

Postgraduate Certificate Sports Nutrition

Endorsed by the NBA



tech technological
university





Postgraduate Certificate Sports Nutrition

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/pharmacy/postgraduate-certificate/sports-nutrition

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01

Introduction

The pharmacist must have advanced knowledge in Sports Nutrition to be able to correctly advise anyone interested in improving their health. By specializing in Sports Nutrition, the pharmacist's recommendations will be much more tailored to the needs of the athlete, especially those with higher physical demands.





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

The figure of the pharmacist takes on special relevance in the assessment of nutritional status and the planning and execution of the particular nutritional needs of each person.

The Postgraduate Certificate in Sports Nutrition is intended to be a tool to help pharmacists in the care of people who perform some type of physical activity. Its objective is to study the relationship and importance of nutrition and physical-sports activity.

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 better, healthier and more balanced nutrition.
- ♦ The management of nutrition as a preventative or palliative factor for collective and personal health.

With this program, students will have the opportunity to study an educational program that brings together the most advanced and in-depth knowledge in the field, where a group of professors of high scientific rigor and extensive international experience offers 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 include:

- ♦ Clinical cases presented by experts in nutrition. The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ 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
- ♦ With a special emphasis on evidence-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
- ♦ Availability of content from any fixed or portable device with internet connection



You will be taught by professionals with extensive experience in sports nutrition, who will guide you throughout the process"

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

Its teaching staff includes healthcare practitioners from the field of sports nutrition, who contribute their work experience to this program, as well as renowned specialists belonging to leading scientific societies.

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.

This program is designed around Problem-Based Learning, whereby the Care Services must try to solve the different professional practice situations that arise during the course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.

This Postgraduate Certificate allows training in simulated environments, which provide immersive learning programmed to train for real situations.

It includes clinical cases to bring the development of the program as close as possible to the reality of pharmaceutical care.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the pharmacist can master sports nutrition in a practical and rigorous way.



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This refresher program will generate a sense of confidence in pharmacy practice, which will help you grow both personally and professionally”



General Objectives

- ♦ Update the knowledge of the pharmacy professional on new trends in human nutrition, both in health and pathological situations through evidence-based pharmacy
- ♦ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to child and 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 training
- ♦ Encourage professional stimulation through continuous education and research
- ♦ Train the professional for research into patients with nutritional problems





Specific Objectives

- ♦ 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
- ♦ Early detection and assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods
- ♦ 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
- ♦ Explain the current anti-doping regulations
- ♦ Identify psychological disorders related to the practice of sport and nutrition



Take advantage of the opportunity and take the step to get up to date on the latest developments in Sports Nutrition"

03

Course Management

This program includes highly regarded health professionals in the field of psychology in its teaching staff, who bring the experience of their work to this training.

In addition, renowned specialists, members of prestigious national and international scientific communities, are involved in designing and preparing the program.





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*Learn from leading professionals the latest
advances in sports nutrition”*

Management



Ms. Auni3n Lavar3as, Mar3a 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 knowledgeable about the implications of training in daily pharmaceutical practice in nutrition, aware of the relevance of current specialization to be able to work with the athlete, with quality teaching through 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. After the 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 and Current Anti-Doping Regulations
 - 1.9.1. AMA and AEPSAD Recommendations
- 1.10. Nutrition in Sports Injury Recovery
- 1.11. Psychological Disorders Related to Practising 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 program to boost your professional development”

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.





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. 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, 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 guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Certificate 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 **Postgraduate Certificate**, issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Certificate in Sports Nutrition**

Official N° of hours: **150 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 language
classroom



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