



### Postgraduate Certificate

### Nutritional Assessment in Athletes

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/in/medicine/postgraduate-certificate/nutritional-assessment-athletes

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### tech 06 | Introduction

This program seeks to educate the medical professional in the nutritional assessment and follow-up of the athlete with special needs, all adapted to the different sports disciplines in order to obtain maximum sports performance. The aim is to provide comprehensive Postgraduate Diploma that covers different situations that we can find in an athlete, with a high scientific-technical quality and a very high practical component that stands out from the rest of the available degrees.

As it is an online Postgraduate Certificate, the student is not constrained by fixed schedules or the need to move to another physical location, but rather, they can access the contents at any time of the day, allowing them to balance their professional or personal life with their academic life as they please.

Optimal nutritional status is not achieved by the pre-workout meal alone, so it is essential to educate the athlete and show him or her what to do well on a daily basis. 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 value s to know what their starting point is, which helps to plan the different phases of the season and thus enhance their performance.

The Postgraduate Certificate, elaborated with the latest educational technology, has multimedia content that helps to acquire advanced knowledge in the nutritional assessment of the athlete. This specialization will allow the student a situated and contextual learning within a simulated environment that provides a specialization focused on solving real problems.

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

- The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- Exercises where the self-assessment process can be carried out to improve learning
- An algorithm-based interactive learning system, designed for decision making for patients with nutritional challenges
- 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



Learn the most suitable diets for each type of athlete and you will be able to give more personalized advice"



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 program for: TECH Technological University"

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. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

This Postgraduate Certificate allows training in simulated environments, which provide immersive learning programmed to train for real situations.

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







### tech 10 | Objectives



#### **General Objectives**

- 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 to implement projects related to nutrition in physical activity and sport
- Know how to incorporate the different scientific advances into one's own professional field
- Working in a multidisciplinary environment
- Understand 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 specialization as as well as in an
  autonomous way

- Specialize in the structure of muscle tissue and its role in sports
- 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**

- 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 practiced
- Monitoring of the athlete throughout the season
- Planning of seasonal schedules according to individual requirements



Our goal is to achieve academic excellence and to help you achieve it too"







### tech 14 | Course Management

### Management



### Dr. Marhuenda Hernández, Javier

- Fellow of the Spanish Academy of Human Nutrition and Dietetics
- Professor and researcher at the Catholic UCAM University San Antonio in Murcia
- Ph.D. in Nutrition
- Master's Degree in Clinical Nutrition
- Graduate in Nutrition







### tech 18 | Structure and Content

#### Module 1. Evaluation 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 Assessment
  - 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. Vocational 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







A unique, key, and decisive educational experience to boost your professional development"





### tech 22 | Methodology

#### At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

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

- Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.





#### Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



### Methodology | 25 tech

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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.

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

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

### tech 26 | Methodology

This program offers the best educational material, prepared with professionals 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.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### **Surgical Techniques and Procedures on Video**

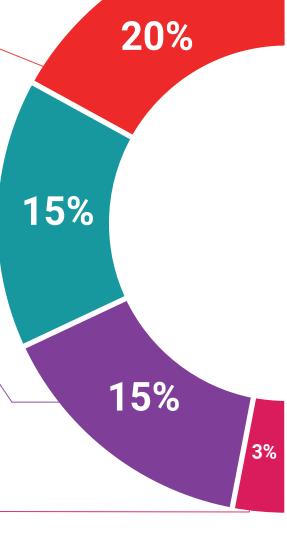
TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### **Interactive Summaries**

The TECH team presents 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 and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.

#### **Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### **Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts.

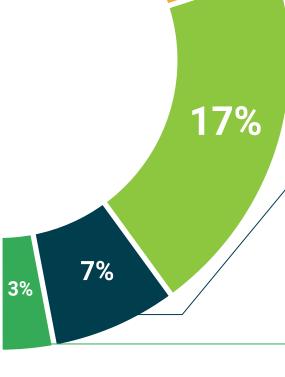
The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### **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.









### tech 30 | Certificate

This **Postgraduate Certificate in Nutritional Assessment in Athletes** 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 Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: Postgraduate Certificate in Nutritional Assessment in Athletes
Official N° of Hours: 150 h.

#### **Endorsed by the NBA**





This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

s qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each count

que TECH Code: AFWORD23S techtitute.com/certifi

health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment



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## Postgraduate Certificate

Nutritional Assessment in Athletes

Endorsed by the NBA



ال <u>Jht</u> eight² Underweight
Ideal BMI 19Overweight 2
Obese >30
Severely O
Morbidly O
Super Ob

