

# Postgraduate Certificate Sports Nutrition in Medicine

Endorsed by the NBA





## Postgraduate Certificate Sports Nutrition in Medicine

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

Website: [www.techtute.com/in/medicine/postgraduate-certificate/sports-nutrition-medicine](http://www.techtute.com/in/medicine/postgraduate-certificate/sports-nutrition-medicine)

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# 01

# Introduction

Nutrition is involved in the evolution of pathologies, in some cases as an etiological factor and in others as a complication, which is why there is a growing interest in the study of supportive feeding and nutrition. This program is oriented to update the medical professional so that they can incorporate the advances in Sports Nutrition in Medicine, in order to improve the performance of their patients and the prevention of problems associated with poor nutrition.





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*Improve your knowledge through this program, where you will find the best educational material supported by real clinical cases" Learn here about the latest advances in the specialty to be able to perform a quality medical practice"*

Specialization in nutrition is the essential response of the professional to the needs of the population in terms of food and health care and prevention. An example of this is the growing implementation of Nutrition and Dietetics Units or Services in Spanish Hospitals, where the figure of the physician takes on special relevance in the assessment of nutritional status and the planning and execution of the particular needs of each patient.

There is a lot of interest in everything related to dietetics and human nutrition and this is justified by a series of factors, among which two stand out:

- ♦ A greater demand for quality of life in Western society, concern for the effects of nutrition on the maintenance of health and the prevention and treatment of diseases, which translates into the search for better, healthier and more balanced nutrition.
- ♦ The management of nutrition as a preventative or palliative factor for collective and personal health.

This Postgraduate Certificate is methodologically designed for distance learning in order to guarantee optimal supervision.

With this qualification you will have the opportunity to study a program that brings together the most advanced and in-depth knowledge in the field, where a group of highly regarded professors with extensive international experience provides you with the most complete and up-to-date information on the latest advances and techniques in Sports Nutrition in Medicine.

This **Postgraduate Certificate in Sports Nutrition in Medicine** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Clinical cases presented by experts in Sports Nutrition in Medicine
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ The latest diagnostic and therapeutic information on how to approach Sports Nutrition in Medicine
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ♦ With a special emphasis on evidence-based medicine and research methodologies in Sports Nutrition in Medicine
- ♦ All of this will be complemented by 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 with this Postgraduate Certificate in Sports Nutrition in Medicine"*

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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 in Medicine, you will obtain a qualification from TECH Technological University"*

Forming part of the teaching staff is a group of professionals in the world of Sports Nutrition, who bring to this program their work experience, as well as a group of renowned specialists, recognized by esteemed scientific communities.

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 an immersive training program to train in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise throughout the program. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of Sports Nutrition with extensive teaching experience.

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

*It includes clinical cases to bring the program as close as possible to the reality of care in medicine.*

