



Postgraduate Certificate

Sports Nutrition in Adverse Conditions

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Global University

» Credits: 6 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/medicine/postgraduate-certificate/sports-nutrition-adverse-conditions

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With this online training the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

Athletes sometimes compete in situations that are very different and much more adverse than those in which they usually train. This may be the case for a European team competing in the summer World Cup in South America. In these cases the requirements for fluids and certain nutrients increased and will vary depending on whether the conditions are extremely hot or cold. In addition, another factor to take into account will be the altitude, where certain physiological adaptations will occur, largely due to hypoxia.

It is essential for the medical professional to have advanced knowledge in sports nutrition to complement the medical treatment of those who frequently perform physical activities or high performance exercise in adverse conditions. With this intensive training you will gain the knowledge and skills needed to make the dietary changes that will truly have a positive impact on athletes, depending on each clinical situation at hand.

This **Postgraduate Certificate in Sports Nutrition in Adverse Conditions** 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 practical contents of the course are designed to provide all the essential specialization 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



Introduction | 07 tech



This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Sports Nutrition you will obtain a qualification endorsed by TECH Global University"

Its teaching staff includes professionals belonging to the field of nutrition, who contribute their work experience to this 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.

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

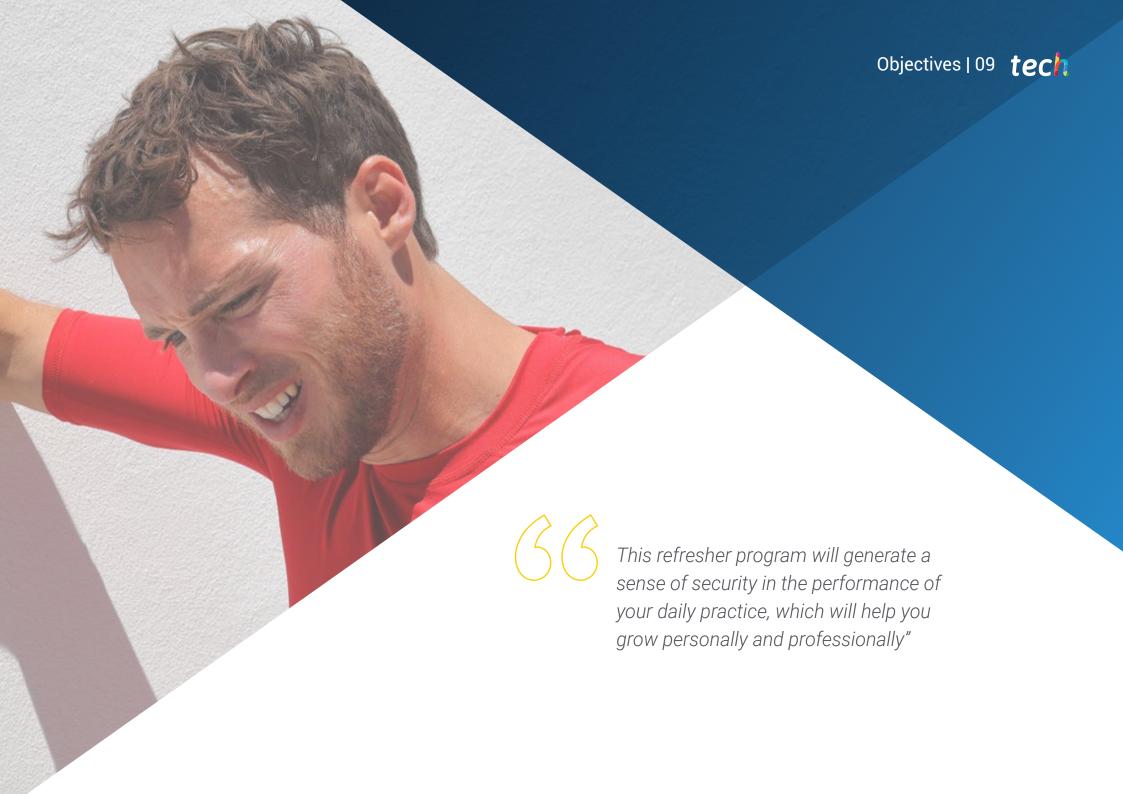
The Postgraduate Certificate allows you to exercise in simulated environments that provide an immersive learning program in order to train in real situations.

