

Internship Program

Sports Nutrition



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01 Introduction

Scientific and technological progress has allowed the emergence of innovative methodologies to improve individual energy performance or products developed for better absorption of nutrients, making Sports Nutrition a highly demanded service. Therefore, this program aims to integrate knowledge of great utility for the health professional in a 100% practical and on-site way. The 3-week program includes the transfer to a hospital facility of the utmost rigor where, together with leading experts, the student will acquire the most sought-after and innovative skills in this field of health.

“

Get up-to-date on the main advances in Sports Nutrition with a unique study program that is 100% practical, on-site and intensive”





Research and progress in the field of sports nutrition are constantly being made. Hence, in recent years, new models, protocols and nutritional supplements designed to improve the performance of athletes have emerged. An example of this is the Hydrogel-based drinks to prevent esophagogastric disorders in athletes or the specific nutritional guides for certain disorders generated by the malabsorption of food substances. Knowing all these innovations in depth and how to implement them in daily professional practice can be a challenge for specialists. For this reason, TECH has integrated this knowledge into a very complete program that, in addition, provides a pioneering academic modality in its kind.

This Internship Program in Sports Nutrition will be developed in an on-site, intensive and direct way in a prestigious hospital center. The center will be equipped with the most modern technological devices and assistance resources that can be used for the benefit of the high performance athlete. The physician will therefore have the opportunity to apply all of them to real athletes. In this way, you will acquire skills in a fully immersive and demanding learning environment.

You will also be assisted by an associate tutor to reinforce your new skills. This teaching figure will incorporate you into different work dynamics, contributing to a thorough understanding of all the particularities of this discipline and its new applications. At the same time, you will be able to maintain close contact with renowned experts who are part of the institution's staff. The entire educational process will last 3 weeks. After that, graduates will be ready to apply the most innovative procedures based on the latest scientific evidence in the field.

02

Why Study an Internship Program?

Sports Nutrition is constantly growing and this is evidenced by its latest contributions that improve the performance of elite athletes. However, it is not easy for specialists to keep up-to-date on the main advances in the field in a practical way. For this reason, TECH has developed this 100% on-site, intensive and immersive Internship Program. In this program, the physician will acquire an in-depth update on the latest developments in this discipline in an educational period of only 3 weeks. For such purpose, the specialists will move to a first level hospital facility where they will acquire the best academic training together with great experts.



With TECH you will develop better skills on the application of modern hydration guidelines in sports exercise"

1. Updating from the Latest Technology Available

In recent years, Sports Nutrition has valuable tools and protocols to perform complex tasks such as the energy expenditure of athletes or the value of nutritional plans. This has led to the emergence of valuable nutritional supplements, as a result of technological innovation in the field. With this Internship Program, the specialist will know the technical particularities of all the equipment that makes possible the continuous development of this health field.

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

During this educational program, the specialist will have direct access to professionals with prestigious experience in Sports Nutrition. Along with them, you will work to treat eating disorders of varying complexity in athletes. Likewise, you will be guided at all times by a designated tutor who will be in charge of monitoring your academic progress in a rigorous manner.

3. Entering First-Class Clinical Environments

TECH has made a careful selection of all the centers that are currently available to the health professional to complete this Internship Program. These health centers were chosen for their results and international prestige. All this has been possible thanks to its excellent staff of experts and the use of the latest technological resources.



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

No other program in Sports Nutrition emphasizes the updating of the health professional in a 100% practical way. TECH makes the difference by developing this unique educational program, which will allow the specialist to deal directly with real patients, from day one, and the use of powerful tools.

5. Expanding the Boundaries of Knowledge

TECH's educational programs aim for its graduates to achieve international prestige upon completion of this Internship Program. To this end, it has devised an intensive educational model that will facilitate the professional's stay in cutting-edge medical institutions located in different geographical latitudes.



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

03 Objectives

The main objective of this program is to update the student on the most innovative procedures in Sports Nutrition. In order to achieve this goal, an intensive and immersive practical internship has been designed to enable the physician to handle innovative technologies to treat different nutritional disorders in real athletes. All this will provide a complete update of the professional in an area that is in continuous growth.



General Objectives

- ♦ Master the new trends in human nutrition, both in health and in pathological situations through medicine based on the most current scientific evidence
- ♦ Integrate work strategies based on the practical knowledge of the new trends in nutrition and their application to adult pathologies, making its therapeutic value clear
- ♦ Encourage the acquisition of practical skills for the application of novel nutritional methodologies based on Nutri-genetics, Nutrigenomics and Immunonutrition





