

# Postgraduate Certificate Pharmaceutical Nutritional Counseling for the Athlete

Endorsed by the NBA





## Postgraduate Certificate Pharmaceutical Nutritional Counseling for the Athlete

- » Modality: online
- » Duration: 2 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/pharmacy/postgraduate-certificate/pharmaceutical-nutritional-counseling-athlete](http://www.techtute.com/us/pharmacy/postgraduate-certificate/pharmaceutical-nutritional-counseling-athlete)

# Index

01

**Introduction**

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*p. 4*

02

**Objectives**

---

*p. 8*

03

**Course Management**

---

*p. 12*

04

**Structure and Content**

---

*p. 16*

05

**Methodology**

---

*p. 20*

06

**Certificate**

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*p. 28*

01

# Introduction

Currently, in most of the developed countries in our environment, community pharmacy is evolving towards the provision of pharmaceutical services, as the pharmaceutical profession has evolved in recent years towards a more patient-centered care profession.





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*This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in the Athlete contains the most complete and up-to-date program on the market"*

There is no doubt that this transformation is a consequence of Community Pharmacy adapting to a changing society, where public health has reached high levels of control and safety, facing new challenges for which the pharmacist, the health agent and the community pharmacy are resources that are close and accessible to the user.

One of these services is related to the field of Nutrition and to developing dietary recommendations. Today there is ample evidence on the importance of proper nutrition for the prevention and/or treatment of chronic diseases, such as cardiovascular diseases, type 2 diabetes mellitus and cancer, among others. With more nutritional supplements becoming available to users, it is of vital importance that community pharmacists have the necessary training to dispense and advise on these products in an appropriate way, to give good nutritional advice and, when necessary, know when to make a referral to the appropriate professional. Although traditionally, several subjects related to bromatology, nutrition, food and food hygiene have been taught in the Bachelor's Degree in Pharmacy, more specific training is required in order to be able to advise users on the food products dispensed in pharmacies, as well as on their interaction with medicines.

For this reason, it is necessary to design and provide scientific and professional theoretical and practical training in nutrition under the auspices of the university.

This Postgraduate Certificate works on various current concepts in nutrition, not only susceptible to be used in the daily work of a community pharmacist, but also prepares him/her to be able to implement a nutritional counseling service in his/her pharmacy and enables him/her to carry out nutritional campaigns in other areas of population education.

This **Postgraduate Certificate in Pharmaceutical Nutritional Counseling for Athletes** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ◆ Development of more than 75 clinical cases presented by experts in Pharmaceutical Nutritional Counseling for Athletes. 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.
- ◆ Diagnostic-therapeutic novelties on evaluation, diagnosis and intervention in Pharmaceutical Nutritional Counseling in Athletes.
- ◆ It contains practical exercises where the self-evaluation process can be carried out to improve learning.
- ◆ Algorithm-based interactive learning system for decision-making in the presented clinical situations.
- ◆ With special emphasis on evidence-based medicine and research methodologies in Pharmaceutical Nutritional Counseling for Athletes.
- ◆ 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.



*Update your knowledge through the Postgraduate Certificate in Pharmaceutical Nutritional Counseling for Athletes, in a practical way and adapted to your needs"*

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*This Postgraduate Certificate may be the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Pharmaceutical Nutritional Counseling in the Athlete, you will obtain a Postgraduate Certificate from TECH - Technological University"*

It includes in its teaching staff professionals belonging to the field of Pharmaceutical Nutritional Counseling in Athletes who pour into this program the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

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 training program to train in real situations.

The design of this program is based on Problem-Based Learning, by means of which the health 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 Community Pharmacy experts.

*Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.*

*Take the opportunity to update your knowledge in Pharmaceutical Nutritional Counseling in the Athlete and improve the care of your patients.*



# 02 Objectives

This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in the Athlete is oriented to offer a complete, detailed and updated vision of the Pharmaceutical Nutritional Counseling as a key element in the attention and follow-up of the client.







