

# Postgraduate Certificate Nutrition in the Athlete during the Injury Period

Accreditation/Membership



**tech** global  
university





## Postgraduate Certificate Nutrition in the Athlete during the Injury Period

- » 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/nutrition-athlete-during-injury-period](http://www.techtute.com/us/sports-science/postgraduate-certificate/nutrition-athlete-during-injury-period)

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# 01

# Introduction to the Program

The injury period represents one of the greatest challenges for an athlete, not only due to the physical impact but also because of the emotional implications of being sidelined from competition. According to the journal Apunts, nearly 50% of sports injuries are severe, with an inactivity duration of more than three weeks. In this context, nutrition has become a key element both in preventing injuries and accelerating recovery. Recent studies recommend a protein intake of up to 2.3 g/kg per day and the use of omega-3 to reduce inflammation. In light of this reality, TECH presents this program, a specialized proposal that provides concrete tools to intervene nutritionally during this critical phase of the sports season.





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*A comprehensive and 100% online program, exclusive to TECH, with an international perspective supported by our membership with The Chartered Association of Sport and Exercise Sciences”*

The injury period represents a critical phase for any athlete profile. Not only does it interrupt physical continuity, but it also exposes the body to processes of wear and inflammation that require immediate attention. According to Apunts journal, around 50% of sports injuries are considered severe, with a period of inactivity lasting more than three weeks. In this context, adequate nutritional intervention can become a decisive factor in reducing recovery times, preserving muscle mass, and avoiding complications. This Postgraduate Certificate addresses that need with a technical and up-to-date approach, enabling a more precise understanding of the nutritional challenges during this phase.

The program consists of a single module focused on the key factors surrounding the injury process. Topics such as inflammation, the postoperative response, the impact on body composition, and energy requirements for each case are covered in detail. It also explores the most effective nutritional strategies to support each phase: from prevention to reintegration into competition. Supplementation, gradual return to activity, and elements that reduce the risk of relapse are treated from a perspective based on recent scientific evidence.

TECH applies an advanced digital methodology that allows students to access content at any time of day, with no time limitations or commuting required. Through the Relearning system, knowledge consolidation is promoted via visual resources, clinical simulations, and dynamic diagrams that facilitate practical retention. Additionally, a Masterclass will be delivered by a renowned International Guest Director, who will share their experience in nutritional approaches during injury periods for high-performance athletes.

Furthermore, through membership with The Chartered Association of Sport and Exercise Sciences (CASES), students will have access to exclusive educational resources, discounts on events and specialized publications, and practical benefits such as professional insurance. They will also be able to join an active community, participate in committees, and gain accreditations that boost their development, visibility, and professional projection in the field of sports and exercise science.

This **Postgraduate Certificate in Nutrition in the Athlete during the Injury Period** 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 during the Athlete's Injury Period
- ♦ 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 the self-assessment process can be carried out to improve learning
- ♦ A special emphasis on innovative methodologies in Nutrition during the Athlete's Injury Period
- ♦ 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



*You will update your knowledge with an innovative Masterclass on inflammatory biomarkers, delivered by an International Guest Director"*

“

*You will prevent sports injuries with nutritional guidelines that strengthen joint tissues and enhance muscle resilience”*

The teaching staff includes professionals from the field of Nutrition during the Athlete's Injury Period, who contribute their work experience to this program, alongside recognized 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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will analyze anonymized real cases of professional athletes, with data on their metabolic progression during the injury.*

*You will be able to balance this course with your professional practice thanks to its 100% online format, with 24/7 access from any device.*



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 relies on an enormous faculty of more than 6,000 professors of the highest international renown.





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*Study at the world's largest online university  
and guarantee your professional success.  
The future starts 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".

**Forbes**

The best online university in the world

The most complete  
**syllabus**

**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.

**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.

**TOP**  
international faculty

The most effective methodology

**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 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.

**World's No.1**  
The World's largest online university

**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.

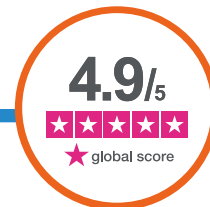
**Leaders in employability**

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 Syllabus

The educational materials for this Postgraduate Certificate, developed by experts in sports nutrition and functional recovery, offer a technical approach focused on the nutritional challenges that arise during the injury period. Each resource has been designed to facilitate the understanding of inflammatory processes, post-operative management, changes in body composition, and nutritional strategies that optimize the return to competition. Thanks to this approach, practical tools are acquired that enable effective intervention in real-life situations. All content is presented clearly, structured, and based on internationally recognized scientific evidence.



