

Internship Program Sports Nutrition

Endorsed by the NBA





Internship Program
Sports Nutrition

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01

Introduction to the Program

In recent decades, Sports Nutrition has become a strategic pillar for optimizing physical performance and accelerating muscle recovery, especially considering that, according to a report from the World Health Organization, 31% of the global population does not meet the recommended minimum activity levels. In this context, TECH promotes a postgraduate certificate in response to the growing demand for specialists capable of integrating scientific knowledge and highly personalized dietary solutions. Furthermore, this postgraduate diploma is developed through a practical methodology in a prestigious organization with advanced technology, ensuring the application of cutting-edge tools in the study and management of sports performance.

“

Thanks to this innovative Internship Program, you will approach Sports Nutrition with a comprehensive and applied focus, optimizing physical performance and recovery”





Nutritional care has become an essential pillar for optimizing physical performance and the overall health of athletes. Currently, proper nutrition enhances energy capacity, promotes recovery after exercise, and contributes to the prevention of injuries and disorders associated with physical wear and tear. As such, Nutrition applied to sports has become a strategic tool that enhances the efficiency of training and promotes habits that extend an athlete's career in a healthy manner.

Therefore, this practical training at TECH Global University delves into key aspects of Sports Nutrition, integrating current trends in nutrition, a detailed assessment of nutritional status, and the direct application of dietary plans in sports contexts. In this way, professionals will acquire the skills to design personalized guidelines, tailored to the needs of each individual, and understand how nutrition influences physical performance and recovery, ensuring more effective and safe results.

Subsequently, TECH Global University's methodology combines theory and practice in a cutting-edge environment, allowing graduates to apply their knowledge directly in a prestigious institution equipped with advanced technology. Additionally, the guidance of a specialized tutor ensures continuous learning and results-oriented progress, facilitating the acquisition of precise skills and the professional and efficient integration of nutritional strategies in the sports field.

02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



TECH combines Relearning and the Case Method in all its university programs to guarantee excellent theoretical and practical learning by studying when you want and from wherever you want"



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

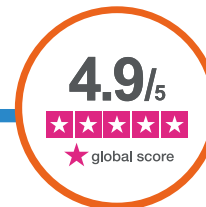
TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.

**Google Premier Partner**

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.

**The top-rated university by its students**

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03

Teaching Objectives

This postgraduate certificate aims to offer professionals a comprehensive approach to Sports Nutrition. It enables the development of skills to accurately assess nutritional status, design dietary plans tailored to different sports disciplines, and apply nutritional strategies that optimize physical performance and recovery. Additionally, it facilitates the ability to interpret current trends in nutrition and adjust interventions according to individual needs. Thanks to practical training in advanced technology environments with specialized tutors, scientific and technical competencies are strengthened, ensuring effective and up-to-date professional performance.



General Objectives

- ♦ Provide updated knowledge on advancements in nutrition and their impact on health and sports performance
- ♦ Explore current trends in Nutrition, analyzing their applicability in various professional contexts
- ♦ Develop competencies in the assessment of nutritional status and diet, facilitating their application in clinical and sports practice
- ♦ Delve into nutrition in sports practice, optimizing physical performance through evidence-based nutritional strategies
- ♦ Examine vegetarianism and veganism, addressing their benefits and considerations in both sports and clinical settings
- ♦ Adapt nutritional strategies to different stages of life and specific populations, ensuring personalized interventions





Specific Objectives

- ♦ Understand the molecular foundations of nutrition and its impact on the body
- ♦ Explore nutrigenetics and nutrigenomics to understand their impact on personalized nutrition
- ♦ Evaluate energy needs and methods for assessing energy expenditure in different populations
- ♦ Examine the energy needs and nutritional status of athletes to optimize performance
- ♦ Understand the concept of lactate threshold and its relation to mixed bioenergetics in muscle fibers, improving metabolic efficiency in the exercise
- ♦ Differentiate types of plant-based diets, focusing on their benefits for vegan and vegetarian athletes
- ♦ Examine the female athlete triad, addressing conditions such as amenorrhea and osteoporosis in the sports context
- ♦ Evaluate the impact of a comprehensive diet on injury prevention and recovery
- ♦ Compare dietary models and their impact on disease prevention
- ♦ Develop diet planning models, such as weekly menus and food exchange methodologies

04

Internship

The practical training period of this postgraduate certificate in Sports Nutrition consists of an intensive internship at a leading institution. This internship will allow graduates to directly apply their knowledge in a real-world setting, collaborating with recognized professionals in the field. In this way, graduates will implement innovative nutritional strategies to optimize athlete performance and recovery.

