

Postgraduate Certificate Cyclist Nutrition

Endorsed by the NBA



tech global
university



Postgraduate Certificate Cyclist Nutrition

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

Website: www.techtute.com/us/sports-science/postgraduate-certificate/cyclist-nutrition

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01

Introduction

Nutrition is essential for success in cycling. It is no secret that cyclists need a balanced and adequate diet to maintain energy levels, recover after exercise, adapt to training or resist illness and injury. This is why it is important that these professionals have a continuous update on the nutritional properties of food, and this is what they will achieve with this program. Thus, the program is intended to be a valuable tool through which the student will calculate metabolic expenditure and delve into the sweat rate of cyclists or their body composition. All this with an integral approach and from home for greater comfort.



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The perfect opportunity to reach your cycling goals through the latest nutritional plans"

Cyclists need a diet rich in carbohydrates to have the necessary energy for long distance cycling. Since these biomolecules are stored in the body in the form of glycogen, you need to consume enough carbohydrates to keep glycogen levels high before a race or workout. In addition, these athletes also require protein to repair muscles after exercise and to promote recovery. Fats are also postulated to be important for providing long-lasting energy and for the sake of contributing to the absorption of fat-soluble vitamins.

Undoubtedly, managing nutritional issues such as these is a complex task and subject to continuous advances as scientific evidence evolves, which is why cyclists should take advantage of any opportunity to update their knowledge. And with TECH they have a perfect one, through which they will have the opportunity to boost their performance through the nutritional plans that have proven to be the most effective today.

Thus, students will analyze at length the implications of nutrition in their sports activity, obtaining the most appropriate tools to calculate metabolic expenditure. In addition, the program will take you into the periodization of macro and micronutrients, sports supplementation or stomach training, among other topics of special interest.

With this specialization, the cyclist will be in a position to boost his or her professional activity, for which he or she will not have to attend on-site training centers or be subject to specific schedules. In addition, you will benefit from enjoying an academic experience with the largest online university in the world, becoming part of a prestigious community where you will be able to establish contact with great experts in this area.

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

- ♦ The development of case studies presented by experts in Cycling Nutrition
- ♦ The graphic, schematic and eminently practical contents of the book provide sporting and practical information on those disciplines that are essential 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



Get updated on all the implications of Nutrition in your cycling activity, calculating the metabolic expenditure of your workouts"

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You will undergo advanced case studies on hydration needs in training and competition, analyzing sweat rate”

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

If you want to be up to date with the latest trends in nutrition for cycling, with this program you will learn more about each and every one of them.

You will gain valuable expertise in determining which ergonutritional inputs are useful and which should be avoided.



02 Objectives

Since specializations in nutritional plans adapted to specific sports disciplines is an increasingly common requirement, TECH has meticulously designed this program to provide you with all the keys. Thus, the objective is none other than to provide students with the latest nutritional strategies to enhance their performance so that they can achieve any sporting goal they set for themselves.



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The objectives of the program will allow you to master each and every aspect of Nutrition periodization, both in macro and microcycles”



General Objectives

- ◆ Understand the performance factors of sport and, therefore, learn to assess the specific needs of each athlete
- ◆ To be able to plan, periodize and develop training programs for cyclists, in short, to enable students to exercise the profession of coach
- ◆ Acquire specific knowledge related to the biomechanics of cycling
- ◆ Understand the operation of new applications used in load quantification and training prescription
- ◆ Understand the benefits of strength training and be able to apply them in concurrent training
- ◆ Acquire a specialization in nutrition oriented to cycling
- ◆ Understand the functioning of cycling structures, as well as the modalities and categories of competitions





Specific Objectives

- ◆ Deepen in the concept of nutrition
- ◆ Understand and apply nutrition periodization
- ◆ Know which ergogenic aids are useful, which are not and which are considered prohibited methods
- ◆ Getting to know new trends in nutrition



You will benefit from a highly comprehensive academic experience that includes all the latest news on the use of Nutrition Management Software"

03

Course Management

The teaching team that TECH has incorporated to teach this program and supervise the academic progress of the students is a statement of the university's intentions. Coaches, physical trainers and experts in Sports Nutrition come together in the program so that the student can draw on their Know-How and have the keys that will allow them to make a difference. In addition, students will have a valuable digital meeting point with the teaching staff through the Online Campus, where they will be available for any questions.