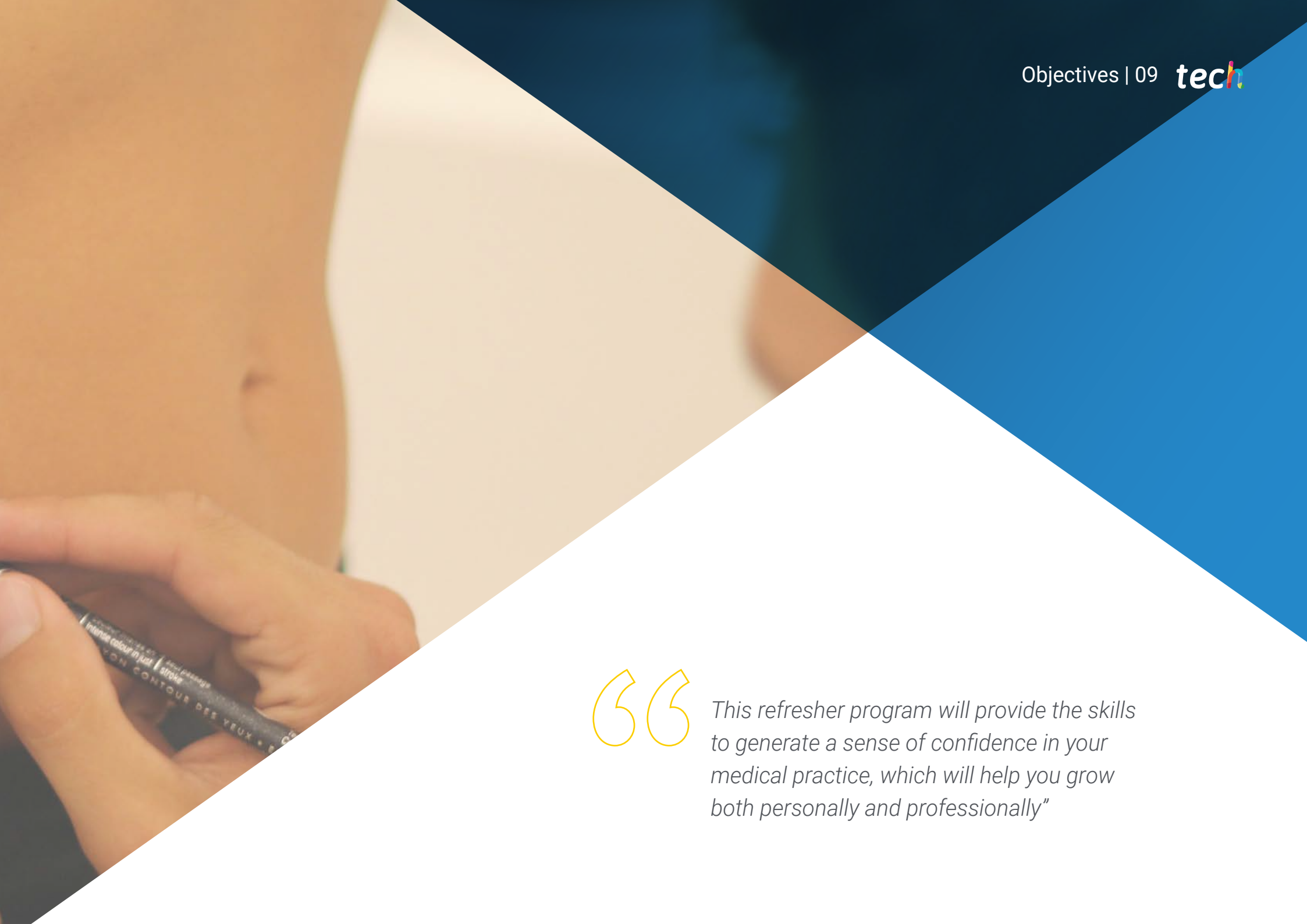


# 02 Objectives

The program's main objective is focused on theoretical and practical learning, so that the doctor is able to master Sports Nutrition in Medicine in both a practical and rigorous manner.







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*This refresher program will provide the skills to generate a sense of confidence in your medical practice, which will help you grow both personally and professionally”*



## General Objectives

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- Update knowledge on new trends in human nutrition in both health and pathological situations through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the learning of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops for simulation and/or specific specialization
- Encourage professional stimulation through continuous education and research
- Train the professional for research into patients with nutritional problems



*Take the opportunity and take the step to catch up on the latest developments in Sports Nutrition in Medicine"*





## Specific Objectives

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- 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 assessment 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
- Explain the current anti-doping regulations
- Identify psychological disorders related to the practice of sport and nutrition

# 03

# Course Management

TECH wants to provide its students with the knowledge and skills they need and thanks to its highly qualified teaching staff, it provides students with the most up-to-date content on Sports Nutrition in Medicine. The professionals in charge of all the educational content have years of teaching experience that have come together to help give a boost to the graduate's professional career. To this end, they have developed this Postgraduate Certificate with recent innovations in the subject that will allow you to learn and improve your skills in this sector.





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*Learn with the best professionals  
in the industry and become a  
successful professional yourself”*

## Management



### Ms. Auni3n Lavarías, María Eugenia

- Pharmacist and Clinical Nutrition Expert
- "Author of the reference book in the field of Clinical Nutrition "Dietetic Management of Overweight in the Pharmacy Office". (Panamerican Medical Publishing House)
- Pharmacist with extensive experience in the public and private sector
- Pharmacist in Valencia Pharmacy
- Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- Degree in Pharmacy and Food Science and Technology. University of Valencia
- Director of the University Course "Dermocosmetics in the Pharmacy Office"



# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of the program in daily medical practice in nutrition, aware of the relevance of the current training to be able to work with the athlete, with quality teaching through new educational technologies.