In this training proposal, each activity is designed to strengthen and refine the key competencies required for specialized practice in this field. In this way, the professional profile will be enhanced, driving a strong, efficient, and highly competitive performance.

The university program presents a unique opportunity for professionals to refine their skills in a technologically advanced environment. They will also have the chance to integrate Sports Nutrition strategies into real-world settings and fully equipped spaces, allowing them to consolidate and optimize their abilities in a practical and dynamic context.

The practical component will involve the active participation of students, performing activities and procedures in each area of competence (learning to learn and learning to do), with the support and guidance of professors and fellow trainees, facilitating teamwork and multidisciplinary integration as cross-cutting competencies for sports practice (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the Internship Program, and its realization will be subject to the center's own availability and workload, being the proposed activities the following:





Module	Practical Activity
Approach to Recent Innovations in Nutrition	Understand the molecular foundations of Nutrition
	Update knowledge on food composition
	Evaluate physical, chemical, and microbiological hazards in food safety
	Interpret new food labeling and consumer information
Nutritional Status Analysis and Diet Design	Calculate energy needs and apply methods for assessing energy expenditure
	Analyze body composition and perform clinical diagnosis through signs and symptoms
	Evaluate food and nutrient intake using direct and indirect methods
	Update nutritional requirements and recommended intakes for different life stages
Nutritional Strategies Applied to Sports Performance	Analyze physiological and metabolic adaptation to exercise in different sports modalities
	Evaluate the energy needs, nutritional status, and physical capacity of athletes
	Plan nutrition and hydration strategies for pre-, during-, and post-competition phases
	Apply recovery nutrition strategies and manage eating disorders and psychological issues related to sports practice
Nutrition Techniques for Specific Age Groups and Populations	Analyze the nutritional needs and limiting factors for female and pregnant athletes
	Evaluate the effects of physical exercise on child athletes, including strength and endurance
	Monitor body changes associated with aging and their impact on muscle and fat composition
	Design supplementation strategies tailored to the needs of senior athletes

05

Internship Centers

Below are some of the internship centers selected by TECH for this university program. However, if none of them meet your expectations or needs, TECH is committed to facilitating the formalization of an agreement with an entity that aligns with your preferences, ensuring a fully personalized experience.

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You will integrate the most advanced knowledge acquired through an exclusively practical approach into your professional routine”





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



Centro Sano San Pedro

Country

Spain

City

Burgos

Address: San Pedro y San Felices
nº15-nº17. 09001. Burgos

Business management consultant in Madrid

Related internship programs:

- Therapeutic Personal Training
- Sports Nutrition



Sports Science

Centro Sano López Bravo

Country: Spain
City: Burgos

Address: C/ López Bravo 1, Puerta 4, módulo 4.
09001. Villalonquejar

Business management consultant in Madrid

Related internship programs:
- Therapeutic Personal Training
- Sports Nutrition



Sports Science

Centro Sano Paseo de la Isla

Country: Spain
City: Burgos

Address: Paseo la Isla, 7. 09003. Burgos

Business management consultant in Madrid

Related internship programs:
- Therapeutic Personal Training
- Sports Nutrition



Sports Science

Olympus Center

Country: Spain
City: Madrid

Address: Calle de Palos de la Frontera,
16, 28012 Madrid

Olympus Center specializes in meeting the objectives of the person, according to their physical condition

Related internship programs:
- High Performance in Sports
- Fitness Instructor





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You will learn firsthand the reality of working in the area, in a demanding and rewarding environment”

06

General Conditions

Civil Liability Insurance

The university's main concern is to guarantee the safety of the interns, other collaborating professionals involved in the internship process at the center. 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, the university 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 Internship Program 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 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 academic 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 academic.

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 student 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 academic 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 internship department at TECH 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 academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain a diploma for the **Internship Program in Sports Nutrition** 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 private qualification from **TECH Global University** is a European continuing education and professional development program that guarantees the acquisition of competencies in its area of expertise, providing significant curricular value to the student who successfully completes the program.

Title: **Internship Program in Sports Nutrition**

Duration: **3 weeks**

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

Credits: **4 ECTS**



future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

tech global
university

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Sports Nutrition

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