

# Postgraduate Certificate

## Nutritional Assessment of the Athlete at Different Times of the Season

Endorsed by the NBA



**Breakfast (264 calories)**

- 1 cup nonfat plain Greek yogurt
- 1/4 cup muesli
- 1/4 cup blueberries

**A.M. Snack (84 calories)**

- 5 dried apricots

**Lunch (335 calories)**

*Chickpea & Veggie Salad*

- 2 cups mixed greens
- 3/4 cup veggies of your choice (try cucumbers and tomatoes)
- 1/2 cup chickpeas, rinsed
- 1/2 Tbsp. chopped walnuts

*Combine ingredients and top salad with 1 Tbsp. each balsamic vinegar and olive oil.*

**P.M. Snack (70 calories)**

- 2 clementines

**Dinner (434 calories)**

- 1 3/4 cup Squash & Red Lentil Curry
- 1/2 cup brown rice



## Postgraduate Certificate

### Nutritional Assessment of the Athlete at Different Times of the Season

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

Website: [www.techtute.com/in/sports-science/postgraduate-certificate/nutritional-assessment-athlete-different-times-season](http://www.techtute.com/in/sports-science/postgraduate-certificate/nutritional-assessment-athlete-different-times-season)

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# 01

# Introduction

An optimal nutritional status is not only achieved with the pre-workout meal, it is also necessary to take into account the pre- and post-heating phases, as well as external factors that may influence the athlete's health, so it is essential that the nutritionist updates his knowledge in Sports Nutrition for the different moments of the season and shows the athletes the most appropriate nutritional techniques according to their physical conditions and the activity they perform.







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*The Postgraduate Certificate allows training in simulated environments, which provide immersive learning programmed to train for real situations”*

This Postgraduate Certificate focuses on the aspects less studied during the university career, allowing to broaden the knowledge necessary to cover a wide spectrum of potential athletes, as well as to meet their nutritional needs

Sports performance is based on 3 fundamental pillars: training, rest and nutrition. One of the most common mistakes made by athletes is to believe that the only important thing is training, neglecting both rest and nutrition. In fact, many athletes believe that nutrition is only important on the day of competition, and these errors make it vital to monitor the athlete throughout the season, where it is considered essential to know the basal values to know what their starting point is, which helps us to plan the different phases of the season and thus enhance their performance

Within this program we can find a teaching staff of the highest level, instructed by professionals intimately related to Sports Nutrition, outstanding in their field and leading lines of research and field work, as well as recognized specialists from leading societies and prestigious universities. The teachers of this Postgraduate Certificate are professionals who seek excellence in their teaching and work, teaching in university centers and working with athletes to maximize their performance

This **Postgraduate Certificate in Nutritional Assessment of the Athlete at Different Times of the Season** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ◆ The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice
- ◆ It contains exercises where the self-assessment process can be carried out to improve learning
- ◆ Algorithm-based interactive learning system for decision-making for patients with feeding problems
- ◆ 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



*Food and sport must go hand in hand, as it is essential that athletes follow a proper diet to help them improve their performance"*

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*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Sports Nutrition, you will obtain a certificate from the leading online university in spanish: TECH Technological University”*

Its teaching staff includes professionals belonging to the field of nutrition, who contribute their work experience to this training, as well as renowned specialists from reference 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 immersive training programmed to train in real situations

This program is designed around Problem Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. The professional will be assisted by an innovative interactive video system created by renowned and experienced experts in sports nutrition

*Immerse yourself in the study of this complete Postgraduate Certificate and improve your skills in nutritional counseling for athletes.*

*This 100% online Postgraduate Certificate will allow you to combine your studies with your professional work while increasing your knowledge in this field.*





# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the sports science professional can master in a practical and rigorous way the study of Sports Nutrition in Special Populations.







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*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ◆ Handle advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- ◆ Manage advanced knowledge on nutritional planning in professional athletes of various fields in order to achieve maximum sports performance
- ◆ Learn advanced knowledge about nutritional planning in professional athletes from team sports to achieve the highest sports performance
- ◆ Manage and consolidate the initiative and entrepreneurial spirit needed to launch projects related to nutrition in physical activity and sport
- ◆ Know how to incorporate the different scientific advances into one's own professional field
- ◆ Ability to work in a multidisciplinary environment
- ◆ Advanced understanding of the context in which the area of their specialty is developed
- ◆ Manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities
- ◆ Manage the necessary skills through the teaching-learning process that will allow them to continue training and learning in the field of Sports Nutrition, both through the contacts established with professors and professionals of this training, as well as in an autonomous way
- ◆ Specialize in the structure of muscle tissue and its implication in sport
- ◆ Know the energetic and nutritional needs of athletes in different pathophysiological situations
- ◆ Specialize in the energetic and nutritional needs of athletes in the different situations specific to age and gender
- ◆ Become a specialist in the dietary strategies for the prevention and treatment of injured athletes
- ◆ Specialize in the energetic and nutritional needs of child athletes
- ◆ Specialize in the energetic and nutritional needs of Paralympic athletes



