

# Internship Program

## Sports Nutrition in Special Populations



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Sports Nutrition in  
Special Populations

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# 01 Introduction

Sports nutrition is constantly evolving and more and more special populations require proper nutritional care to improve their performance and avoid injury. Physiotherapists need to be up-to-date in this field to provide a comprehensive approach to their patients. For this reason, TECH has created the present program, which offers a unique hands-on learning opportunity in this field. The 3-week stay in a prestigious center, together with experienced professionals, allows physiotherapists to have a complete immersion in sports nutrition for special populations, which gives them a broader and more complete vision in this field.



*Expand your knowledge in sports nutrition and its application in special populations with this Internship Program"*





Sports nutrition is a specialty that is constantly evolving and changing due to advances in science and technology in this field. In addition, more and more special populations require proper nutritional care to improve their sports performance and avoid injuries. That is why physiotherapists, as health professionals in charge of the prevention, treatment and rehabilitation of injuries, and disorders of the musculoskeletal system, need to be up-to-date in sports nutrition in order to be able to provide a comprehensive approach to their patients.

For this reason, TECH has created this Internship Program in Sports Nutrition in Special Populations, which offers a unique opportunity for practical and personalized learning in this field. The 3-week stay in a prestigious center, alongside experienced professionals in the field, allows physical therapists to have a complete immersion in sports nutrition for special populations, such as high performance athletes, people with physical disabilities or chronic diseases.

In this way, this program offers a unique opportunity for practical and personalized learning in this field, providing physiotherapists with a broader and more complete vision of sports nutrition and its application in special populations. Hands-on learning is essential for acquiring practical skills and abilities, and direct contact with experienced professionals allows for more enriching and in-depth learning.

# 02

## Why Study an Internship Program?

TECH's Internship Program in Sports Nutrition in Special Populations is a unique opportunity for professionals in this area who wish to update and delve deeper into this constantly evolving field. The program focuses exclusively on the practice and experience in the field of sports nutrition in special populations. Participants will have the opportunity to work with experienced professionals in a real environment and apply the knowledge acquired in their own practice. By not including theory, the training focuses on the acquisition of practical skills and abilities, which allows physiotherapists to improve their professional performance in the field of sports nutrition. In addition, the possibility of entering top-level professional environments and working with the best specialists ensures that participants receive quality education and are able to expand their frontiers of knowledge in this constantly evolving field.



*Discover the latest advances in sports nutrition science and technology and how to apply them to special populations"*

### 1. Updating from the Latest Technology Available

The Internship Program in Sports Nutrition in Special Populations has been designed with the importance of being up-to-date on the latest technology available in the field of sports nutrition. Physical therapists will learn about the latest innovations in technology applied to nutrition, including tools and mobile applications for tracking and monitoring nutrient intake, and hydration in special populations.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

The Internship Program in Sports Nutrition in Special Populations offers a unique opportunity to delve into the field of sports nutrition thanks to the experience of the best specialists in the area. Physiotherapists will have the opportunity to work alongside experienced professionals in the field of sports nutrition in special populations, and learn from their experience and knowledge.

### 3. Entering first-class professional environments

The Internship Program in Sports Nutrition in Special Populations offers participants the opportunity to enter a first-class professional environment, working alongside the best professionals and experts in sports nutrition in special populations. Physiotherapists will have the opportunity to intern at prestigious centers and work with high-performance sports teams, which will allow them to learn first-hand about the challenges and best practices in the application of sports nutrition in special populations.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

Physiotherapists will have the opportunity to apply in daily practice everything they have learned during the program. Through a combination of theory and advanced practice, students will acquire the skills and abilities necessary to provide a comprehensive approach to their patients from the very beginning. In addition, continuous feedback and personalized follow-up from experienced professionals will enable physiotherapists to refine their approach and achieve the best results.

#### 5. Expanding the Boundaries of Knowledge

The Internship Program in Sports Nutrition in Special Populations is a unique opportunity to expand the frontiers of knowledge in the field of sports nutrition. Participants will have the opportunity to interact with experts in the field, share ideas and knowledge, and stay abreast of the latest trends and practices in sports nutrition. In addition, hands-on experience with special populations will allow them to broaden their perspective and acquire new skills and abilities to apply in their daily practice.



*You will have full practical immersion at the center of your choice"*

# 03 Objectives

During the Internship Program in Sports Nutrition for Special Populations, the student will have the opportunity to acquire practical skills and abilities in the field of sports nutrition for special populations. Through a 3-week stay in a prestigious center, together with experienced professionals in the field, the student will be able to delve into their knowledge, broaden their experience and acquire a more complete vision of sports nutrition in special populations.