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*You will reconfigure caloric expenditure during injuries with immobilization versus partial mobility, avoiding the typical lipogenic surplus in these phases”*

## Module 1. The Injury Period

- 1.1. Injury Prevention
- 1.2. Acute vs. Chronic Inflammation
- 1.3. Resolution of Inflammation
- 1.4. Phases of Injury
- 1.5. Post-Operative
- 1.6. Body Composition
- 1.7. Energy Requirements
- 1.8. Nutritional Approach
- 1.9. Supplementation
- 1.10. The Return to Competition





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*You will discover a syllabus structured to master strategic planning, corporate social responsibility, and responsible finance, enhancing key decisions with a sustainable approach”*

# 04

# Teaching Objectives

The content of this Postgraduate Certificate has been structured by experts with a proven solid track record in sports nutrition and physical rehabilitation. The goal is to provide a comprehensive view of the impact of nutrition during the injury period, covering everything from prevention to gradual reintegration into competition. The course prioritizes the acquisition of technical skills to design personalized nutritional plans based on the phases of the injury process. Additionally, it fosters critical analysis of real-world situations, facilitating evidence-based decision-making. All of this is with a focus on practical application in demanding professional environments.







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*You will understand the pathophysiological mechanisms of sports injuries and their metabolic impact to design precise nutritional interventions”*



## General Objectives

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- Analyze the muscle and metabolic physiology related to exercise to understand its impact on sports performance
- Evaluate the athlete's physical condition at different points during the season to optimize performance
- Explore the nutritional and physiological aspects of aquatic sports, adapting strategies to their specific demands
- Address adverse conditions that may affect athletic performance, proposing tailored solutions
- Investigate the implications of vegetarianism and veganism on sports performance, proposing appropriate meal plans
- Design nutritional and training strategies for athletes with Type 1 diabetes, optimizing their health and performance
- Develop specific interventions for para-athletes, considering their nutritional and training needs
- Optimize performance in weight-category sports, taking into account nutritional and metabolic factors





## Specific Objectives

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- ◆ Identify the stages of a sports injury and its implications for nutritional planning
- ◆ Differentiate between the physiological mechanisms of acute and chronic inflammation, and their influence on the athlete's nutritional status
- ◆ Apply specific dietary strategies to promote the resolution of inflammatory processes during the injury period
- ◆ Estimate energy and macronutrient requirements based on inactivity levels and the type of injury
- ◆ Select the most appropriate supplementation for each stage of the recovery process, based on scientific evidence
- ◆ Integrate nutritional guidelines into the return-to-competition plan, minimizing the risk of relapse and optimizing performance

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*You will minimize post-surgical sarcopenia with leucine and HMB protocols during critical metabolic windows validated in professional athletes”*

05

# Software Licenses Included

TECH is a leading reference in the academic world for combining the latest technology with teaching methodologies to enhance the teaching-learning process. To achieve this, it has established a network of alliances that allows it to access the most advanced software tools used in the professional world.



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*Upon enrolling, you will receive, completely free of charge, academic credentials for the following professional software applications”*

TECH has established a network of professional alliances with the leading providers of software applied to various professional fields. These alliances allow TECH to access hundreds of software applications and licenses, making them available to its students.

The academic software licenses will allow students to use the most advanced applications in their professional field, so they can become familiar with them and master their use without incurring additional costs. TECH will handle the recruitment process so that students can use them indefinitely during their studies in the Postgraduate Certificate in Nutrition in the Athlete during the Injury Period, and they will be able to do so completely free of charge.

TECH will provide free access to the following software applications:

**DIETOPRO.COM**  
software de gestión dietético-nutricional

i-Diet



The Nutrium logo features a stylized white icon of a person or a shield-like shape on the left, followed by the word "nutrium" in a lowercase, white, sans-serif font on a teal background.

