

# Postgraduate Certificate Nutritional Assessment in Athletes

Endorsed by the NBA





## Postgraduate Certificate Nutritional Assessment in Athletes

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/nutritional-assessment-athletes](http://www.techtute.com/us/medicine/postgraduate-certificate/nutritional-assessment-athletes)

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01

# Introduction

Nutrition is the basis for the prevention of possible diseases and injuries. Therefore, the physician must be constantly updated in Sports Nutrition of Specific Populations and know how to interpret biochemistry to detect nutritional deficits or states of overtraining.





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*Immerse yourself in the study of this Postgraduate Certificate educational program and improve your skills in nutritional counseling for athletes”*



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 values 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"*

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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 program for: TECH Global 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.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the medical 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 generate a sense of security in the performance of your daily practice, which will help you grow 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 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 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

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

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





03

# Course Management

The teaching team who are experts in Sports Nutrition, are highly regarded in the profession and are professionals with years of teaching experience who have come together to help the student give a boost to their career. To this end, they have developed this Postgraduate Certificate with recent updates on the subject that will allow you to professionalise with the train and increase your skills in this sector.







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

## International Guest Director

Jamie Meeks has proven 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 obtain 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 Collegiate and Professional Sports Dietitians.



## Ms. Jamie Meeks

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- ◆ Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, United States
- ◆ Coordinator of Sports Nutrition at Louisiana State University
- ◆ Registered Dietitian by the Academy of Nutrition and Dietetics
- ◆ Certified Specialist in Sports Dietetics
- ◆ Master's Degree in Kinesiology with a specialization in Exercise Physiology from Louisiana State University
- ◆ Graduate in Dietetics from Louisiana State University
- ◆ Member of: Louisiana Dietetic Association, Association of Collegiate and Professional Sports Dietitians, Cardiovascular and Wellness Sports Nutrition Dietetic Practice Group

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

## 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





04

# Structure and Content

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







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*This Postgraduate Certificate in Nutritional Assessment in Athletes contains the most complete and up-to-date program on the market"*

## 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







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

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, 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 Relearning, 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

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.



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*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:

1. 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.*



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.





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.





# 06 Certificate

The Postgraduate Certificate in Nutritional Assessment in Athletes guarantees students, in addition to the most rigorous and up-to-date Postgraduate Diploma, access to a qualification issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Nutritional Assessment in Athletes** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Nutritional Assessment in Athletes**

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

**tech** global  
university

**Postgraduate Certificate**  
Nutritional Assessment  
in Athletes

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



# Postgraduate Certificate Nutritional Assessment in Athletes

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

Underweight  
Ideal BMI 19-24  
Overweight 25-29.9  
Obese >30  
Severely Obese >35  
Morbidly Obese >40  
Super Obese >45