

# Internship Program

## Sports Nutrition for Nursing



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Internship Program  
Sports Nutrition for  
Nursing

# Index

01

Introduction

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*p. 4*

02

Why Study an  
Internship Program?

---

*p. 6*

03

Objectives

---

*p. 8*

04

Educational Plan

---

*p. 10*

05

Where Can I Do the  
Internship Program?

---

*p. 12*

06

General Conditions

---

*p. 16*

07

Certificate

---

*p. 18*

# 01 Introduction

Scientific studies support the relevance of nutrition in the performance of athletes, in addition to the advances in the field of nutrition and the adaptation of the diet according to the physical characteristics of each person. Faced with this new reality, it is essential for nursing professionals to specialize and update their knowledge. Their abilities and skills in advising and monitoring the athlete are highly valued and necessary in the sports world. This is why TECH offers the graduate a 100% real experience in a reference company in the field of Sports Nutrition.



*Choose this Practical Training and go to a reference clinical center to be updated on Sports Nutrition for Nurses by the most prestigious professionals"*





The inclusion of probiotics, prebiotics in the diets of athletes or the continuous innovations in the adaptation of the menu according to physical activity or the recovery of injured tissues, has led more and more athletes to turn to professionals, who advise them on improving their performance in competition. It is, therefore, essential that there is a specialization and continuous updating on the progress in Sports Nutrition.

Faced with this scenario, this academic institution has designed a program that provides the opportunity to obtain a professional experience for 3 weeks, which responds to the real needs of nursing professionals. In this way, you will be able to incorporate into your daily practice, the latest developments on the methods and techniques used in the introduction of specific foods in the diets of athletes. In addition, they will be able to perform the most appropriate nutritional assessments according to the phase in which the athlete is (preparation, competition or rehabilitation), regulate and control the metabolic adaptation to exercise or implement innovative dietary plans according to the sport modality.

It should be noted that you will never be alone, since a specialized technical team will accompany you throughout the learning process. TECH will also assign you a specific tutor who will be in charge of guiding you in all the activities to be carried out during your on-site stay at the clinical center. This will give you more security and guarantee the best use of your time, obtaining an effective learning process. For this reason, upon completion of the Practical Training program, you will demonstrate an up-to-date professional profile in accordance with the new challenges that arise in the area of specialized care, to which reference is made.

# 02

## Why Study an Internship Program?

Athletes require specific attention in terms of nutrition, so they go to specialized centers that offer attention in terms of Sports Nutrition. In this sense, the demand for professionals in terms of primary care and assistance in Nutrition is important. For this reason, TECH has created this eminently practical program so that the nursing professional can develop his or her career in an area of specialization such as Sports Nutrition. Through this academic space, the student will be able to go directly to a clinical center of reference chosen for this purpose with the objective of obtaining from great experts, the most advanced knowledge in the field. the most avant-garde knowledge in the field from the hands of great experts. In a period of 3 weeks, you will be intensively up-to-date on the techniques, procedures and advances in therapeutics in this important area of study. this important area of study.



*Thanks to TECH you will enjoy a unique hands-on learning experience with the guidance of professional experts in Sports Nutrition, so you can become a specialist nurse in the sector"*

### 1. Updating from the Latest Technology Available

The role of the nurse in an area has evolved. For this reason, TECH has developed this program, with the objective of bringing the professional closer to the most diverse cases of patients interested in improving their sports performance through nutrition. To do so, the nurse will enter a state-of-the-art clinical environment, with access to the latest technology and specialized technical staff.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

The student will never be alone, because TECH will select a tutor who will accompany their throughout the process, directly at the clinical center where the practical training will take place. In addition, you will work hand in hand with a multidisciplinary team that will integrate you in the activities corresponding to this program.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. Thanks to this, the nursing professional will have guaranteed access to a prestigious clinical environment in the field of and the Sports Nutrition Laboratory. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.



#### 4. Putting the acquired knowledge into daily practice from the very first moment

TECH values the Practical Training of the professional with this program, giving the nurse the possibility to enter an advanced clinical environment, with the necessary technical resources to expand their skills in Sports Nutrition. In a 100% practical way, during 3 weeks you will perfect your curricular profile with the most advanced knowledge that will allow you to stand out.

#### 5. Expanding the Boundaries of Knowledge

With TECH there are no frontiers for acquiring knowledge. From its maximum expression of updating, it has selected spaces where the nursing professional can develop a face-to-face stay where they will put into practice everything they know about Sports Nutrition. Therefore, you will enjoy a unique growth experience for your intellectual background.



