

Postgraduate Certificate

Sports Nutrition in Parathletes for Nursing





## Postgraduate Certificate Sports Nutrition In Parathletes for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-certificate/sports-nutrition-parathletes-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/sports-nutrition-parathletes-nursing)

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# 01

# Introduction

Proper nutrition is an essential component of maximizing athletic performance and promoting health in Parathletes, who face unique physical challenges due to their respective conditions. In this regard, nursing professionals play a critical role in ensuring that these athletes receive comprehensive care that addresses their specific needs. In order to provide high quality care, specialists need to have a deep understanding of the metabolic and physiological particularities of these individuals. Only then will they be able to plan personalized feeding programs that meet their dietary demands, ensuring an adequate balance of calories, macronutrients and micronutrients. In this framework, TECH implements a cutting-edge online program focused on the nutritional requirements of this population.





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*Through this 100% online program, you will develop skills to assess the nutritional status of Parathletes and adapt dietary plans to optimize both their health and athletic performance”*

The World Health Organization predicts that approximately 15% of the world's population suffers from some form of disability and estimates that the number will continue to rise due to the increase in chronic diseases. Among these individuals are Parathletes, who face additional challenges in terms of Nutrition due to their particular physiological conditions. At this juncture, nurses need to keep abreast of the latest scientific research in this field and the most innovative dietary techniques in order to design the most effective dietary plans for athletes based on their specific needs.

In this context, TECH is developing a pioneering and revolutionary program in Sports Nutrition in Parathletes for Nursing. The academic itinerary will delve into key issues such as metabolism, physiology, biomechanics or psychology of such individuals. Thanks to this, graduates will obtain skills to evaluate the nutritional status of their patients, detecting possible deficiencies and carrying out an adequate follow-up of their condition. Likewise, the syllabus will analyze in detail the energy and hydration requirements of this population, emphasizing the advantages of ergogenic aids to optimize their recovery. In this sense, the didactic materials will delve into pharmacology and interactions with nutrients, so that specialists can prevent possible nutritional complications or adverse side effects. In addition, a prestigious International Guest Director will give an enriching master class to delve into the recent advances in Supplements.

It should be noted that the methodology of this university program reinforces its innovative character. TECH offers a 100% online academic environment, tailored to the needs of busy nurses looking to advance their careers. It also relies on the Relearning methodology, based on the repetition of key concepts to fix knowledge and facilitate learning. The only thing that specialists will need is an electronic device with Internet access (such as a cell phone, computer or tablet) to access the Virtual Campus and enjoy the most dynamic academic materials on the market.

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

- ♦ The development of case studies presented by experts in Nutrition and Dietetics
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*A prestigious International Guest Director will offer a thorough Masterclass to provide you with the latest trends in Nutritional Supplements”*

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*You will delve into the pharmacology and interactions with nutrients and ensure the safety of Parathletes at all times”*