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Coaches, physical trainers and experts in sports nutrition come together in the program to provide you with the keys that will make the difference"

Management



Mr. Sola, Javier

- ♦ CEO of Training4ll
- ♦ WT UAE Team Coach
- ♦ Massi Tactic UCI Womens Team Performance Manager
- ♦ Specialist in the biomechanical area of Jumbo Visma UCI WT
- ♦ WKO advisor to World Tour cycling teams
- ♦ Trainer at Coaches4coaches
- ♦ Associate Professor at Loyola University
- ♦ Degree in Physical Activity and Sports Sciences from the University of Seville
- ♦ Postgraduate Degree in High Performance Cycling Sports from the University of Murcia
- ♦ Sports Director Level III
- ♦ Numerous Olympic medals and medals at European championships, World Cups and national championships

Professors

Mr. Celdrán, Raúl

- ♦ CEO of Natur Training System
- ♦ Burgos BH ProConti Team Nutrition Manager
- ♦ Performance manager of the professional MTB team Klimatizaza Team
- ♦ Trainer at Coaches4coaches
- ♦ Degree in Pharmacy from the University of Alcalá, Spain
- ♦ Master's Degree in Nutrition, Obesity and High Performance in Cyclic Sports from the University of Navarra

Mr. Arguedas Lozano, Chema

- ♦ CEO of Plan Your Rides
- ♦ Cycling in Depth Training and Nutrition Expert
- ♦ Trainer, fitness trainer and sports nutrition expert
- ♦ Lecturer in Sports Nutrition at the University of Leioa
- ♦ Author of titles related to cycling: Plan your pedaling, Feed your pedaling, Plan your MTB pedaling, Power your pedaling



04

Structure and Content

The syllabus has been designed to offer the most complete vision on this subject. To this end, the teaching team has closely supervised all topics to ensure that the contents are in line with the latest scientific advances in nutrition. In addition, students will be supported by the technological innovations that TECH has implemented in its Online Campus. In this sense, your educational cycle will be boosted thanks to dynamic study resources that go far beyond memorizing subjects.



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A curriculum that places special emphasis on the need to train the stomach and digestive system to improve performance in competition"

Module 1. Nutrition in the cyclists

- 1.1. Concept of sports nutrition
 - 1.1.1. What is sports nutrition?
 - 1.1.2. Clinical vs. sports nutrition
 - 1.1.3. Food and supplements
- 1.2. MB calculation
 - 1.2.1. Components of Energy Expenditure
 - 1.2.2. Factors influencing energy expenditure at rest
 - 1.2.3. Energy consumption measurement
- 1.3. Body composition
 - 1.3.1. BMI and traditional ideal weight. Is there such a thing as an ideal weight?
 - 1.3.2. Subcutaneous fat and thickness of skin folds
 - 1.3.3. Other methods for determining body composition
- 1.4. Macro and micronutrients
 - 1.4.1. Definition of macro and micronutrients
 - 1.4.2. Macronutrient requirements
 - 1.4.3. Micronutrient requirements
- 1.5. Macro and micro periodization
 - 1.5.1. Nutritional periodization
 - 1.5.2. Periodization in macrocycles
 - 1.5.3. Periodization in microcycles
- 1.6. Sweating rate and hydration
 - 1.6.1. Sweat rate measurement
 - 1.6.2. Hydration needs
 - 1.6.3. Electrolytes



- 1.7. Stomach and digestive system training
 - 1.7.1. Need to train the stomach and digestive system
 - 1.7.2. EEySD Phases
 - 1.7.3. Application in training and racing
- 1.8. Supplementation
 - 1.8.1. Supplementation and ergonutritional aids
 - 1.8.2. ABCD system of supplements and ergonutritional aids
 - 1.8.3. Individual supplementation needs
- 1.9. Trends in sports nutrition
 - 1.9.1. Trends
 - 1.9.2. Low Carb-High Fat
 - 1.9.3. High carbohydrate diet
- 1.10. Software and applications
 - 1.10.1. Methods for macronutrients control
 - 1.10.2. Softwares for nutrition control
 - 1.10.3. Applications for the athlete

“*TECH provides you with the most innovative academic materials on Cycling Nutrition through interactive outlines, case studies, videos and much more*”