*You will have full practical immersion at the center of your choice"*

# 03

## Objectives

With this Practical Training you will be able to up-to-date your knowledge on food and nutrition for athletes in 3 weeks, together with professionals with experience in this field. This will allow the graduate to be up to date with advances in nutrition (probiotics and prebiotics), in dietary adaptation according to the patient's characteristics, as well as the latest information in the field of supplementation and doping.



### General Objectives

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- ◆ Up-to-date the nutritionist's knowledge of new trends in human nutrition, both in health and in 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 acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education
- ◆ Encourage professional stimulation through continuous education and research







## 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 evaluation 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
- ♦ Identify psychological disorders related to the practice of sport and nutrition



*You will be able to work in a real scenario with patients who require nursing professionals to provide them with the most adequate nutrition for the practice of their sports discipline"*

# 04 Educational Plan

The Practical Training of this program in Sports Nutrition consists of a practical stay in a reference center in the provision of nutritional services to athletes. Therefore, during the 3 weeks of duration, the professional will be from Monday to Friday with 8 consecutive hours of work with specialists who will guide him at all times in the updating of his knowledge.

This stay will allow you to get close to real patients and the latest techniques developed in this center for the nutritional assessment of the athlete, as well as the adaptation of the adaptation according to their needs. For this reason, the specialist nurse will be able to transfer the application of all these procedures to his or her daily practice while maintaining the highest professionalism.

In this training proposal, completely practical in nature, the activities are aimed at developing and perfecting the skills necessary for the provision of Pharmacodynamics. care in areas and conditions that require a high level of qualification, and are oriented towards specific training for the exercise of the activity, in a safe environment and high professional performance.

This practical stay is an excellent opportunity to be up to date in Sports Nutrition acquiring the most innovative and current knowledge in this field from the hand of real professionals in the sector. This is a new way of integrating health processes and assimilating renewed concepts in a reference center, which offers the improvement that every nursing professional is looking for nowadays.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for clinical nursing practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of Own the center and its workload, with the proposed activities being as follows:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



Module	Practical Activity
New Developments in Food	Participate in the assessment of the specialist on the update of new foods and their composition
	Assess organic foods to be integrated into the athlete's diet
	Assessment of transgenic foods and their contribution for each athlete
Current Trends in Nutrition	Verify food labeling and informing the consumer
	Perform nutrigenetic analysis
	To intervene in the nutrigenomics assessment
	Perform immunonutrition analysis
	Apply treatment for physiological regulation of feeding, Appetite and Satiety
	Participate in the analysis of psychology and nutrition with the specialist
Assessment of Nutritional Status and Diet. Practical Application	To assess sleep behavior and activity in the athlete and compare it to his or her performance with his or her performance
	Perform bioenergetics and nutrition analysis
	Check the nutritional status of the patient at different age stages
	Assessment of daily intake and implementation of necessary dietary adjustments
	Perform feeding assessment in the healthy adult
Decision-Making in Sports Practice	Execute menopausal feeding evaluation
	To verify the physiological and metabolic adaptation to different types of exercise in the athlete
	Assessing Athletes' Energy Needs and Nutritional Status
	Accompany the specialist in the evaluation of the athlete's physical capacity
	Apply analysis of nutrition and hydration in the different phases of sports practice
	To plan with the specialist the diet adapted to the sports modalities and in the recovery of injuries
To support the specialist in the evaluation of the athlete in psychological disorders related to his sports practice	

# 05 Where Can I Do the Internship Program?

The professional who enters this Practical Training will carry out this internship in a reference company in the provision of nutritional services to athletes. In addition, you will have professionals with extensive experience in this field, who will accompany and supervise you in the realization of the different activities established, so that the graduate obtains the updated knowledge they are looking for.



*You have the great opportunity to up-to-date your knowledge in a center of reference in the field of a reference center in the field of sports of sports nutrition"*





The student will be able to do this program at the following centers:



Nurses

### Hospital HM Regla

Country	City
Spain	León

Address: Calle Cardenal Landázuri, 2,  
24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Nurses

### Hospital HM Nou Delfos

Country	City
Spain	Barcelona

Address: Avinguda de Vallcarca, 151,  
08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Nurses

### Hospital HM Nuevo Belén

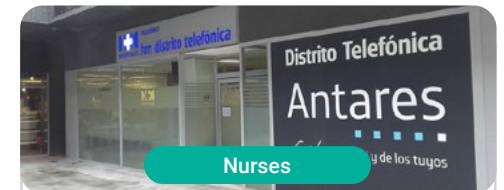
Country	City
Spain	Madrid

Address: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- General and Digestive System Surgery
- Clinical Nutrition in Medicine