## General Objectives

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- Train physiotherapists to design personalized plans that meet the specific needs of each athlete, depending on their age, sex, and physical activity, among other factors
- Develop research skills and critical evaluation of scientific information related to sports nutrition, so that physical therapists can keep abreast of advances in this discipline
- Encourage teamwork and interdisciplinary collaboration between physiotherapists and other health professionals, such as nutritionists, trainers, doctors, among others, to comprehensively address the care of athletes from special populations







## Specific Objectives

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- ♦ Understand the fundamental principles of nutrition and its relationship to sport, including nutrient digestion and absorption, energy metabolism and the relationship between macronutrients and sports performance
- ♦ Acquire specific knowledge about nutrition in special populations, such as high-performance athletes, children and adolescents, vegetarian and vegan athletes, among others
- ♦ Learn how to design specific nutritional plans for athletes, including meal planning and selection of appropriate foods and nutritional supplements
- ♦ Develop skills to assess the nutritional status of athletes and to interpret individual nutritional needs based on physical activity, training, and other factors
- ♦ Know the techniques for the evaluation of energy expenditure and body composition in athletes, in order to design nutritional plans that meet individual needs
- ♦ Develop skills for effective communication and nutrition education for athletes and other health professionals to promote healthy eating habits and improve sports performance

# 04

## Educational Plan

The teaching in this Internship Program is carefully planned to ensure that the student has an enriching and practical experience in the field of sports nutrition in special populations. During the 3-week stay, the student will have the opportunity to work with experienced specialists in the field, entering into first-class professional environments. The practical focus of the program is essential to ensure that the learning objectives are effectively met.

In this program proposal, which is completely practical, the activities are aimed at developing and perfecting the competencies necessary for the provision of nutritional counseling and planning for para-sportsmen and special populations, and are oriented towards specific training for the exercise of the activity, in a safe environment for the patient and high professional performance.

The student will actively participate by performing activities and procedures related to each area of competence (learning to learn and learning to do), with the support and guidance of the teachers and other classmates to facilitate teamwork and multidisciplinary integration as transversal competencies for the practice in Sports Nutrition (learning to be and learning to relate to others).



The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
<b>Nutritional Assessment</b>	Perform a complete nutritional assessment of a special population athlete
	Calculate the basal and total energy expenditure of an athlete in a special population
	Interpret the results of a body composition assessment of an athlete from a special population
<b>Diet design for athletes of special populations</b>	Design an appropriate diet for an athlete in a special population based on energy expenditure, sporting objectives and dietary restrictions
	Develop a customized nutritional supplementation plan for athletes from a special population based on their sporting needs and objectives
	Develop a balanced weekly menu adapted to the nutritional needs of an athlete in a special population.
<b>Implementation and monitoring of nutritional programs</b>	Oversee the implementation of a customized dietary plan for a special population athlete
	Regularly monitor the nutritional and athletic progress of athletes from a special population, and adapt their diet plan accordingly.
	Identify and troubleshoot a special population athlete's adherence to their dietary plan
<b>Research and analysis of cases</b>	Investigate and analyze a success story in the field of sports nutrition in special populations, and present the results and conclusions in the form of a report
	Analyze a case of failure in the field of sports nutrition in special populations, identifying the causes and proposing possible solutions
	Critically evaluate a scientific study on sports nutrition in special populations and present the results in the form of a report

# 05 Where Can I Do the Internship Program?

The centers where this Internship Program in Sports Nutrition for Special Populations will take place are of recognized prestige and excellence in the field of sports nutrition and care for special populations. In addition, they have cutting-edge facilities and equipment to ensure that students have a complete and high-quality learning experience.



*Access practical tools to implement a comprehensive approach to the treatment of musculoskeletal injuries and disorders, with a complete nutritional plan”*





The student will be able to do this program at the following centers:



Physiotherapy

### Policlínico HM Moraleja

Country: Spain  
City: Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Physiotherapy

### Policlínico HM Matogrande

Country: Spain  
City: La Coruña

Address: R. Enrique Mariñas Romero, 32G, 2º, 15009, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

-Sports Physiotherapy  
-Neurodegenerative Diseases

# 06 General Conditions

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an educational tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and educational.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the educational tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. 3.- DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their educational tutor for any questions or recommendations in this regard. The educational tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Sports Nutrition in Special Populations** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program certificate issued by TECH Technological University via tracked delivery\*.

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Sports Nutrition in Special Populations**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**





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## Sports Nutrition in Special Populations

A photograph of a woman from the waist up, wearing a black sports top and grey shorts. She has a white, circular sensor attached to her right upper arm. The background is a bright, outdoor setting with a white sky and a blue diagonal graphic element in the bottom left corner.

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