

Postgraduate Certificate

Sports Nutrition in Parathletes





Postgraduate Certificate Sports Nutrition in Parathletes

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

Website: www.techtitute.com/us/pharmacy/postgraduate-certificate/sports-nutrition-parathletes

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01

Introduction

A recent epidemiological study reveals that approximately 58% of Parathletes are not meeting their daily requirements of essential macronutrients and micronutrients. Consequently, this can lead to various risks that impact both their athletic performance and overall health. For example, protein deficiency leads to slower muscle recovery and increases the risk of sports injuries. Faced with this situation, the World Health Organization urges pharmacists to intensify their nutritional counseling with the aim of raising awareness among this specific population of the importance of food supplementation. To help them with this, TCH is developing a pioneering online university program that will address the nutritional requirements of these individuals.





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Thanks to this 100% online program, you will recommend the most cutting-edge Nutritional Supplements to improve the athletic performance and health of Para Athletes”

The collaboration between Pharmacists and Sports Nutrition specialists is a crucial aspect of addressing the specific needs of Parathletes. This demographic faces unique dietary challenges, driven by their physical conditions or medication regimens. Given this, specialists have a responsibility to stay at the forefront of the latest trends in Nutritional Supplementation in order to provide the best dietary recommendations to athletes. Only in this way will they contribute to optimizing both athletic performance and the overall health of this specific population.

Within this framework, TECH implements an innovative program in Sports Nutrition in Parathletes. The academic itinerary will explore in depth aspects such as metabolism, biomechanics, physiology or psychology of these athletes. Likewise, the syllabus will delve into the specific energy and hydration requirements of this population. In relation to this, the academic materials will delve into the most common nutritional problems in athletes taking into account their pathology or anomaly (including spinal cord injuries, Cerebral Palsy or vision impairment). In this way, graduates will acquire the skills to evaluate the nutritional status of their clients and recommend the most appropriate products to improve their overall well-being. In addition, the program will include the participation of a renowned International Guest Director, who will provide the graduates with techniques to overcome any obstacle during their professional work.

The methodology of this program reinforces its innovative character. TECH offers a 100% online educational environment, tailored to the needs of busy pharmacists who aim to advance in their careers. Therefore, they will be able to individually plan their schedules and evaluation chronograms. Likewise, this program uses the innovative Relearning system, based on the repetition of key concepts to fix knowledge and facilitate learning. In this way, the combination of flexibility and a robust pedagogical approach makes it highly accessible.

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

- ♦ The development of practical cases presented by experts in Nutrition and Dietetics
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where self-assessment can be used 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



A prestigious International Guest Director will give a rigorous Masterclass to share the latest advances in Sports Nutrition for Parathletes”

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You will delve into Pharmacology and nutrient interactions, ensuring that your recommendations are the most appropriate for Parathletes”

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading 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 education programmed to learn 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 during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Looking for a deeper understanding of the most innovative Measurement Techniques? Master them in only 180 hours thanks to this thanks to this university program.