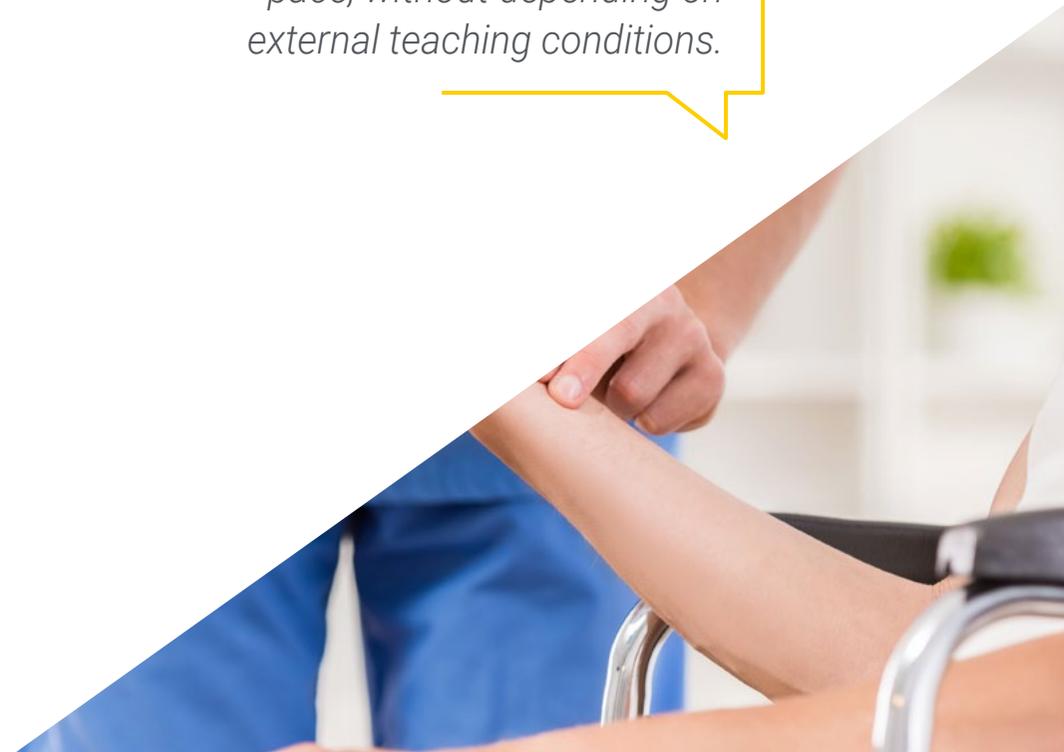
The program's teaching staff includes professionals from the sector who bring to this course the experience of their work, in addition to recognized specialists of reference societies and prestigious universities.

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 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 during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*The university program will give you the opportunity to exercise in simulated environments, which will provide you with immersive learning programmed to specialize you in real situations.*

*TECH's characteristic Relearning system will allow you to update your knowledge at your own pace, without depending on external teaching conditions.*



# 02 Objectives

Thanks to this program, Nursing professionals will have a deep understanding of the specific nutritional requirements of Parathletes and how their disabilities can affect both their physiology and metabolism. Likewise, graduates will develop competencies to analyze the nutritional status of these individuals, therefore identifying possible deficiencies or excesses in their diets. Likewise, specialists will adapt dietary programs according to the individual needs, dietary preferences and specific medical conditions of these users.



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*You will gain advanced skills to assess the nutritional status of Parathletes and will perform an adequate follow-up of their progress”*



## 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
- ♦ Specialize in the energetic and nutritional needs of Paralympic athletes





## Specific Objectives

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- ◆ Deepen understanding of the differences between the different categories of para-athletes and their physiological-metabolic limitations
- ◆ Determine the nutritional requirements of the different para-sportsmen in order to establish a specific nutritional plan
- ◆ Further the knowledge necessary to establish interactions between the ingestion of pharmaceuticals in these athletes and nutrients, to avoid nutrient deficits
- ◆ Understand the body composition of para-athletes in different sport categories
- ◆ Apply current scientific evidence on nutritional ergogenic aids

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*You will achieve your objectives thanks to TECH's didactic tools, including explanatory videos, specialized readings and practical exercises”*

# 03

# Course Management

In line with its philosophy of providing the most complete and renewed university programs in the academic panorama, TECH carries out a meticulous process to constitute its teaching staff. For this program, it brings together true references in the field of Nutrition and Dietetics. These professionals have an extensive work background, where they have helped numerous Parathletes patients to optimize both their athletic performance and their quality of life through balanced and individualized nutritional programs. Undoubtedly, this is an endorsement for graduates, who will have access to an immersive experience that will considerably optimize their regular clinical practice.





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*The main experts in Sports Nutrition oriented to Parathletes have joined in this program to provide you with the knowledge with greater job applicability in this field”*

## International Guest Director

Jamie Meeks has demonstrated 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 undergraduate degree, Jamie Meeks continued her education at the University of Arkansas, where she completed her internship in Dietetics. She then went on to earn 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 Chartered and Professional Sports Dietitians.