### DietoPro

As part of our commitment to comprehensive and applied training, all students enrolled in this program will receive **free access** to the **DietoPro** license, specialized in nutrition and valued at approximately **30 euros**. This platform will be available throughout the course. Its use enriches the learning process, facilitating the immediate implementation of the knowledge acquired.

It is an advanced solution that allows users to create personalized plans, record and analyze daily intake, and receive recommendations tailored to each individual. Its intuitive interface and solid technological foundation provide a practical experience aligned with current standards of well-being and digital health.

#### Key Features:

- ♦ **Personalized Nutrition Planning:** Design meal plans tailored to specific goals, preferences, and requirements
- ♦ **Diet Tracking and Monitoring:** Facilitate nutritional control through dynamic reports and detailed nutrient analysis
- ♦ **Intelligent Suggestions:** Use artificial intelligence to propose adjustments and personalized recommendations
- ♦ **Integration with Health Devices:** Compatible with *wearables* and fitness apps for a comprehensive view of physical health
- ♦ **Educational Resources:** Access to content, guides, and expert advice to reinforce healthy habits and promote continuous learning

This **free license** offers a unique opportunity to explore professional tools, solidify theoretical knowledge, and make the most of a high-value practical experience.

## i-Diet

Another exclusive benefit of this university program is **free access** to **i-Diet**, a nutritional assessment tool valued at **180 euros**. This flexible platform allows users to modify food and recipe databases, as well as add new elements intuitively.

**i-Diet** is designed to adapt to different professional needs, enabling the customization of nutritional plans from the first day of the course. The tool incorporates artificial intelligence in its calculations, developed with the support of the Department of Mathematical Modeling at ETSIMO, ensuring precision and scientific rigor in every assessment.

### Key Features:

- ♦ **Editable Database:** Access to food and recipes with full customization options
- ♦ **AI-Powered Calculations:** Optimized algorithms for precise and efficient evaluations
- ♦ **Over 1,000 Supervised Recipes:** Content developed by dietitian-nutritionist Cristina Rodríguez Bernardo
- ♦ **Multiple Body Measurements:** Compatible with BIA, ultrasounds, infrared, skinfold calipers, and circumferences
- ♦ **Intuitive Interface:** Easy to use both in consultations and for clinical follow-up

Free **access to i-Diet** during the course provides an invaluable opportunity to apply theoretical knowledge, improve nutritional decision-making, and strengthen the technical skills of professionals.

## Nutrium

Accessing **Nutrium**, a professional platform valued at **200 euros**, is a unique opportunity to optimize patient management. This advanced system allows users to record medical histories, schedule appointments, send reminders, and conduct online consultations, facilitating communication through its mobile app.

Additionally, this exclusive and free-access license provides tools for tracking nutritional goals, enabling clients to update their progress in real time. This enhances treatment adherence and improves the effectiveness of dietary recommendations.

### Key Features of Nutrium:

- ♦ **Complete Client Management:** Detailed records, appointment scheduling, and automatic reminders
- ♦ **Continuous Communication:** Online consultations and a mobile app for patients
- ♦ **Nutritional Goal Monitoring:** Tools to set and track specific objectives
- ♦ **Real-Time Updates:** Patients can directly report their progress
- ♦ **Treatment Efficiency:** Improved adherence and better outcomes for dietary plans

This platform, available **at no cost** during the program, will allow students to apply their knowledge practically, supporting a comprehensive and efficient approach to nutrition.

06

# 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.

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*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.

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*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".