Nurses

### Policlínico HM Distrito Telefónica

Country	City
Spain	Madrid

Address: Ronda de la Comunicación,  
28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Optical Technologies and Clinical Optometry
- General and Digestive System Surgery



Nurses

### Policlínico HM Gabinete Velázquez

Country City  
Spain Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Nurses

### Policlínico HM Las Tablas

Country City  
Spain Madrid

Address: C. de la Sierra de Atapuerca, 5, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Nursing in the Traumatology Department
- Diagnosis in Physiotherapy



Nurses

### Policlínico HM Moraleja

Country City  
Spain Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



Nurses

### Policlínico HM Sanchinarro

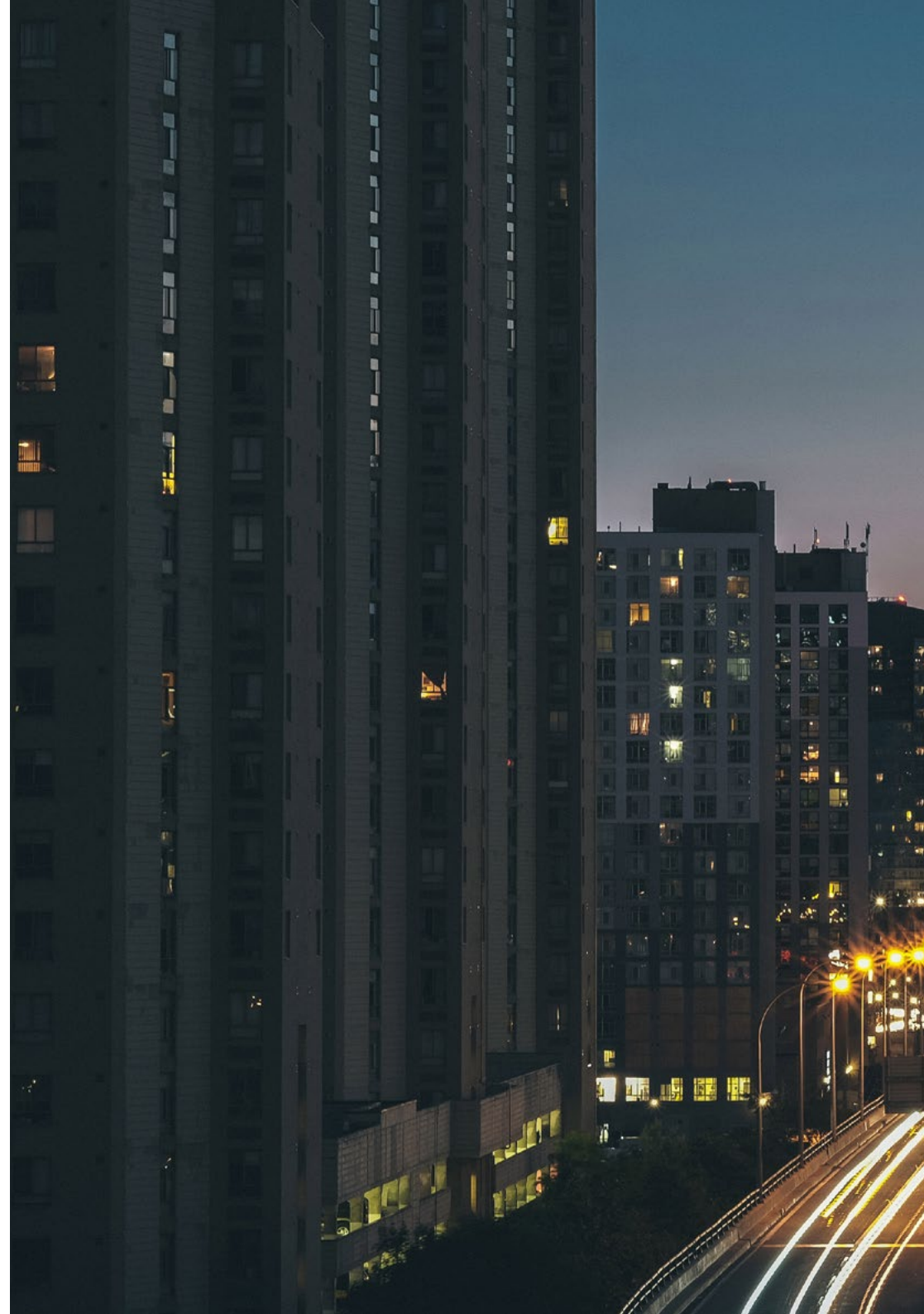
Country City  
Spain Madrid


Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Gynecological Care for Midwives
- Nursing in the Digestive Tract Department