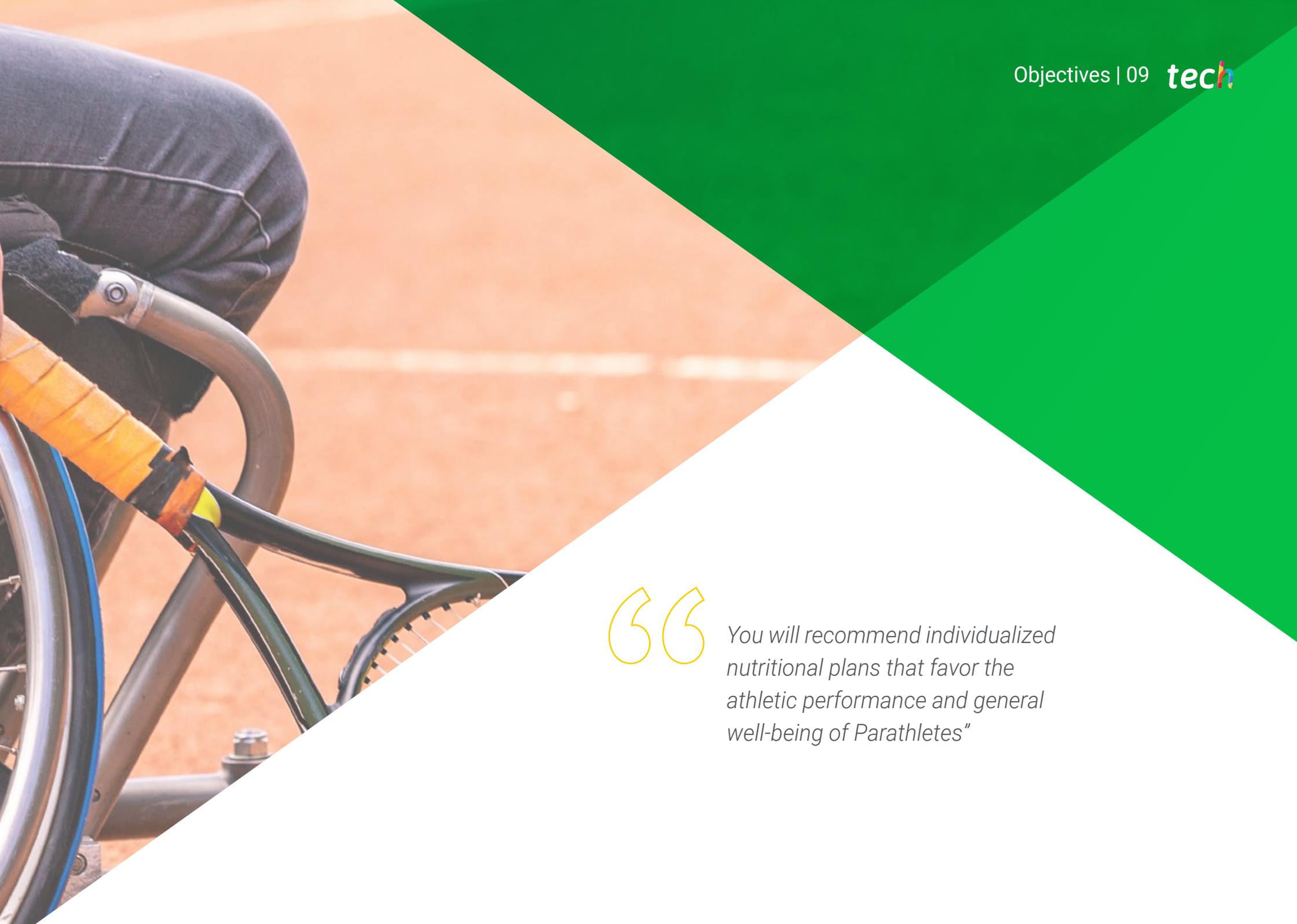
Through the revolutionary Relearning methodology, you will integrate all the knowledge in an optimal way and successfully achieve the results you are looking for.



02 Objectives

Through this comprehensive university program, pharmacists will have a comprehensive understanding of the specific nutritional needs of Parathletes. At the same time, graduates will gain advanced skills to assess the nutritional status of these athletes and provide them with high quality nutritional advice. In this sense, professionals will incorporate into their practice the most sophisticated ergogenic aids (such as Creatine) to contribute to the muscular recovery process of their clients.





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You will recommend individualized nutritional plans that favor the athletic performance and general well-being of Parathletes”



General Objectives

- ♦ Handle advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- ♦ Manage advanced knowledge on nutritional planning in professional athletes of various fields in order to achieve maximum sports performance
- ♦ Learn advanced knowledge about nutritional planning in professional athletes from team sports to achieve the highest sports performance
- ♦ Manage and consolidate the initiative, entrepreneurial spirit to implement projects related to nutrition in physical activity and sport
- ♦ Know how to incorporate the different scientific advances into one's own professional field
- ♦ Develop the ability to work in a multidisciplinary environment





Specific Objectives

- ◆ Delve into the differences between the various categories of parathletes and their physiological-metabolic limitations
- ◆ Determine the nutritional requirements of the different para-sportmen in order to establish a specific nutritional plan
- ◆ Understand the body composition of para-athletes in different sport categories.
- ◆ Apply current scientific evidence on nutritional ergogenic aids

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You will have at your fingertips a myriad of contents of all kinds, including high quality multimedia resources created by the teachers themselves”

03

Course Management

For both the design and delivery of this program, TECH has a first class teaching staff, composed of experienced professionals in Nutrition and Dietetics. These specialists have a wide working background in this field, where they have been part of prestigious health institutions. In this way, they have helped numerous parathletes to improve their athletic performance and, therefore, their quality of life. Thanks to this, pharmacists have the guarantees they demand to embark on a high-intensity academic experience, which will significantly optimize their daily praxis.