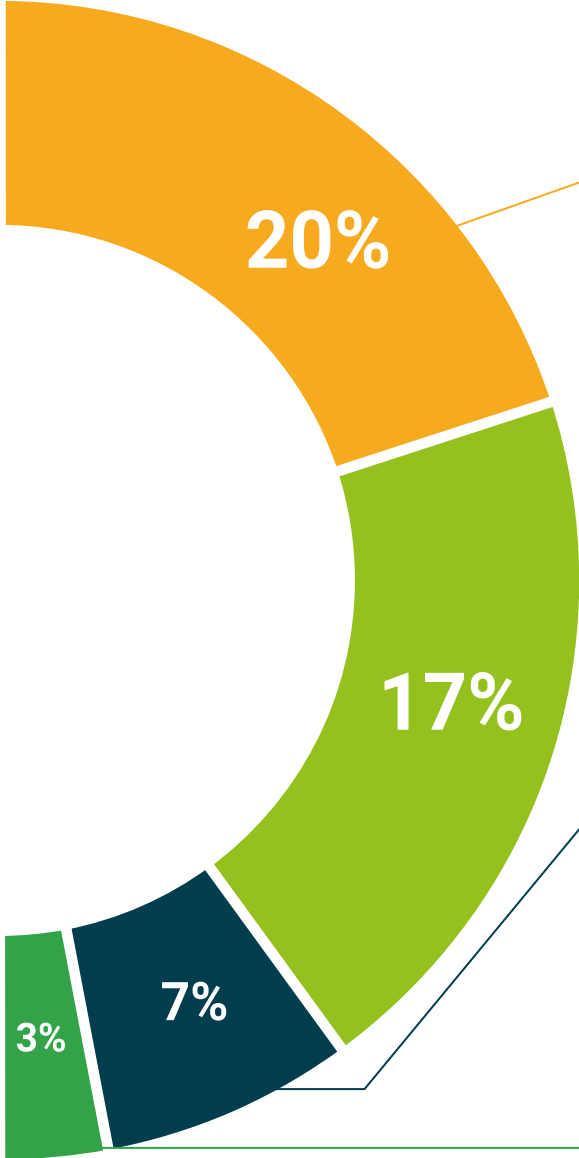


#### Additional Reading

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







**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert strengthens knowledge and memory, and generates confidence for 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.



07

# Teaching Staff

The teaching staff of this Postgraduate Certificate bring a solid track record in managing projects related to nutrition applied to sports, functional rehabilitation, and intervention during injury processes. Their experience has been developed in high-demand contexts, both in clinical settings and within professional sports organizations. This multidisciplinary team has designed the content with a rigorous, updated, and practice-oriented approach. Thanks to their active participation in recent research and direct contact with elite athletes, the technical quality of the program and the relevance of each topic covered are guaranteed.





“

*You will interact with specialists who will design effective strategies to accelerate the athlete's full recovery”*

## 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 bachelor's 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

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- Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, United States
- Sports Nutrition Coordinator at Louisiana State University
- 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 Louisiana State University
- Degree in Dietetics from Louisiana State University
- Member of: Louisiana Dietetic Association, Association of Collegiate and Professional Sports Dietitians and Cardiovascular Sports Nutrition and Wellness Dietetic Practice Group

“

*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Marhuenda Hernández, Javier

- ♦ Nutritionist in Professional Soccer Clubs
- ♦ 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.
- ♦ Doctorate in Nutrition and Food Safety. San Antonio Catholic University of Murcia
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Catholic University of Murcia
- ♦ Master's Degree in Clinical Nutrition. San Antonio Catholic University of Murcia
- ♦ Academic. Spanish Academy of Nutrition and Dietetics (AEND)

## Teachers

### Ms. Montoya Castaño, Johana

- ♦ Sports Nutritionist
- ♦ Nutritionist. Ministry of Sports of Colombia (Mindeportes).
- ♦ Scientific Advisor. Bionutrition, Medellín
- ♦ Undergraduate Sports Nutrition Teacher
- ♦ Nutritionist Dietitian. University of Antioquia
- ♦ Master in Nutrition in Physical Activity and Sport. San Antonio Catholic University of Murcia



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*A unique, essential and decisive learning experience to boost your professional development”*

# 08 Certificate

This Postgraduate Certificate in Nutrition in the Athlete during the Injury Period guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the 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 diploma for the **Postgraduate Certificate in Nutrition in the Athlete during the Injury Period** 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.

TECH is a member of the distinguished professional organization **The Chartered Association of Sport and Exercise Sciences (CASES)**. This membership reaffirms its commitment to excellence in management and specialized training in the sports field.

#### Accreditation/Membership



Title: **Postgraduate Certificate in Nutrition in the Athlete during the Injury Period**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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  
development languages  
virtual classroom



## Postgraduate Certificate

Nutrition in the Athlete  
during the Injury Period

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# Postgraduate Certificate Nutrition in the Athlete during the Injury Period

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