05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

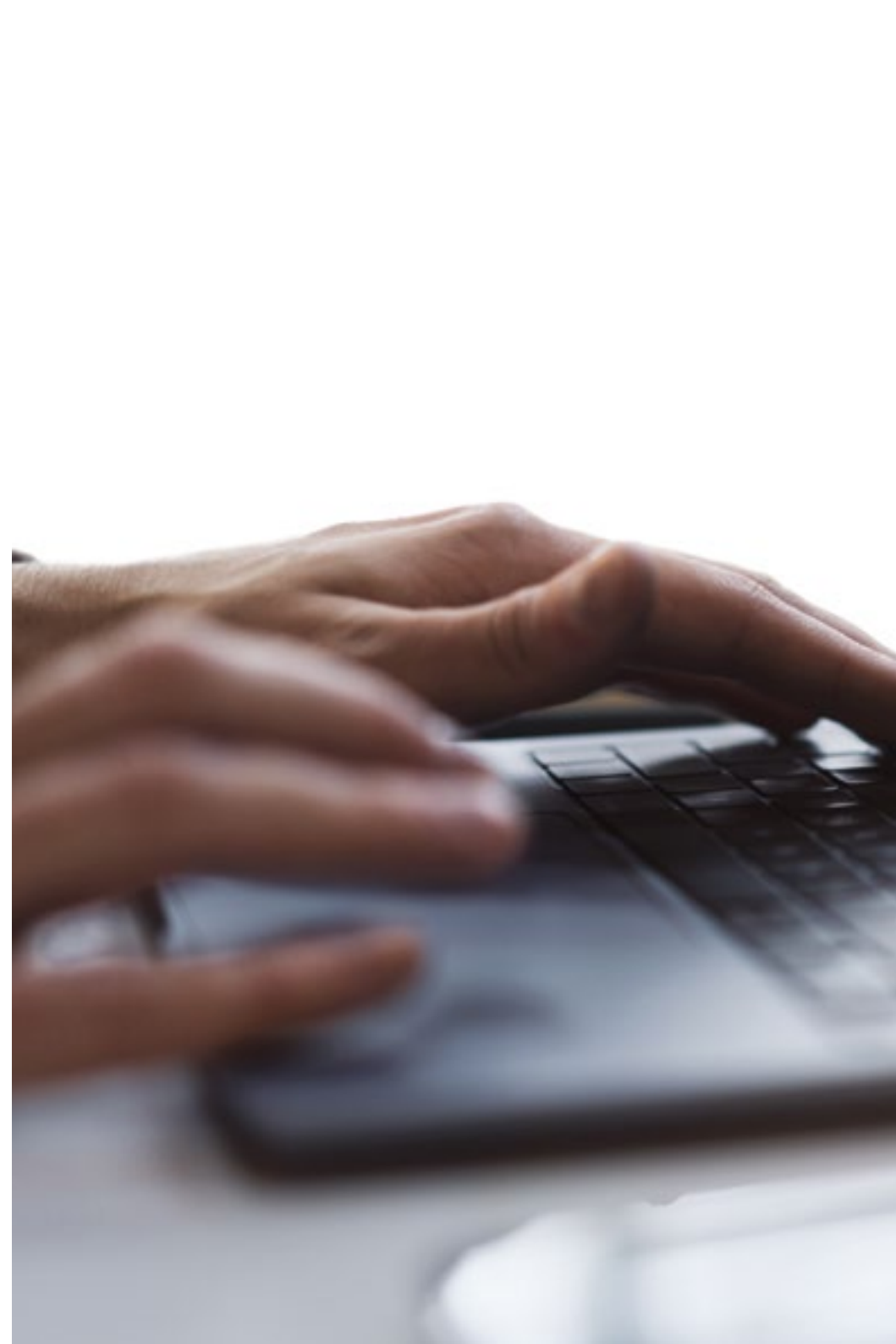
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

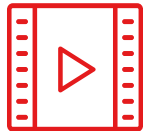
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

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.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

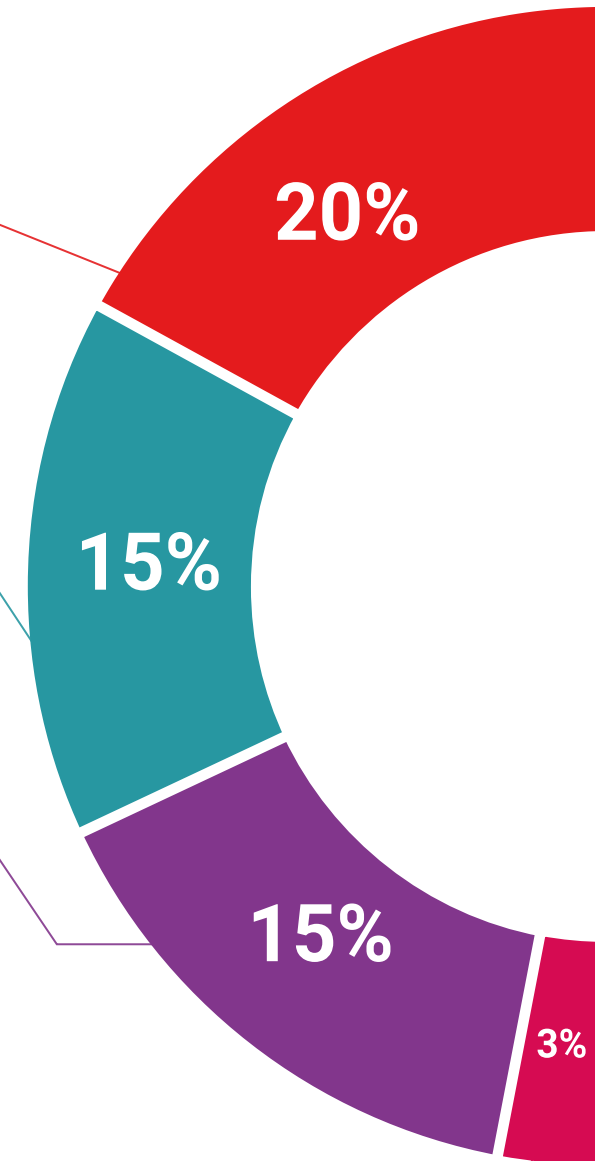
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