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*This Postgraduate Certificate in Sports Nutrition in Medicine, contains the most complete and up-to-date scientific program on the market”*

## Module 1. Sports Nutrition

- 1.1. Physiology of Exercise
- 1.2. Physiological Adaptation to Different Types of Exercise
- 1.3. Metabolic Adaptation to Exercise. Regulation and Control
- 1.4. Assessing Athletes' Energy Needs and Nutritional Status
- 1.5. Assessing Athletes' Physical Ability
- 1.6. Nutrition in the Different Phases of Sports Practice
  - 1.6.1. Pre-Competition
  - 1.6.2. During
  - 1.6.3. Post-Competition
- 1.7. Hydration
  - 1.7.1. Regulation and Needs
  - 1.7.2. Types of Beverages
- 1.8. Dietary Planning Adapted to Different Sports
- 1.9. Ergogenic Aids and Current Anti-Doping Regulations
  - 1.9.1. AMA and AEPSAD Recommendations
- 1.10. Nutrition in Sports Injury Recovery
- 1.11. Psychological Disorders Related to Practising Sport
  - 1.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  - 1.11.2. Fatigue Caused by Overtraining
  - 1.11.3. The Female Athlete Triad
- 1.12. The Role of the Coach in Sports Performance





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*A unique, key and decisive training 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.



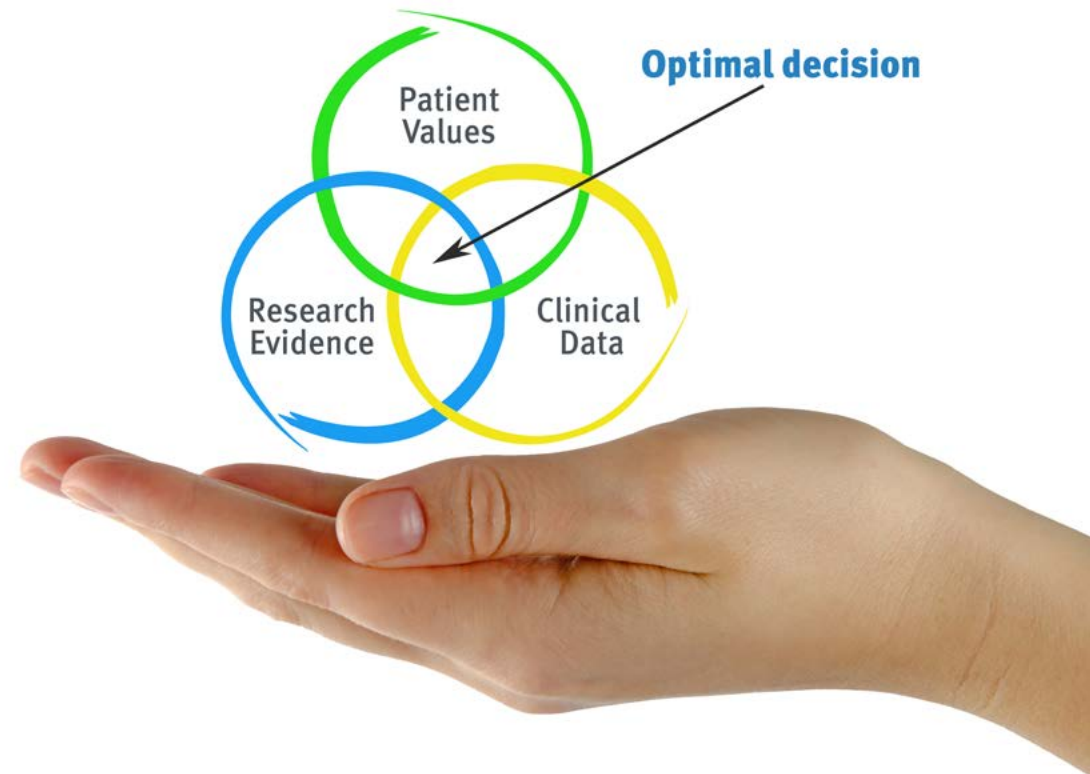
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*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 adapted in 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 Sports Nutrition in Medicine guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this training  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Certificate in Sports Nutrition in Medicine** 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 Sports Nutrition in Medicine**

Official N° of Hours: **150 hours**.

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 quality  
development languages  
virtual classroom



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