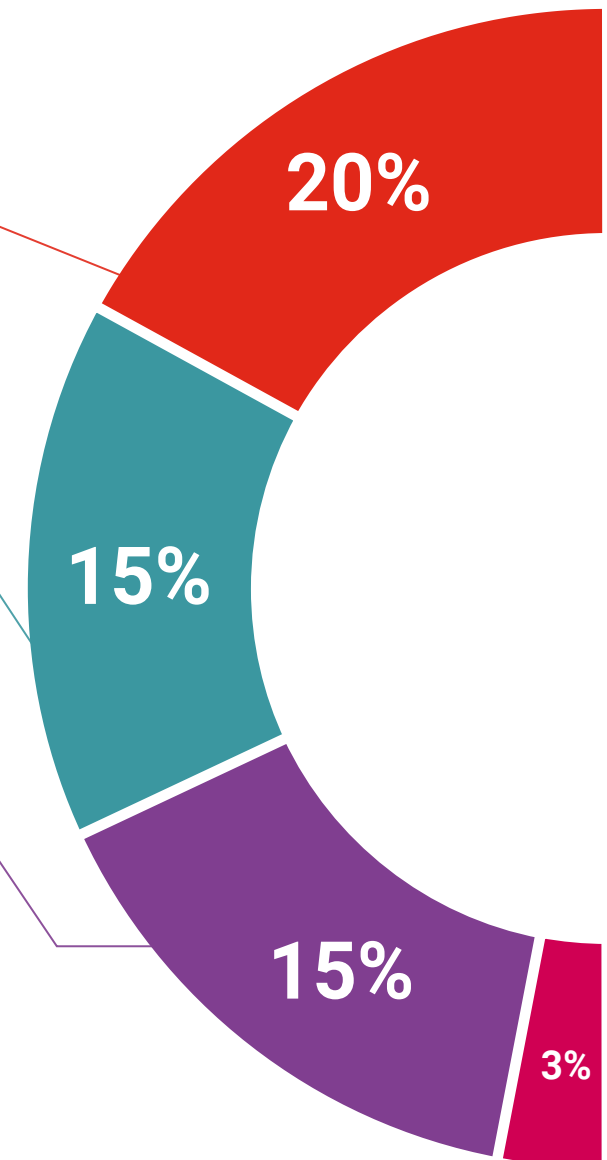
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

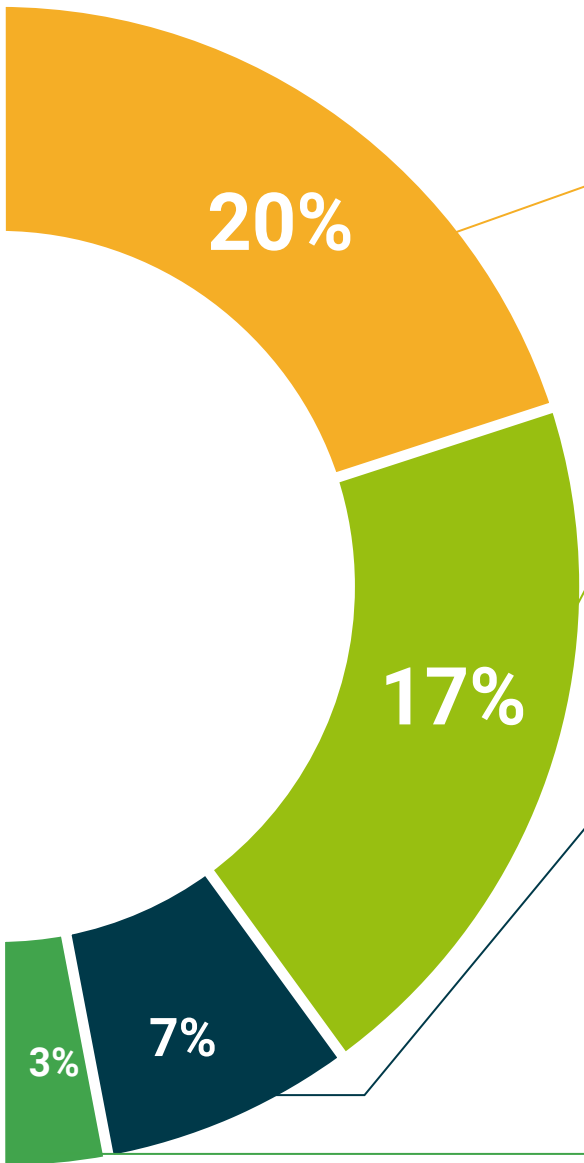
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.



07

# Certificate

The Professional Master's Degree in Sports Nutrition guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Technological University.







“

*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Professional Master's Degree in Sports Nutrition** contains the most complete and up-to-date scientific program on the market.

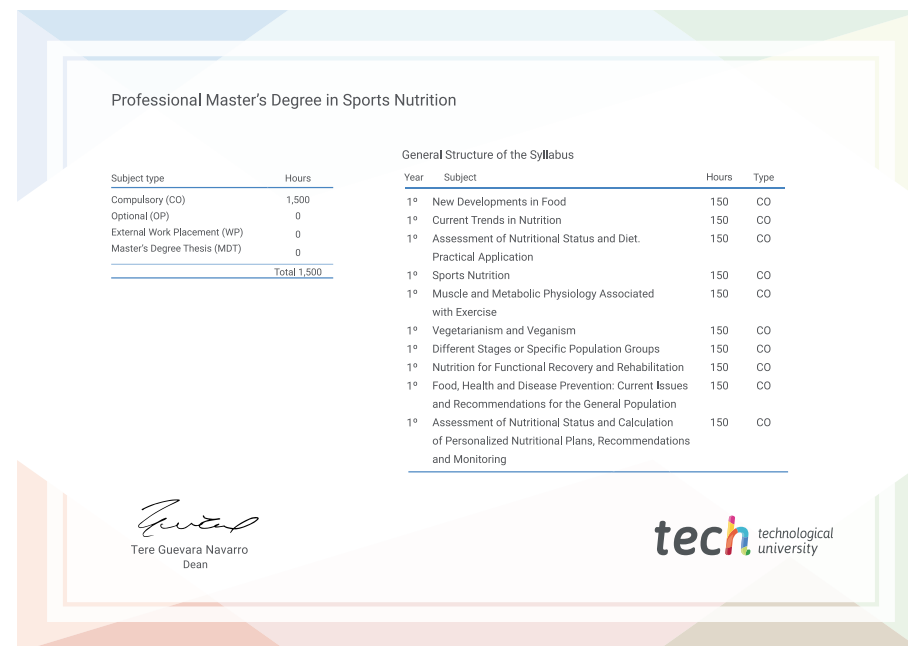
After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Professional Master's Degree in Sports Nutrition**

Official N° of hours: **1,500 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 quality  
development languages  
virtual classroom



## Professional Master's Degree

Sports Nutrition

Course Modality: Online

Duration: 12 months

Certificate: TECH Technological University

Official N° of hours: 1,500 h.

# Professional Master's Degree

## Sports Nutrition

Endorsed by the NBA

