

# Internship Program

## Sports Nutrition in Special Populations for Nursing



**tech** *global*  
*university*

**Internship Program**  
Sports Nutrition in Special  
Populations for Nursing

# Index

01

Introduction

---

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. 14

07

Program

---

p. 16

# 01 Introduction

Scientific and technological progress has led to new methodologies to improve energy performance and nutrient absorption, which has increased the demand for Sports Nutrition services. Mainly in the case of Special Populations, highly trained Nursing professionals are required to counteract injuries and other discomforts. Meeting this demand, this degree offers a 100% practical and face-to-face internship, which integrates useful knowledge about this care sector. The 3-week Postgraduate Certificate includes a stay in a highly rigorous hospital, where professionals will learn from experts in the health care field and acquire innovative skills and handle innovative technological resources.



*Get updated on the main advances in Sports Nutrition in Special Populations for Nursing with this 100% practical, face-to-face and intensive Internship Program”*





In recent years, advances in the field of Sports Nutrition have been constant and have led to the emergence of new models, protocols and nutritional supplements designed to improve the performance of athletes. For example, hydrogel-based drinks have been developed to prevent esophagogastric disorders in athletes, as well as specific nutritional guidelines for certain disorders generated by the malabsorption of food substances. However, knowing all of these innovations in depth and how to implement them in daily practice can be a challenge for nursing professionals.

To address this need, TECH has integrated this knowledge into a comprehensive Internship Program. This will be developed in a face-to-face, intensive manner and more modern healthcare resources to benefit the high performance athlete. Participants will have the opportunity to apply these resources on real athletes, acquiring skills in a fully immersive and demanding learning environment. In addition, they will have an assistant tutor who will allow them to reaffirm their new competencies and will incorporate them into different work dynamics, contributing to a detailed tour of all the particularities of this discipline and its new scope applications.

During the 3-week educational process, the nursing will be in close contact with renowned experts who are part of the institution's staff. At the end of the program, graduates will be ready to apply the most innovative procedures based on the latest scientific evidence in the field in their daily practice, thus improving the quality of life and performance of their patients.

# 02

## Why Study an Internship Program?

Sports Nutrition in Special Populations for Nursing is constantly growing and TECH has developed a 3-week intensive and immersive on-site training program. Through it, professionals will acquire an in-depth update on the latest developments in the industry. The training will take place in a first class hospital facility, where the physician will acquire the best academic training together with great experts. With this Internship Program, they will be able to keep up to date on the main advances in this field in a practical way and improve the performance of elite athletes through the application of the most advanced techniques that apply to the nurse.



*TECH offers you the best Nursing skills for the application of modern hydration guidelines in sports exercise”*

### 1. Updating from the latest technology available

Sports Nutrition has valuable tools and protocols for energy expenditure and nutritional plans for athletes, as well as innovative food supplements. With this Internship Program, the nursing will learn the technical particularities of these products for the continuous development of the health field.

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

During the Internship Program, the nurse will work with experienced Sports Nutrition professionals to treat eating disorders in athletes designated as Special Populations. In addition, you will have access to a designated tutor who will rigorously monitor your academic progress at all times.

### 3. Entering First-Class Clinical Environments

TECH has made a careful selection of all the centers that are currently available to the nursing professional to complete this Internship Program. These health facilities were chosen for their results and international prestige. All this has been possible thanks to its excellent staff of experts and the use of state-of-the-art technological resources.



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

TECH stands out by developing an educational program in Sports Nutrition in Special Populations, the only one of its kind, which offers a practical update to the Nursing professional. This Internship Program allows the specialist to deal directly with real patients and handle powerful tools from day one.

#### 5. Expanding the Boundaries of Knowledge

TECH's educational programs have been designed for its graduates to achieve international prestige upon completion. To this end, it has devised an intensive educational model that will facilitate the professional's stay in cutting-edge medical institutions located in different geographical latitudes.

“

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

# 03 Objectives

The main objective of this degree is to update the student in the most innovative procedures in Sports Nutrition in Special Populations for Nursing. To achieve this, an intensive and immersive practical stay has been designed that will allow the nurse to handle innovative technologies to treat nutritional disorders in real athletes. This experience will provide a complete update of the professional in an area that is in continuous growth.