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You will consult your doubts directly with the teaching staff, integrated by specialists in Sports Nutrition, resulting in a personalized tutoring to your own demands”

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 undergraduate 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 Chartered and Professional Sports Dietitians.



Ms. Meeks, Jamie

- Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, U.S.A.
- Sports Nutrition Coordinator at Louisiana State University, Louisiana
- 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
- Graduate 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

- ♦ Professional soccer clubs Nutritionist
- ♦ 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
- ♦ PhD in Nutrition and Food Safety. San Antonio Murcia Catholic University
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Murcia Catholic University
- ♦ Master's Degree in Clinical Nutrition. San Antonio Murcia Catholic University
- ♦ Academic Academia Española de Nutrición y Dietética (AEND)



Professors

Dr. Martínez Noguera, Francisco Javier

- ◆ Sports nutritionist at CIARD-UCAM
- ◆ Sports nutritionist at Jorge Lledó Physiotherapy Clinic
- ◆ Research assistant at CIARD-UCAM
- ◆ Sports nutritionist at UCAM Murcia Football Club
- ◆ Nutritionist at SANO Center
- ◆ Sports nutritionist at UCAM Murcia Basketball Club
- ◆ PhD in Sports Science from the Catholic University San Antonio de Murcia
- ◆ Postgraduate Certificate in Human Nutrition and Dietetics at the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Nutrition and Food Safety at the Catholic University San Antonio of Murcia

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

04

Structure and Content

With this university program, pharmacists will have a comprehensive vision of the specific nutritional needs of parathletes. To this end, the curriculum will delve into issues such as metabolism, physiology or biomechanics of these athletes. In line with this, the academic contents will address the main nutritional problems in different categories of athletes, according to their pathology or anomaly (including amputations, hearing impairment or intellectual deficiencies). In this way, graduates will gain skills to evaluate the nutritional status of these individuals and recommend dietary supplementation that contributes to optimal athletic performance.





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You will provide efficient dietary plans that take into account the energy and nutritional needs of athletes with disabilities”

Module 1. Parathletes

- 1.1. Classification and Categories in Parathletes
 - 1.1.1. What is a Parathlete?
 - 1.1.2. How are Parathletes Classified?
- 1.2. Sports Science in Parathletes
 - 1.2.1. Metabolism and Physiology
 - 1.2.2. Biomechanics
 - 1.2.3. Psychology
- 1.3. Energy Requirements and Hydration in Parathletes
 - 1.3.1. Optimal Energy Demands for Training
 - 1.3.2. Hydration Planning before, during and after Training and Competitions
- 1.4. Nutritional Problems in the Different Categories of Para Athletes According to Pathology or Anomaly
 - 1.4.1. Spinal Cord Injuries
 - 1.4.2. Cerebral Palsy and Acquired Brain Injuries
 - 1.4.3. Amputees
 - 1.4.4. Vision and Hearing Impairment
 - 1.4.5. Intellectual Impairments
- 1.5. Nutritional Planning in Para-Sport Athletes with Spinal Cord Injury and Cerebral Palsy and Acquired Brain Injury
 - 1.5.1. Nutritional Requirements (Macro and Micronutrients)
 - 1.5.2. Sweating and Fluid Replacement during Exercise
- 1.6. Nutritional Planning in Paraathletes with Amputations
 - 1.6.1. Energy Requirements
 - 1.6.2. Macronutrients
 - 1.6.3. Thermoregulation and Hydration
 - 1.6.4. Nutritional Issues Related to Prosthetics



- 1.7. Planning and Nutritional Problems in Parathletes with Vision - Hearing Impairment and Intellectual Efficiency
 - 1.7.1. Sports Nutrition Problems with Visual Impairment: Retinitis Pigmentosa, Diabetic Retinopathy, Albinism, Stargardt's Disease and Hearing Pathologies.
 - 1.7.2. Sports Nutrition Problems in Para-Athletes with Intellectual Deficiencies: Down Syndrome, Autism and Asperger's and Phenylketonuria
- 1.8. Body Composition in Parathletes
 - 1.8.1. Measurement Techniques
 - 1.8.2. Factors Influencing the Reliability of Different Measurement Methods
- 1.9. Pharmacology and Nutrient Interactions
 - 1.9.1. Different Types of Drugs Taken by Parathletes
 - 1.9.2. Micronutrient Deficiencies in Parathletes
- 1.10. Ergogenic Aids
 - 1.10.1. Potentially Beneficial Supplements for Parathletes
 - 1.10.2. Adverse Effects on Health and Contamination and Doping Problems Due to the Intake of Ergogenic Aids