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





Objectives The principal objective of the program is the development of both theoretical and practical learning, so that the professional can master, in a practical and rigorous way, the study of sports nutrition in special population groups.



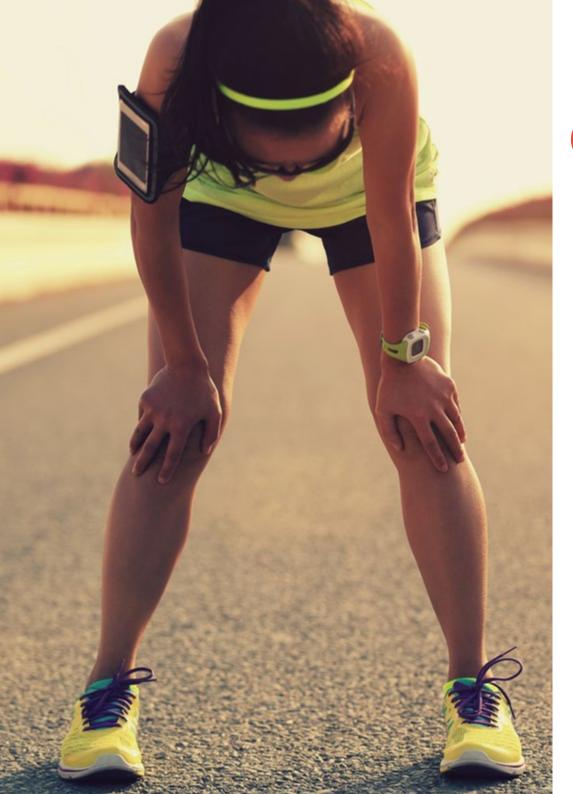
tech 10 | Objectives



General Objectives

- To handle advanced knowledge on nutritional planning in professional and nonprofessional athletes for the healthy performance of physical exercise
- To manage advanced knowledge on nutritional planning in professional athletes of various fields in order to achieve maximum sports performance
- To handle advanced knowledge on nutritional planning for professional athletes in team disciplines in order to achieve maximum sports performance
- To manage and consolidate the initiative and entrepreneurial spirit to implement projects related to nutrition in physical activity and sport
- To know how to incorporate the different scientific advances into one's own professional field
- Ability to work in a multidisciplinary environment
- To understand the the context in which their area of expertise is being developed
- To manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities
- To handle 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 teachers and professionals of this training as well as in an autonomous way
- To specialize in the structure of muscle tissue and its role in sports

- To know the energetic and nutritional needs of athletes in different pathophysiological situations
- To specialize in the energetic and nutritional needs of athletes in the different situations specific to age and gender
- To become a specialist in the dietary strategies for the prevention and treatment of injured athletes
- To specialize in the energetic and nutritional needs of child athletes
- To specialize in the energetic and nutritional needs of Paralympic athletes



Objectives | 11 tech



Specific Objectives

- To differentiate between the main performance limiting factors caused by climate
- To develop an acclimatization plan appropriate to the situation given
- To delve into the physiological adaptations due to altitude
- To establish the correct individual hydration guidelines according to the climate



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





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, he 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. Meeks, Jamiet

- 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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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

Professors

D. Arcusa, Raúl

- Graduate in Human Nutrition and Dietetics
- Master's Degree in Nutrition in Physical Activity and Sport
- Anthropometrist ISAK level 1
- Currently a Doctoral student in the Department of Pharmacy of the UCAM, researching Nutrition and Oxidative Stress, in addition to his work as a Nutritionist in the Youth Team of C.D. Castellón
- Possesses experience in different soccer teams in the Valencian community, as well as extensive experience in face-to-face clinical consultation