## Ms. Meeks, Jamie

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

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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

- ♦ Professional soccer clubs Nutritionist
- ♦ Head of Sports Nutrition. Club Albacete Balompie SAD
- ♦ Head of Sports Nutrition. Catholic University of Murcia, UCAM Murcia Football Club
- ♦ Scientific Advisor. Nutrium
- ♦ Nutritional Advisor. Impulse Center
- ♦ Teacher and Coordinator of Postgraduate Studies
- ♦ PhD in Nutrition and Food Safety. San Antonio Murcia Catholic University
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Murcia Catholic University
- ♦ Master's Degree in Clinical Nutrition. San Antonio Murcia Catholic University
- ♦ Academic Academia Española de Nutrición y Dietética (AEND)



## Professors

### Dr. Martínez Noguera, Francisco Javier

- ◆ Sports nutritionist at CIARD-UCAM
- ◆ Sports nutritionist at Jorge Lledó Physiotherapy Clinic
- ◆ Research assistant at CIARD-UCAM
- ◆ Sports nutritionist at UCAM Murcia Football Club
- ◆ Nutritionist at SANO Center
- ◆ Sports nutritionist at UCAM Murcia Basketball Club
- ◆ PhD in Sports Science from the Catholic University San Antonio de Murcia
- ◆ Graduate in Human Nutrition and Dietetics from the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Nutrition and Food Safety from the Catholic University San Antonio of Murcia



*A unique, crucial and decisive learning experience to boost your professional development"*

# 04

## Structure and Content

Thanks to this program, nurses will have a thorough understanding of the specific nutritional needs of Parathletes. The study plan will delve into aspects such as metabolism, physiology or biomechanics of these individuals; which will allow graduates to identify possible muscular imbalances that could lead to injuries. In this line, the academic contents will analyze the most common nutritional problems in the different categories of athletes according to their condition (such as spinal cord injuries, Cerebral Palsy or intellectual deficiencies). Therefore, professionals will know the energetic demands of their patients and will develop personalized nutritional plans.





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*You will be able to tailor dietary plans according to the individual needs, preferences and specific medical conditions of Parathletes”*

## Module 1. Parathletes

- 1.1. Classification and Categories in Parathletes
  - 1.1.1. What is a Parathlete?
  - 1.1.2. How are Parathletes Classified?
- 1.2. Sports Science in Parathletes
  - 1.2.1. Metabolism and Physiology
  - 1.2.2. Biomechanics
  - 1.2.3. Psychology
- 1.3. Energy Requirements and Hydration in Parathletes
  - 1.3.1. Optimal Energy Demands for Training
  - 1.3.2. Hydration Planning before, during and after Training and Competitions
- 1.4. Nutritional Problems in the Different Categories of Parathletes According to Pathology or Anomaly
  - 1.4.1. Spinal Cord Injuries
  - 1.4.2. Cerebral Palsy and Acquired Brain Injuries
  - 1.4.3. Amputees
  - 1.4.4. Vision and Hearing Impairment
  - 1.4.5. Intellectual Impairments
- 1.5. Nutritional Planning in Parathletes with Spinal Cord Injury and Cerebral Palsy and Acquired Brain Injuries
  - 1.5.1. Nutritional Requirements (Macro and Micronutrients)
  - 1.5.2. Sweating and Fluid Replacement during Exercise
- 1.6. Nutritional Planning in Amputee Parathletes
  - 1.6.1. Energy Requirements
  - 1.6.2. Macronutrients
  - 1.6.3. Thermoregulation and Hydration
  - 1.6.4. Nutritional Issues Related to Prosthetics





- 1.7. Planning and Nutritional Problems in Parathletes with Vision-Hearing Impairment and Intellectual Impairment
  - 1.7.1. Sports Nutrition Problems With Vision Impairment: Retinitis Pigmentosa, Diabetic Retinopathy, Albinism, Stargardt's Disease and Hearing Pathologies
  - 1.7.2. Sports Nutrition Problems in Parathletes with Intellectual Deficiencies: Down Syndrome, Autism and Asperger's and Phenylketonuria
- 1.8. Body Composition in Parathletes
  - 1.8.1. Measurement Techniques
  - 1.8.2. Factors Influencing the Reliability of Different Measurement Methods
- 1.9. Pharmacology and Nutrient Interactions
  - 1.9.1. Different Types of Drugs Taken by Parathletes
  - 1.9.2. Micronutrient Deficiencies in Parathletes
- 1.10. Ergogenic Aids
  - 1.10.1. Potentially Beneficial Supplements for Parathletes
  - 1.10.2. Adverse Effects on Health and Contamination and Doping Problems Due to the Intake of Ergogenic Aids

“Achieve professional success as a Nurse through this intensive university program, developed by professionals with extensive experience in Sports Nutrition. Enroll now!”