## General Objectives

---

- Manage advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- Planning nutrition in professional athletes of different disciplines to achieve maximum sports performance
- Consolidate the initiative and entrepreneurial spirit to implement projects related to nutrition in physical activity and sport
- Incorporate the different scientific advances into one's own professional field







## Specific Objectives

---

- ◆ Manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities
- ◆ Implement the necessary skills through the teaching-learning process that will allow them to continue preparing and learning in the field of sports nutrition
- ◆ Master the structure of muscle tissue and its implication in sport
- ◆ Identify energy and nutritional needs of athletes in different pathophysiological situations
- ◆ Understand the energy and nutritional needs of athletes in different age- and gender-specific situations
- ◆ Apply dietary strategies for the prevention and treatment of the injured athlete
- ◆ Recognize energy and nutritional needs of child athletes
- ◆ Specialize in the energetic and nutritional needs of Paralympic athletes
- ◆ Determine the different phases of the injury
- ◆ Help in the prevention of injuries
- ◆ Improve the prognosis of the injury
- ◆ Develop a nutritional strategy to meet the changing nutritional requirements during the injury period

# 04

## Educational Plan

During this Internship Program, the nurse will be hosted for 3 weeks in a prestigious center dedicated to sports medicine. There, they will complete 8-hour days from Monday to Friday alongside the most distinguished professionals in the field of Sports Nutrition in Special Populations, handling complex and updated equipment to offer high-level diagnoses and treatments to athletes with specific nutritional requirements. This experience will allow the professional to update their knowledge in a practical environment and total educational immersion.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide health care in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

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 professors and other fellow trainees who facilitate teamwork and multidisciplinary integration as transversal competencies for nursing care practice Clinical Analysis (learning to be and learning to relate).

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





Module	Practical Activity
New Developments in Food and Nutrition	Perform Food Composition Tables and Nutritional Databases
	Test transgenic foods to contemporary dietary approaches
	Assess the implications of phytochemicals and non-nutritive compounds in the daily diet of the athlete
Methodologies of the nutritional consultation	Evaluating physiological adaptation to different types of physical exercises
	Periodically examine the basis of physiological regulation of nutrition, appetite and satiety
	Explore nutritional requirements in situations of metabolic stress
Assessment of nutritional and dietary status	Calculating energy expenditure by specific assessment methods
	Preventing eating disorders such as Vigorexia, Orthorexia, Anorexia through the necessary psychological assistance
	Detect gastrointestinal problems by means of energy drinks and gels made with hydrogel technology
	Examine the protein intake through the absorption of micronutrients such as vitamin D
Nutrition for the diabetic athlete and the para-athlete	Assess the different insulins or medications used by diabetics and determine how their use is best suited to the physical exercise being performed by the sick athlete
	Monitor the nutritional requirements for people with diabetes both in daily life and during exercise to improve their health
	Adequately measure the interactions between drug intake in these athletes and nutrients to avoid deficits

“

*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”*

# 05

## Where Can I Do the Internship Program?

With this Internship Program, TECH seeks to expand the academic horizons of the nursing professional to higher standards. Specialists will have access to renowned hospital centers in different geographical locations to update themselves according to the latest trends in Sports Nutrition in Special Populations. This experience will take place in an environment of maximum scientific innovation and under the advice of great experts, which will allow professionals to broaden their knowledge and enrich their daily practice in the field of sports nutrition.

“

*Enroll with TECH and update your competencies in Sports Nutrition in Special Populations for Nursing, with the best devices to assess the energy expenditure of athletes”*





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



Nursing

### 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



Nursing

### 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



Nursing

### 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



Nursing

### 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



Nursing

### 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



Nursing

### 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:**

- Trauma Nursing
- Diagnosis in Physiotherapy



Nursing

### 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



Nursing

### 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

# 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 purchase 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. TUTOR:** 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. ABSENCE:** 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 program will allow you to obtain your **Internship Program diploma in Sports Nutrition in Special Populations 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** 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: **Internship Program in Sports Nutrition in Special Populations for Nursing**

Duration: **3 weeks**

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

Accreditation: **5 ECTS**







Internship Program  
Sports Nutrition in Special  
Populations for Nursing

# Internship Program

## Sports Nutrition in Special Populations for Nursing