## Specific Objectives

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- ◆ Analysis of biochemistry to detect nutritional deficits or signs of over-training
- ◆ Interpretation of the different types of body composition in order to optimize the appropriate weight and fat percentage for the sport being practised
- ◆ Monitoring of the athlete throughout the season
- ◆ Planning of seasonal schedules according to individual requirements



*Make the most of this opportunity and take the step to get up to date on the latest developments in Nutritional Assessment of the Athlete at Different Times of the Season”*



# 03

# Course Management

Our teachers, made up of experts in Sports Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Postgraduate Certificate with recent updates on the subject that will allow you to train and increase your skills in this sector.





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*Learn from the best professionals  
and become a successful  
professional yourself”*

## Management



### Dr. Marhuenda Hernández, Javier

- Full Member of the Spanish Academy of Human Nutrition and Dietetics. Professor and researcher at UCAM
- Ph.D. in Nutrition
- Master's Degree in Clinical Nutrition
- Graduate in Nutrition





04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the current relevance of Sports Nutrition education; and committed to quality teaching through new educational technologies.







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*This Postgraduate Certificate in Nutritional Assessment of the Athlete at Different Times of the Season contains the most complete and up-to-date scientific program on the market”*

## Module 1. Nutritional Assessment of the Athlete at Different Times of the Season

- 1.1. Biochemical Evaluation
  - 1.1.1. Blood count:
  - 1.1.2. Overtraining Markers
- 1.2. Anthropometric Evaluation
  - 1.2.1. Body Composition
  - 1.2.2. ISAK Profile
- 1.3. Preseason
  - 1.3.1. High Workload
  - 1.3.2. Assuring Caloric and Protein Intake
- 1.4. Competitive Season
  - 1.4.1. Sports Performance
  - 1.4.2. Recovery between Games
- 1.5. Transition Period
  - 1.5.1. Vacation Period
  - 1.5.2. Changes in Body Composition
- 1.6. Travel
  - 1.6.1. Tournaments during the Season
  - 1.6.2. Off-season Tournaments (World Cups, European Cups and The Olympic Games)
- 1.7. Athlete Monitoring
  - 1.7.1. Basal Athlete Status
  - 1.7.2. Evolution during the Season
- 1.8. Sweat Rate Calculation
  - 1.8.1. Hydric losses
  - 1.8.2. Calculation Protocol
- 1.9. Multidisciplinary Work
  - 1.9.1. The Role of the Nutritionist in the Athlete's Environment
  - 1.9.2. Communication with the Rest of the Areas
- 1.10. Doping
  - 1.10.1. WADA List
  - 1.10.2. Anti-doping Tests





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*A unique, key and decisive  
training experience to boost  
your professional development”*



05

# Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: **Re-learning**.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

Our program offers you a revolutionary approach to developing your skills and knowledge. Our goal is to strengthen your skills in a changing, competitive, and highly demanding environment

“

*With TECH you can experience a way of learning that is shaking the foundations of traditional universities around the world”*



*Our University is the first in the world to combine Harvard Business School case studies with a 100%-online learning system based on repetition.*



### A learning method that is different and innovative

This Sports Science program at TECH Technological University is an intensive program that prepares you to face all the challenges in this field, both nationally and internationally. We are committed to promoting your personal and professional growth, the best way to strive for success, that is why at TECH you will use Harvard case studies, with which we have a strategic agreement that allows us to offer you material from the best university in the world



*We are the only online university that offers Harvard materials as teaching materials on its courses"*

The case method is the most widely used learning system by the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method

In a given situation, what would you do? This is the question that you are presented with in the case method, an action-oriented learning method. Throughout the course, you will be presented with multiple real cases. You will have to combine all your knowledge, and research, argue, and defend your ideas and decisions

*The student will learn, through collaborative activities and real cases, how to solve complex situations in real business environments.*



## Re-Learning Methodology

Our University is the first in the world to combine Harvard University case studies with a 100%-online learning system based on repetition, which combines 8 different teaching elements in each lesson

We enhance Harvard case studies with the best 100% online teaching method: Re-learning