# 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.



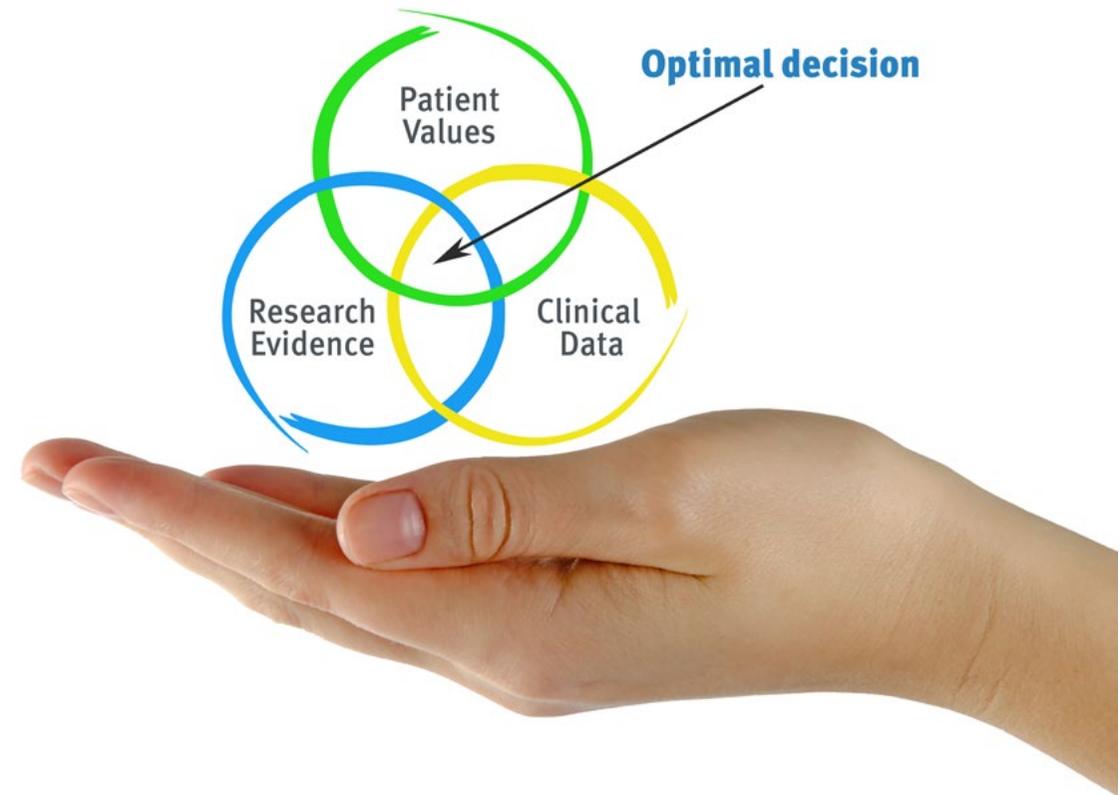
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