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*This Postgraduate Certificate is designed for you to update your knowledge in Pharmaceutical Nutritional Counseling in the Athlete, with the use of the latest educational technology, to contribute with quality and safety to the decision making in the implementation of Professional Pharmaceutical Services"*



## General Objectives

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- This Postgraduate Certificate in Nutritional Counseling in Community Pharmacy offers a complete and detailed vision of the knowledge necessary to provide professional pharmaceutical services in the field of nutrition and from an eminently practical point of view can be provided from the community pharmacy.
- Update the community pharmacist's nutrition knowledge
- Promote nutritional Counseling strategies in community pharmacy based on patient and user approach.
- Advise patients and users on foods, supplements and nutritional supplements dispensed at community pharmacies
- Encourage the acquisition of skills through a powerful audiovisual system, and the possibility of development through university simulation workshops and/or specific training
- Encourage professional stimulation through continuing education and research





## Specific Objectives

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- ◆ Learn the nutritional requirements for different sports
- ◆ Understand the importance of hydration for athletes
- ◆ Distinguish between the different supplements related to sports that can be dispensed at community pharmacies
- ◆ Differentiate between the advantages and disadvantages of ergonomic aids in community pharmacy
- ◆ Recognize those drugs and substances that may cause athletes to test positive in anti-doping tests in order to be able to provide good advice and dispense correctly in community pharmacy

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*Take the opportunity and take the step to get up to date on the latest developments in Pharmaceutical Nutritional Counseling in the Athlete”*

03

# Course Management

The program includes renowned specialists in Community Pharmacy among its teaching staff, who bring their work experience to this training. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.





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*Learn from reference professionals, the latest advances in Pharmaceutical Nutritional Counseling in the Athlete”*

## Management



### Degree in Rodríguez Sampedro, Ana

- ◆ Degree in Pharmacy
- ◆ Master's Degree in Nutrition and Dietetics
- ◆ Postgraduate Degree in Nutrition, Dietetics and Diet Therapy
- ◆ University Expert in Health Promotion and Education
- ◆ Currently pursuing a Degree in Dietetics and Nutrition
- ◆ Community Pharmacist
- ◆ Co-author of the SEFAC guide on overweight and obesity
- ◆ Co-author of "Guidelines and consensus documents Probiotics and prebiotics in community pharmacy SEFAC-SEPYP".

## Professors

### Degree in Venrell Garau, Barbara

- ◆ Degree in Pharmacy
- ◆ Graduate in Human Nutrition and Dietetics
- ◆ Master's Degree in Nutrition and Metabolism
- ◆ Postgraduate Degree in Nutrition and Dietetics Applied to Physical Activity and Sport
- ◆ Dietitian-nutritionist in private practice



04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best research centers and universities in the country, aware of the relevance of the current relevance of training to use drugs safely and with a solid scientific basis based on evidence, and committed to quality teaching through new educational technologies.







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## Module 1. Sports Nutrition.

- 1.1. Nutritional Requirements
  - 1.1.1. Energy Requirements in Different Types of Sports
  - 1.1.2. General Nutritional Advice in Sport and in Different Types of Sports
  - 1.1.3. Micronutrients and Hydration in Sports
  - 1.1.4. Most Frequent Pathologies in Sports
- 1.2. Supplementation
  - 1.2.1. Ergogenic Aids
  - 1.2.2. Doping





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

05

# Methodology

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

This teaching system is used 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.





*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 clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

*With TECH you 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 potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, attempting to recreate the actual conditions in a pharmacist's professional 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. Pharmacists who follow this method not only achieve the assimilation of concepts, but also develop their mental capacity through exercises to evaluate real situations and apply their knowledge.
2. The learning process has a clear focus on 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.



## Re-Learning Methodology

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

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.

*Pharmacists 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 we have trained more than 115,000 pharmacists with unprecedented success, in all clinical specialties. Our pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic profile and an average age of 43.5 years old.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



### Study Material

All teaching material is created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



### Video Techniques and Procedures

We bring you closer to the latest techniques, to the newest educational advances, to the forefront of current pharmaceutical care procedures. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### 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 unique multimedia content presentation training system 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 training.





### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



### Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in the Athlete guarantees, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate issued by TECH - Technological University.





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

This **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in the Athlete** contains the most complete and up-to-date program on the market"

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

This degree contributes to the academic development of the professional and adds a high university curricular value to their training. It is 100% valid in all competitive examinations, labour exchanges and professional career evaluation committees.

Title: **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in the Athlete**

ECTS: **6**

Official Number of Hours: **150 hours.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
classroom



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Nutritional  
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- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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