**Nurses**

### Prosystem Nutrición

Country	City
Spain	Madrid

Address: C. Fresno, 23, 28522 Rivas-Vaciamadrid, Madrid

Clinic focused on physical activity and nutritional planning

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**Related internship programs:**  
Sports Nutrition  
- Sports Nutrition for Nursing



*Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"*

# 06

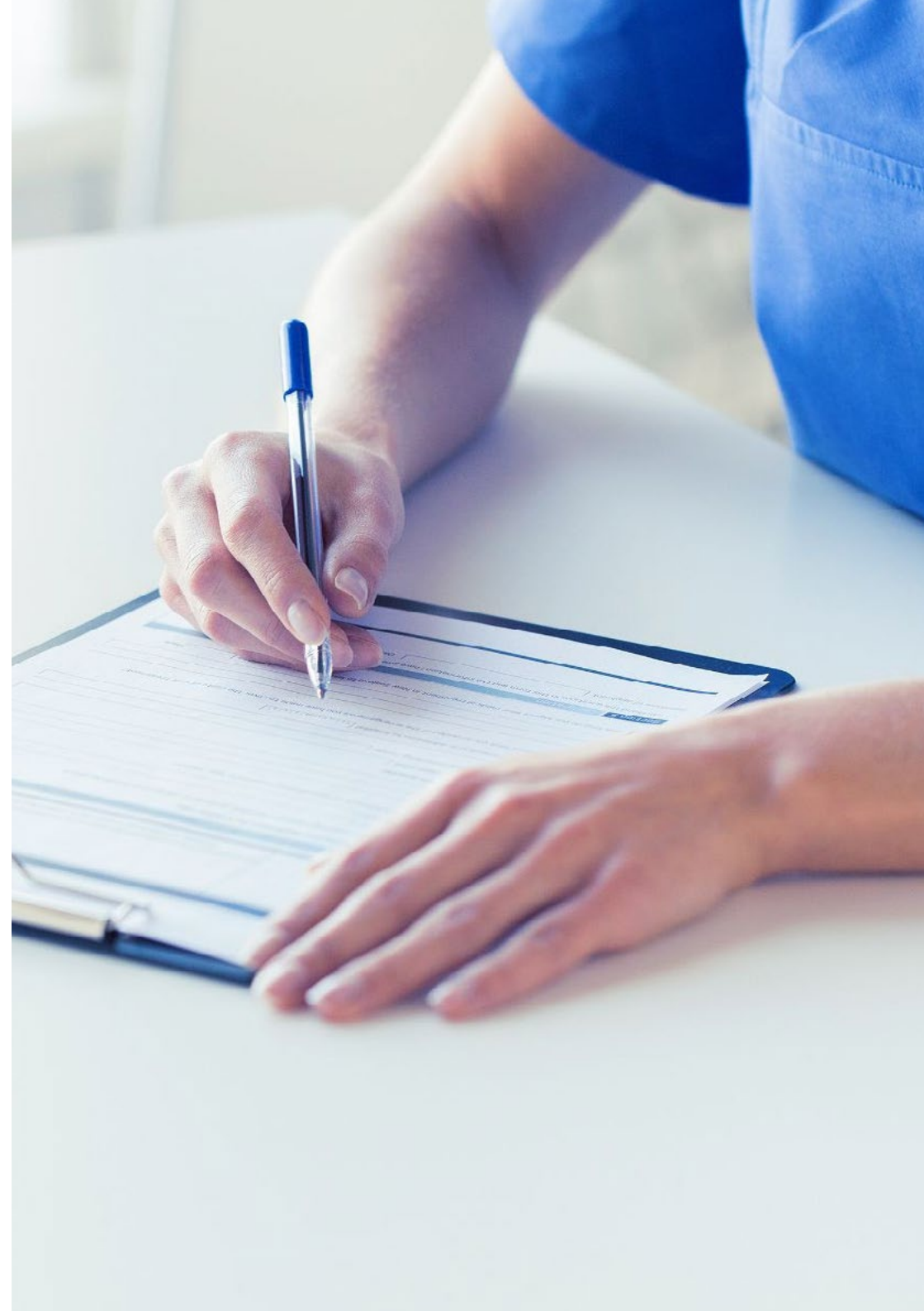
## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTORING:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements..

**3. ABSENCES:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program's Degree in Sports Sports Nutrition for Nursing** contains the most complete and up-to-date program on the professional and academic field.

After the student has passed the assessments, they will receive their corresponding Internship Program certificate issued by TECH Technological University via tracked delivery\*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Sports Nutrition for Nursing**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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Sports Nutrition for  
Nursing

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