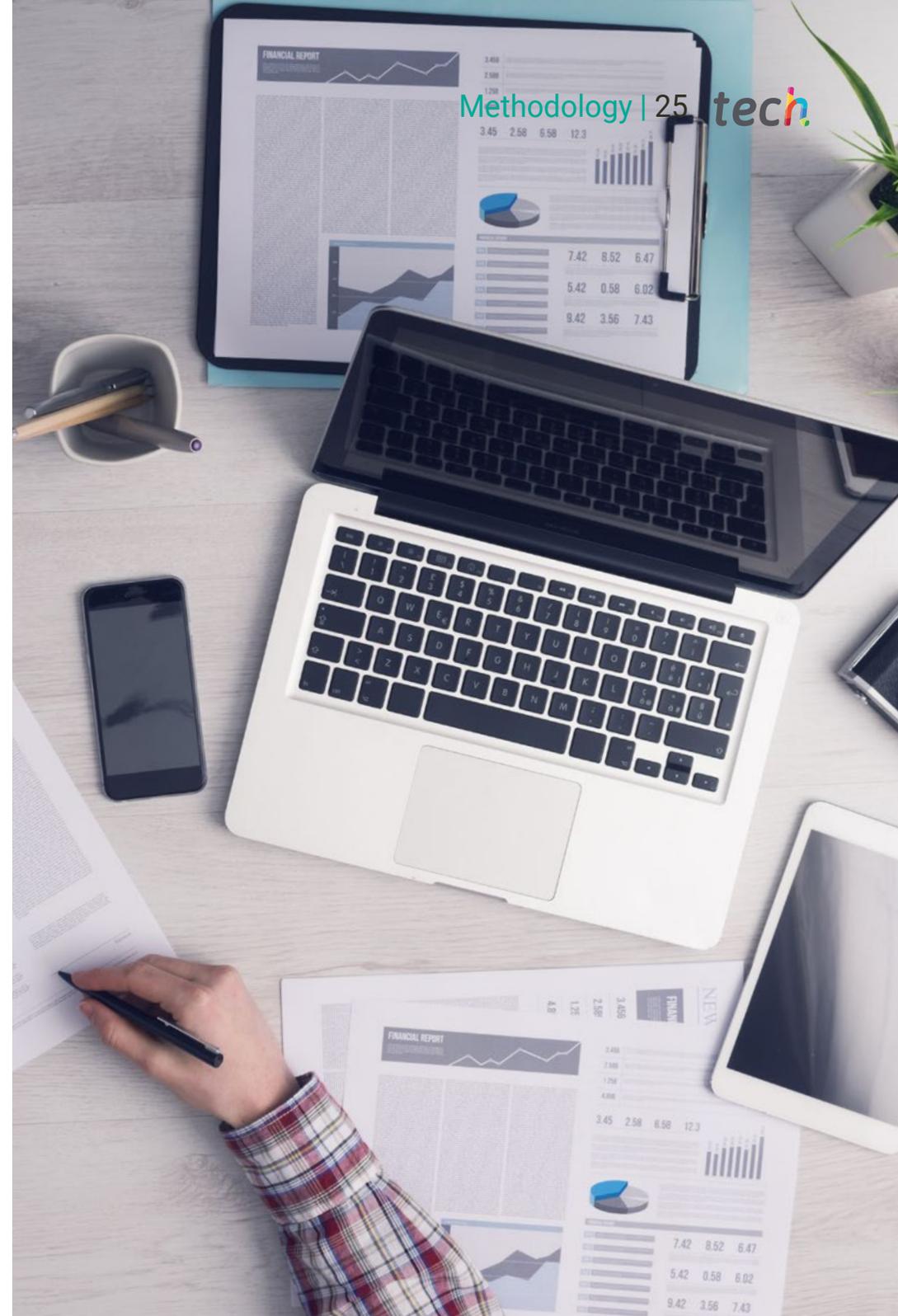
According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