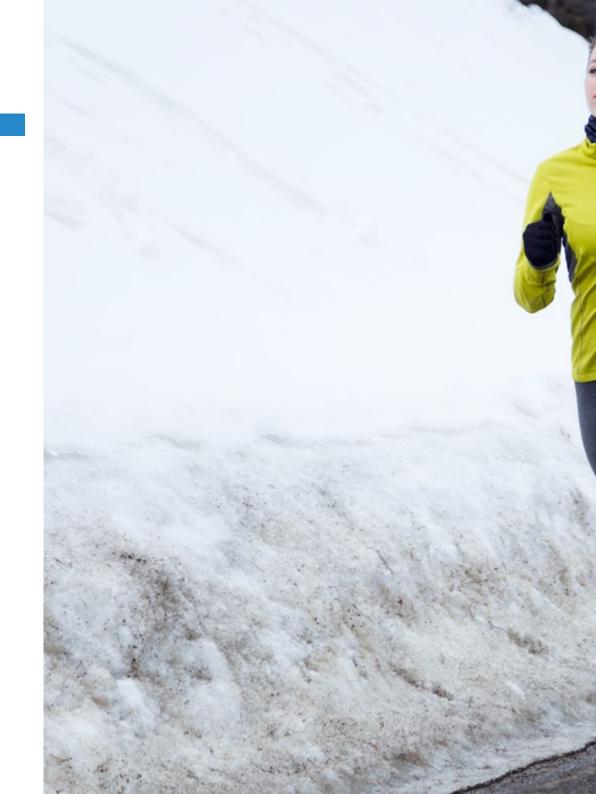




tech 20 | Structure and Content

Module 1. Adverse Conditions

- 1.1. The History of Sport in Extreme Conditions
 - 1.1.1. Winter Competitions throughout History
 - 1.1.2. Competitions in Hot Environments Today
- 1.2. Performance Limitations in Hot Climates
 - 1.2.1. Dehydration
 - 1.2.2. Fatigue
- 1.3. Basic Characteristics in Hot Climates
 - 1.3.1. High Temperature and Humidity
 - 1.3.2. Acclimatization
- 1.4. Nutrition and Hydration in Hot Climates
 - 1.4.1. Hydration and Electrolytes
 - 1.4.2. Carbohydrates
- 1.5. Performance Limitations in Cold Climates
 - 1.5.1. Fatigue
 - 1.5.2. Bulky Clothing
- 1.6. Basic Characteristics in Cold Climates
 - 1.6.1. Extreme Cold
 - 1.6.2. Reduced V02 Max
- 1.7. Nutrition and Hydration in Cold Climates
 - 1.7.1. Hydration
 - 1.7.2. Carbohydrates















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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:

- 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.



Methodology | 27 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.

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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

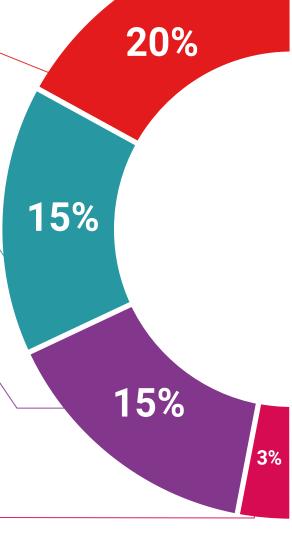
TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many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

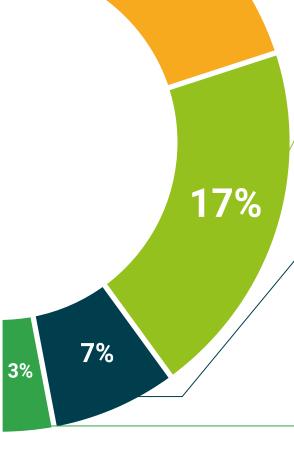
The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



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.









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This program will allow you to obtain your **Postgraduate Certificate in Sports Nutrition in Adverse Conditions** 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 Sports Nutrition in Adverse Conditions

Modality: online

Duration: 6 weeks

Accreditation: 6 ECTS



Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Sports Nutrition in Adverse Conditions

This is a program of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



tech global university



Postgraduate Certificate

Sports Nutrition in **Adverse Conditions**

- » Modality: online
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- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