Specific Objectives

- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary nutritional treatment
- ♦ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods
- ♦ Explain the different techniques and products of basic and advanced nutritional support related to the nutrition of the patient
- ♦ Explain the correct use of ergogenic aids
- ♦ Knowing the current anti-doping regulations
- ♦ Identify psychological disorders related to the practice of sport and nutrition
- ♦ Understand in depth the functioning of skeletal muscle
- ♦ Master into the understanding of the most important changes that occur in athletes
- ♦ To delve into the mechanisms of energy production based on the type of exercise performed
- ♦ Explore the interaction between the different energy systems that make up the muscle energy metabolism
- ♦ Differentiate between the different types of vegetarian athletes
- ♦ Addressing the significant nutritional deficiencies of athletes and providing them with better tools for food combining
- ♦ Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- ♦ Understand in depth the external and internal factors that influence the nutritional approach to these groups
- ♦ Approach the concept of integral nutrition as a key element in the process of re-adaptation and functional recovery
- ♦ Distinguish the different structures and properties of both macronutrients and micronutrients
- ♦ Prioritize the importance of both water intake and hydration in the recovery process.
- ♦ Analyze the different types of phytochemicals and their essential role in improving the state of health and regeneration of the organism
- ♦ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ♦ Prepare for the design of nutritional education strategies and patient care
- ♦ Adequate assessment of the clinical case, interpretation of causes and risks
- ♦ Personalized calculation of nutritional plans taking into account all individual variables
- ♦ Planning nutritional plans and models for a complete and practical recommendation

04

Educational Plan

During the on-site stay that corresponds to this Internship Program, physicians will be hosted for 3 weeks in a prestigious center related to sports medicine. From that entity, they will complete 8-hour days, from Monday to Friday, together with the most distinguished professionals in the field of Sports Nutrition. Along with them, you will handle complex and up-to-date equipment, offering high-level diagnoses and treatments to the athlete with specific dietary requirements.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

This program is also a unique opportunity to be up-to-date on the latest innovations in this care field through a personalized guide. The figure of the associate tutor, designed for this purpose, will advise the physician at all times on the most innovative methodologies to detect nutrient malabsorption disorders or other complex pathologies such as Vigorexia and Anorexia.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for medical practice (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
New Developments in Food and Nutrition	Perform Food Composition Tables according to Nutritional Databases
	Incorporating transgenic foods into contemporary dietary approaches
	Apply patient analysis techniques based on Nutrigenetics and Nutrigenomics
	Assess the implications of phytochemicals and non-nutritional compounds in the daily diet of the athlete
Nutritional Consultation Methodologies	Address Physiological Adaptation to Different Types of Exercise Physical
	Train modern guidelines on Hydration in sports practice
	Periodically examine the basis of physiological regulation of nutrition, appetite and satiety
	Explore nutritional requirements in situations of metabolic stress
Assessment of Nutritional Status and Diet	Determine energy expenditure by specific assessment methods
	Differentiate the nutritional status from the athlete's body composition and by biochemical, hematological and immunological methods
	Apply specific nutritional objectives and guidelines for nutritional requirements and recommended intakes of healthy adults
	Prevent eating disorders such as Vigorexia, Orthorexia, Anorexia through the necessary psychological assistance
Precision Nutrition in Sports	Incorporate hydrolyzed collagen with other food products to increase the absorption of polysaccharides and natural collagen
	Prevent gastrointestinal problems through energy drinks and gels made with hydrogel technology
	Optimize protein intake through the absorption of micronutrients, such as vitamin D

05 Where Can I Do the Internship Program?

TECH is more than willing to expand the educational horizons of the medical professional to the standards through this program. Hence, by pursuing this Internship Program, specialists will have access to renowned hospital centers, located in different geographic locations. In this way, they will be up-to-date with the latest trends in Sports Nutrition in an environment of maximum scientific innovation and under the advice of great experts.



Enroll in TECH and get up-to-date in Sports Nutrition from an institution equipped with the best devices for the medical examination and energy expenditure of athletes"





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



Medicine

Centro Médico Villanueva de la Cañada


Country	City
Spain	Madrid

Address: C. Arquitecto Juan de Herrera, 2,
28691 Villanueva de la Cañada, Madrid

Health center with services in the main clinical specialties and diagnostic tests.

Related internship programs:

- Clinical Nutrition in Pediatrics
- Primary Care Clinical Ultrasound



Medicine

Prosystem Nutrición


Country	City
Spain	Madrid

Address: C. Fresno, 23, 28522
Rivas-Vaciamadrid, Madrid

Clinic focused on physical activity and nutritional planning

Related internship programs:

- Sports Nutrition
- Rehabilitation Nutrition for Nursing



Medicine

Hospital HM Regla


Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2,
24003, León

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

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

Hospital HM Nou Delfos


Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151,
08023 Barcelona

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

Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine

Hospital HM Nuevo Belén

Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

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

Related internship programs:

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Medicine

Policlínico HM Distrito Telefónica

Country	City
Spain	Madrid

Address: Ronda de la Comunicación,
28050, Madrid

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

Related internship programs:

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Medicine

Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001,
28001, Madrid

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

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

Policlínico HM Las Tablas

Country	City
Spain	Madrid

Address: C. de la Sierra de Atapuerca, 5,
28050, Madrid

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

Related internship programs:

- Nursing in the Traumatology Department
- Diagnosis in Physiotherapy





Medicine

Policlínico HM Moraleja

Country	City
Spain	Madrid

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

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

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

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

Related internship programs:

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department



Medicine

Olympus Center

Country	City
Spain	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

06

General Conditions

Civil Liability Insurance

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

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

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



General Conditions of the Internship Program

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

1. TUTOR: During the Internship Program, students will be assigned 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 students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the 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 TECH internship department so that the assignment of the chosen center can be confirmed.

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

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

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

Title: **Internship Program in Sports Nutrition**

Duration: **3 weeks**

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

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



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