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

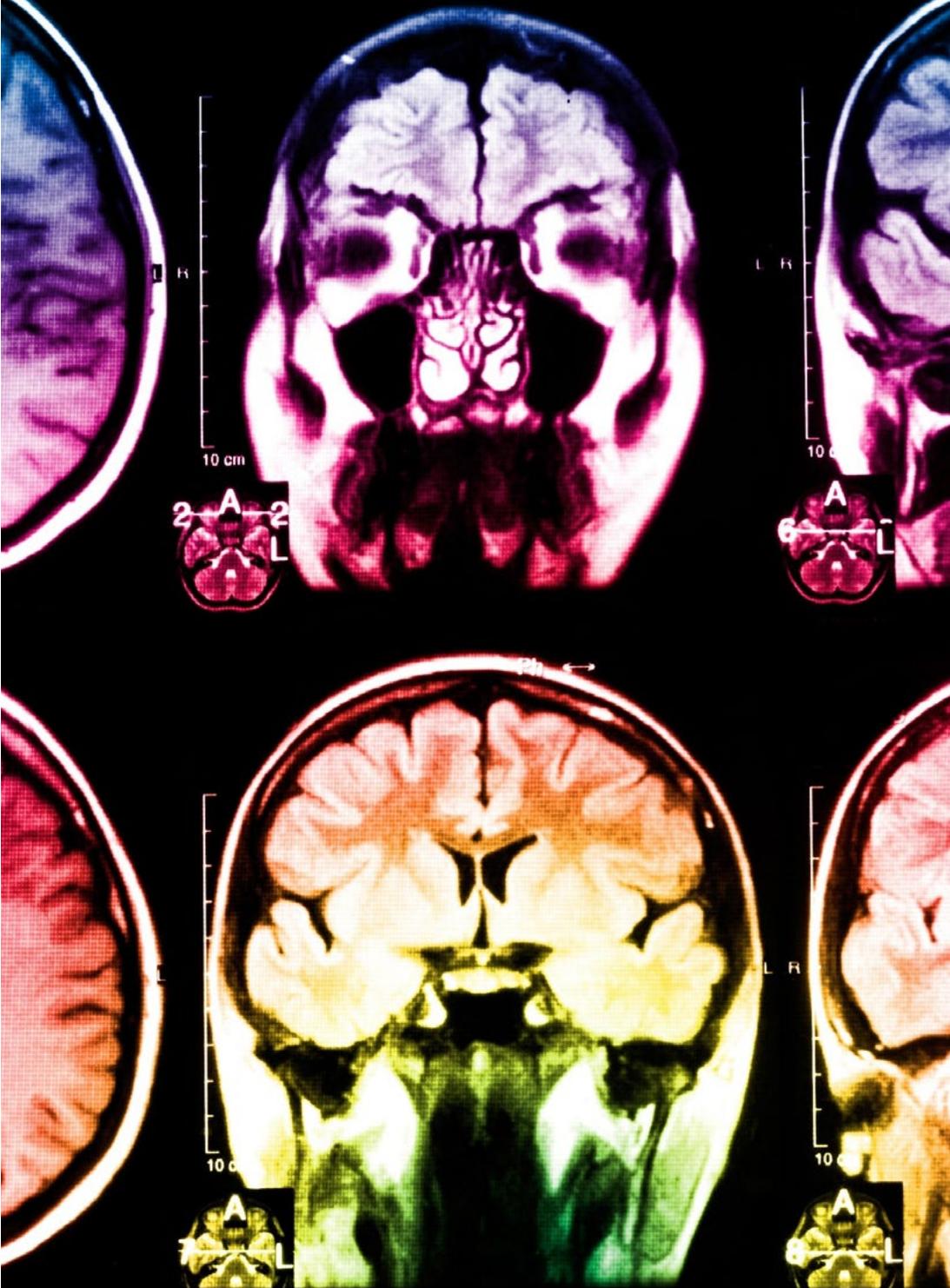
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### Interactive Summaries