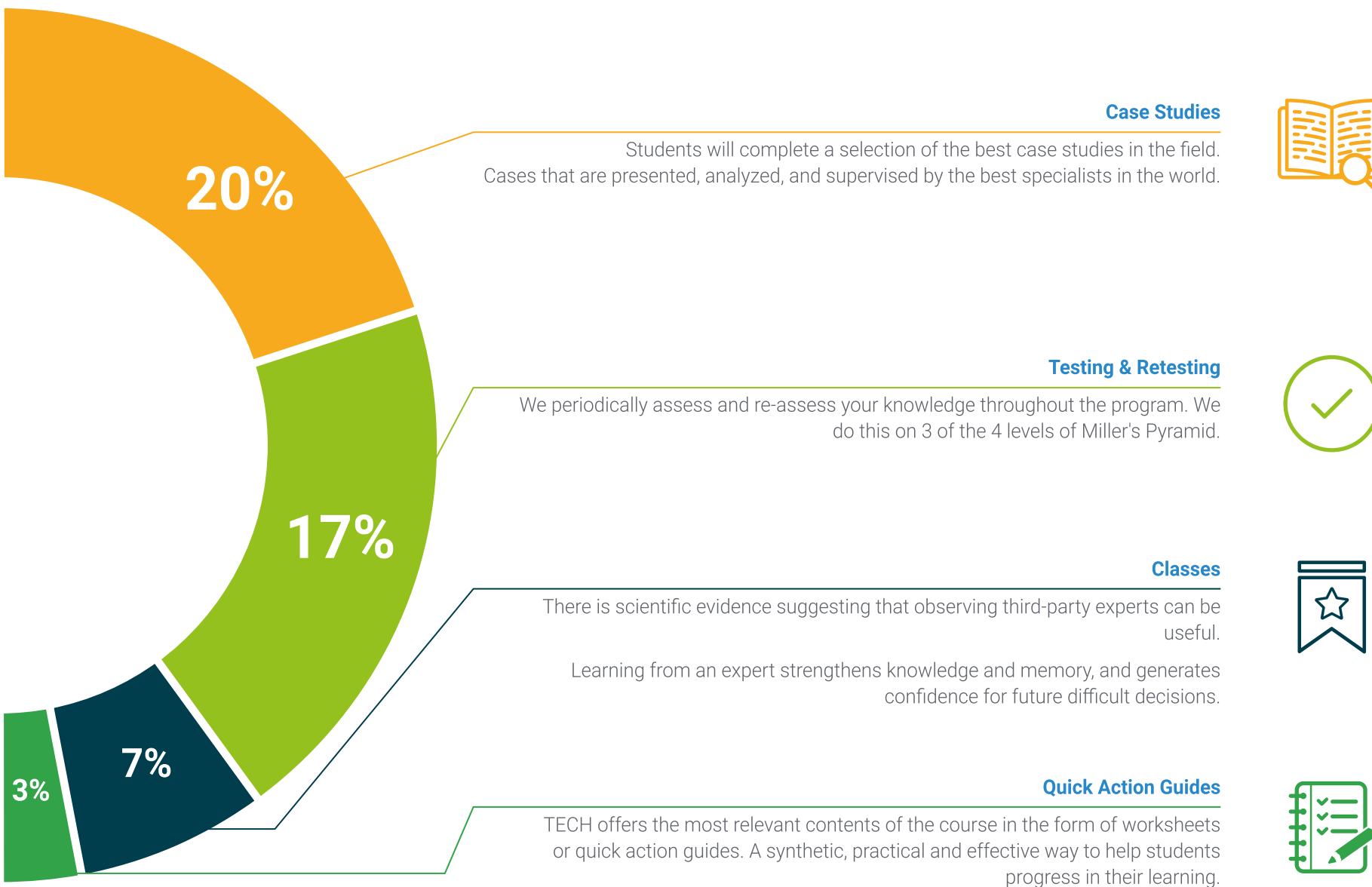
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





06 Certificate

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



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*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 Cyclist 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 **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.

Title: **Postgraduate Certificate in Cyclist Nutrition**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

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health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development language

virtual classroom

tech global
university

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