*In 2019 we obtained the best learning results of all Spanish-language online universities in the world.*

At TECH you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Re-learning

Our University is the only one in Spanish-speaking countries licensed to incorporate this successful method. In 2019 we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best Spanish online university indicators



In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology we have trained more than 650,000 university graduates with unprecedented success. In fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years

*Re-learning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

Based on the latest evidence in neuroscience, not only do we know how to organize information, ideas, images, memories, but we also know that the place and context where we have learned something is crucial for us to be able to remember it and store it in the hippocampus, and retain it in our long-term memory

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity



In this program you will have access to the best educational material, prepared with you in mind:



#### 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



#### 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 in our future difficult decisions



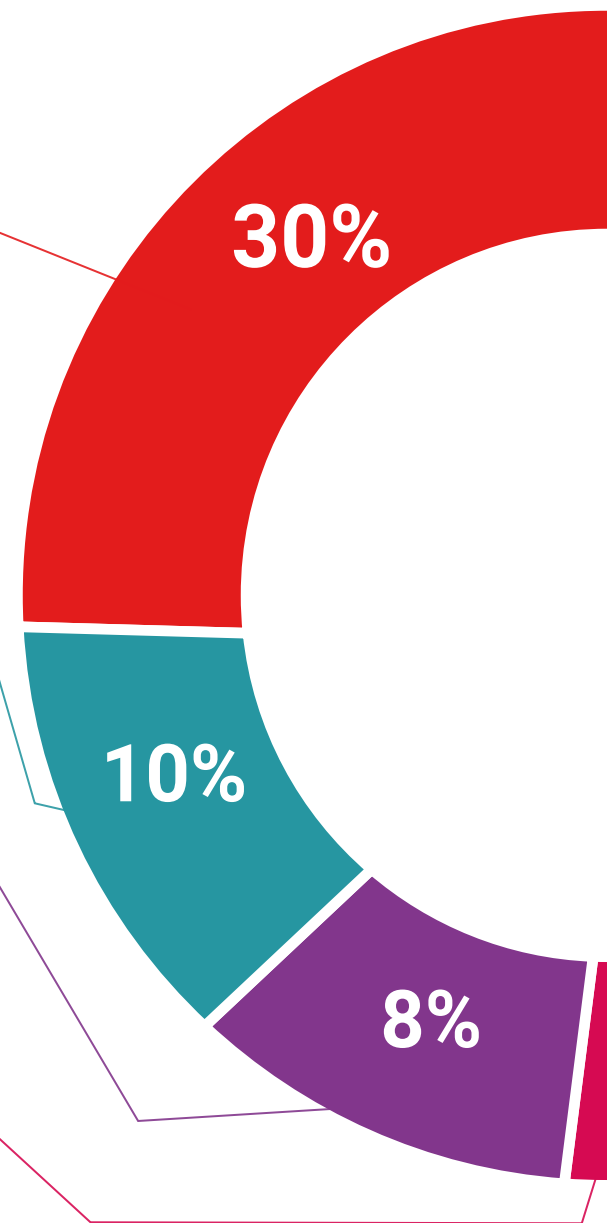
#### Practising Skills and Abilities

You will carry out activities to develop specific skills and abilities in each subject area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization we live in



#### Additional Reading

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







#### Case Studies

You will complete a selection of the best case studies in the field used at Harvard. Cases that are presented, analyzed, and supervised by the best senior management specialists in Latin America



#### 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 unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story"



#### Testing & Re-testing

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



# 06

# Certificate

Through a different and stimulating learning experience, you will be able to acquire the necessary skills to take a big step in your training. An opportunity to progress, with the support and monitoring of a modern and specialized university, which will propel you to another professional level.





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*Add to your CV a Postgraduate Certificate in Nutritional Assessment of the Athlete at Different Times of the Season and become a highly competitive professional”*



This **Postgraduate Certificate in Nutritional Assessment of the Athlete at Different Times of the Season** contains the most complete and up-to-date scientific program on the market

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery

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

Title: **Postgraduate Certificate in Nutritional Assessment of the Athlete at Different Times of the Season**

ECTS: 6

Official Number of Hours: 150

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate

Nutritional Assessment  
of the Athlete at Different  
Times of the Season

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

# Postgraduate Certificate

## Nutritional Assessment of the Athlete at Different Times of the Season

Endorsed by the NBA



$$\frac{\text{Weight}}{\text{Height}^2}$$

Underweight  
Ideal BMI  
Overweight  
Obese > 30  
Severely  
Morbidly  
Super