“With TECH you have the comfort in your hands by having the time flexibility to perform your sessions at any time of the day. Enroll now!”



05

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.



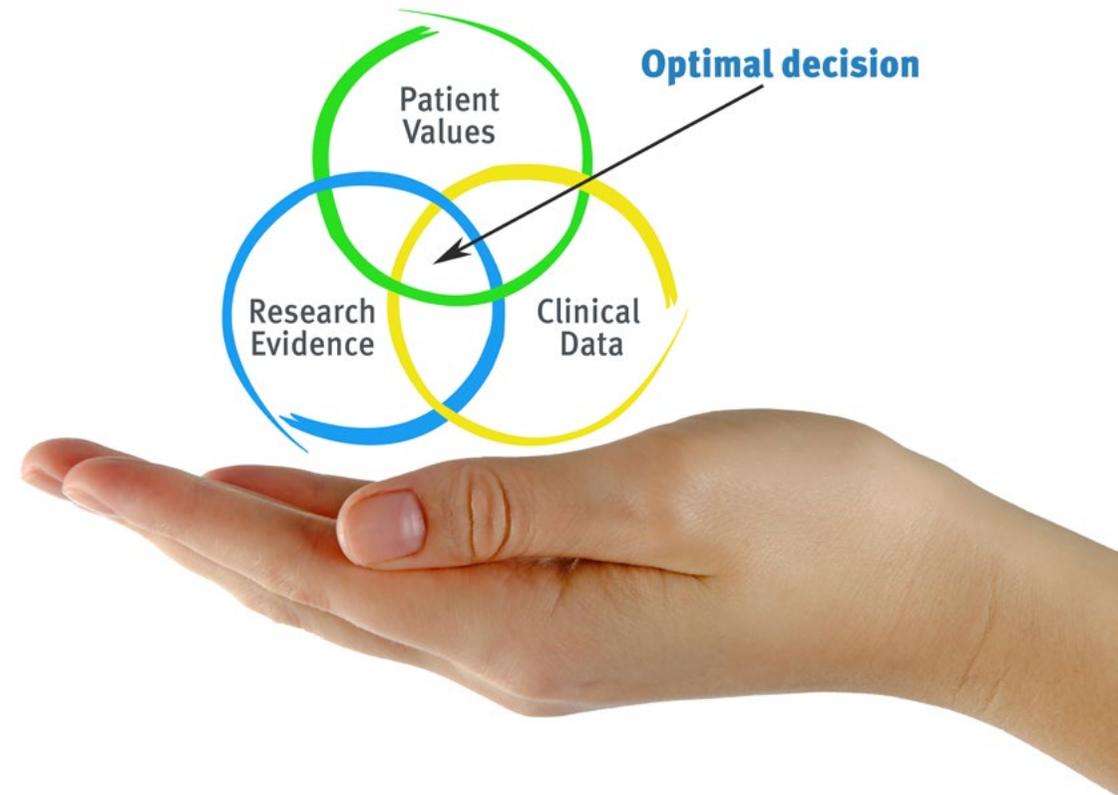
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

With TECH you will 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, 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 grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their 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.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

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 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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This 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.

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

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.



Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

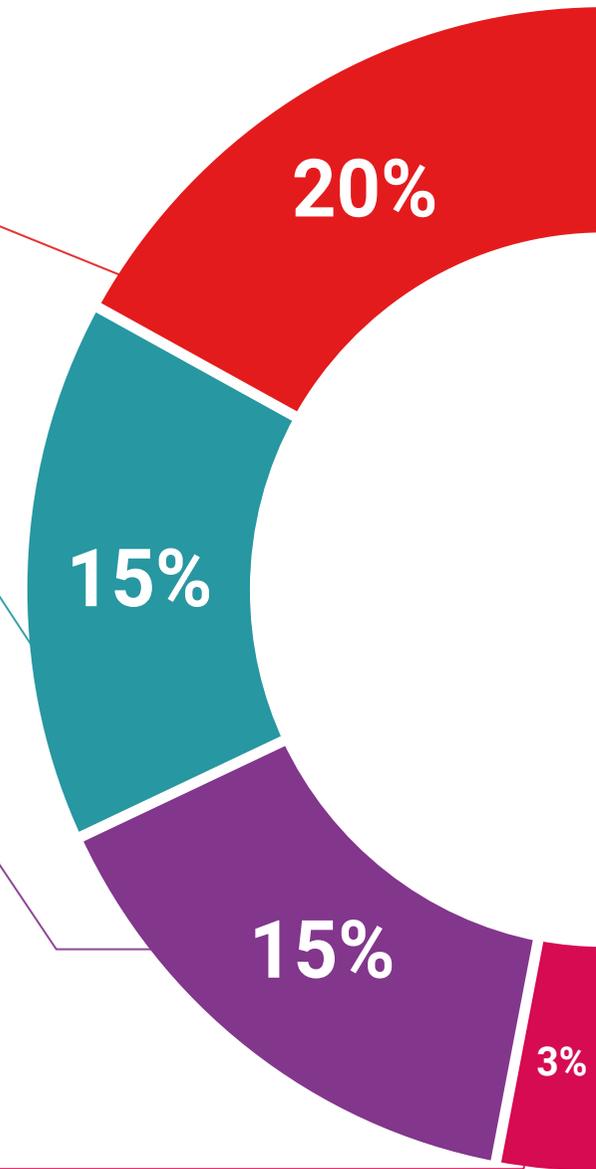
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

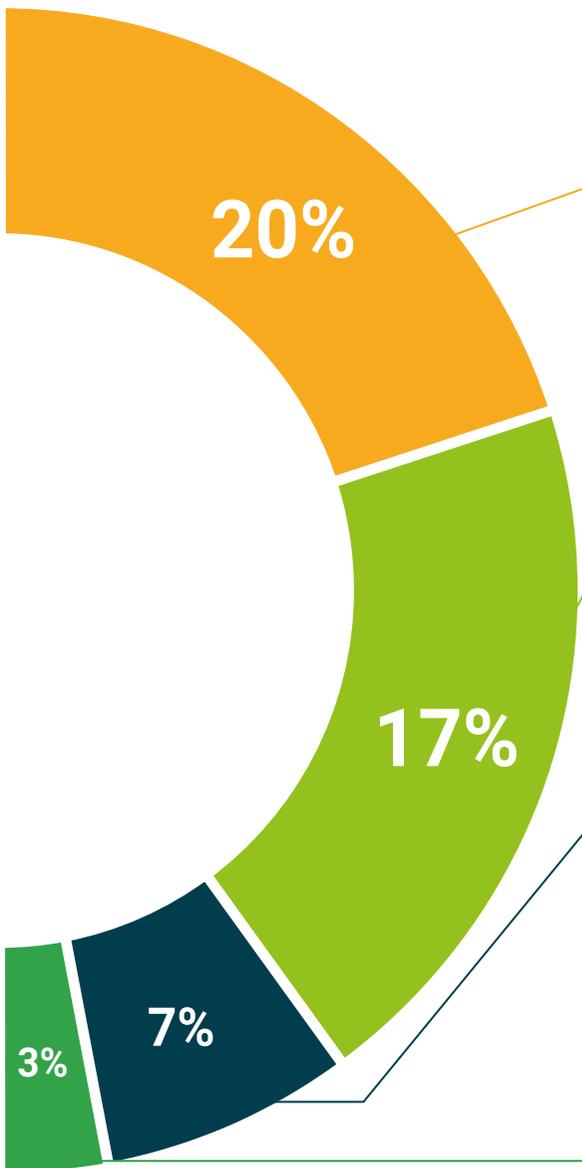
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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.





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 & 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 on the usefulness of learning by observing experts. The system known as 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.



06

Certificate

The Postgraduate Certificate in Sports Nutrition in Parathletes guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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 **Postgraduate Certificate in Sports Nutrition in Parathletes** 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** private qualification, 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.

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Accreditation: **6 ECTS**





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Postgraduate Certificate

Sports Nutrition in Parathletes