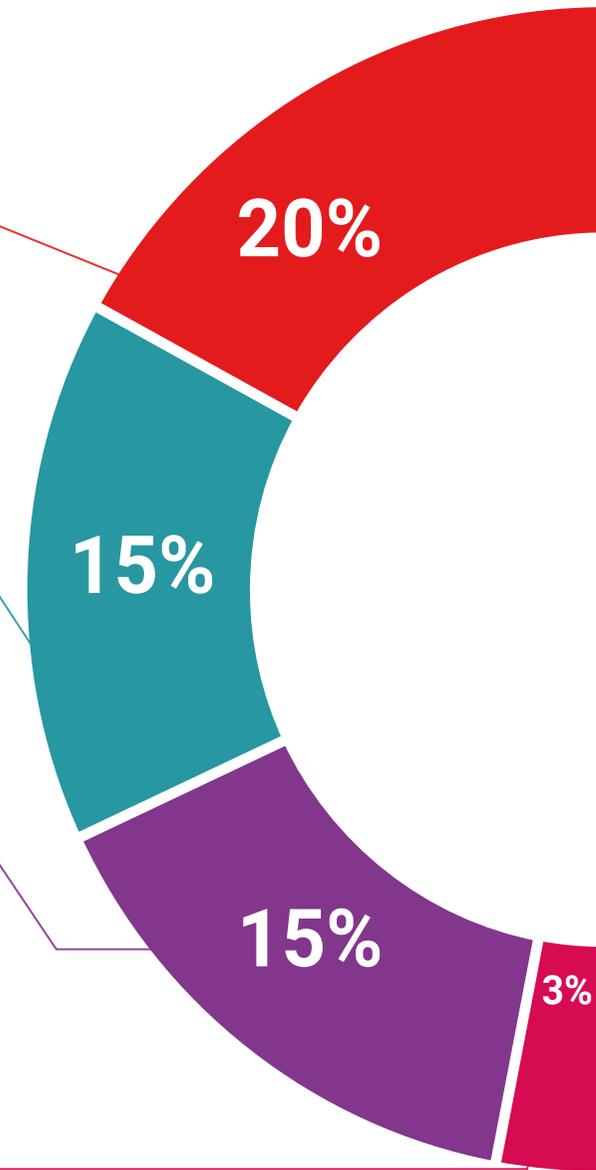
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

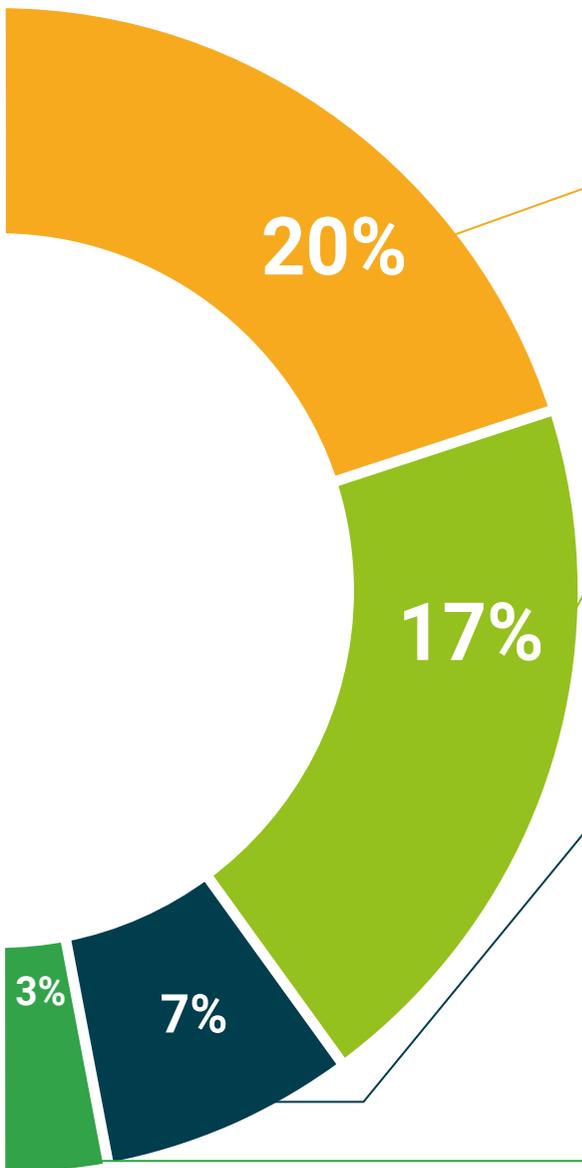
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

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 Parathletes for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 private qualification will allow you to obtain a **Postgraduate Certificate in Sports Nutrition in Parathletes for Nursing** 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** private qualification 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 Parathletes for Nursing**

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.



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Sports Nutrition In  
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Postgraduate Certificate

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