

Postgraduate Certificate

Nutritional Assessment of the Athlete for Nursing





Postgraduate Certificate Nutritional Assessment of the Athlete 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/nutritional-assessment-athlete-nursing

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01

Introduction

Nutrition plays a key role in sports performance, being a determining factor for individuals to reach their maximum athletic potential and optimize post-training recovery. In this sense, the Nutritional Assessment of the Athlete emerges as an essential tool for nurses, as it allows them to perform a comprehensive assessment of individual dietary needs. However, specialists need to acquire advanced clinical skills to implement personalized dietary strategies capable of improving the health of their patients. To respond to this need, TECH has developed a pioneering program focused on Nutritional Analysis of athletes at different times of the season. In addition, it is delivered in a convenient online format to fit the schedule of busy professionals.



BMI = $\frac{\text{Weight}}{\text{Height}^2}$

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Through this Postgraduate Certificate, based on Relearning, you will master the most innovative techniques of Nutritional Assessment and design dietary plans tailored to the individual needs of athletes”

Recent research conducted by the scientific community supports the importance of Nutritional Assessment of athletes in optimizing athletic performance and injury prevention in all sports disciplines. Along these lines, Nursing professionals face several challenges regarding the nutritional support of these individuals. For example, each athlete has different nutritional needs, metabolisms, food preferences and sporting goals. Consequently, specialists have to adapt nutritional plans to these particularities through a highly personalized approach.

In order to help them overcome these challenges, TECH implements an innovative and comprehensive Postgraduate Certificate in Nutritional Assessment of the Athlete for Nursing. The syllabus will focus on the analysis of aspects such as anthropometric assessment, body composition or ISAK Profile. In this way, graduates will obtain a complete picture regarding the health status of athletes. In this regard, the teaching materials will delve into the nutritional requirements of athletes during different phases of the season (such as pre-season, tournaments, travel or transition periods). In this way, professionals will ensure that these users receive the necessary caloric and protein intake to provide energy for exercise. It is worth mentioning that the program will count with the collaboration of a renowned international Guest Director, who will give a master class where she will provide the latest generation of tools for monitoring dietary evaluation.

On the other hand, this university program will be taught 100% online, without timetables or continuous evaluation schedules. Nurses will have the opportunity to access the content freely, according to their own availability and at any time of the day, 24 hours a day. In addition, the disruptive Relearning method created by TECH will allow specialists to assimilate the contents in a natural, progressive and efficient way. In this way, they will not have to invest long hours of study or memorization.

This **Postgraduate Certificate in Nutritional Assessment of the Athlete 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 the self-assessment process can be carried out 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 rigorous Masterclass to introduce you to the latest advances in Nutritional Assessment of athletes”

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You will delve into the specifics of Doping and the WADA List to protect the health of athletes and help them maintain their integrity”

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading 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.

Do you want to incorporate the most sophisticated Nutritional Status Monitoring tools into your clinical practice? Achieve it with this complete program.

TECH's 100% online methodology will allow you to update your knowledge without interrupting your professional work.



02 Objectives

Upon completion of this university program, Nursing professionals will stand out for their in-depth knowledge of the fundamentals of Sports Nutrition and its relevance to both improving sports performance and the health of athletes. At the same time, graduates will conduct comprehensive nutritional assessments to identify possible dietary deficiencies in their patients. In this sense, specialists will develop clinical skills to design individualized dietary regimens that optimize sports performance, recovery and well-being of athletes (considering their specific needs, dietary restrictions or goals).



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You will acquire advanced competencies to detect the specific nutritional needs of athletes according to their age, gender and level of physical activity”



General Objectives

- ♦ Manage 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 different disciplines to achieve maximum sports performance
- ♦ Manage advanced knowledge on nutritional planning in professional athletes of team disciplines to achieve maximum 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
- ♦ Develop the ability to work in a multidisciplinary environment





Specific Objectives

- ◆ Perform biochemical interpretation to detect nutritional deficits or overtraining states
- ◆ Perform the interpretation of the different methods of body composition, to optimize the weight and fat percentage appropriate to the sport practiced
- ◆ Carry out the monitoring of the athlete throughout the season
- ◆ Execute the planning of the periods of the season according to their requirements



TECH provides you with interactive summaries, specialized readings and infographics so that you can easily stay at the forefront of the latest techniques in Nutritional Assessment of the Athlete”

03

Course Management

TECH's main premise is to make the most complete and updated academic itineraries available to anyone. That is why the institution carries out a meticulous selection process to form its teaching staff. That is why the institution carries out a meticulous selection process to form its teaching staff. For this Postgraduate Certificate, it has acquired the services of authentic references in the field of Nutrition and Dietetics.

These specialists stand out for their deep knowledge of this subject, as well as for their extensive professional experience in this area. Thanks to this, they have elaborated top quality didactic contents that are adapted to the demands of the current labor market.



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The teaching team, made up of specialists in Nutrition and Dietetics, has designed hours of additional content for you to expand each section of the syllabus in a personalized way”

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

- 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



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)



04

Structure and Content

Through this program, nurses will have a solid understanding of the principles of Sports Nutrition, as well as its importance in athletic performance and overall health. The academic pathway will delve into fundamental issues such as biochemical assessment, body composition or markers of overtraining. Likewise, the syllabus will delve into different periods of athletes (such as the pre-season, competitive season or holiday period) so that graduates will adapt to the specific dietary needs at each stage. In this way, professionals will develop advanced competencies to design dietary programs that the caloric and protein intake of their patients.



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You will master the dietary guidelines recommended for athletes in different contexts, from preparation for competition or recovery to injury prevention”

Module 1. Evaluation of the Athlete at Different Times of the Season

- 1.1. Biochemical Evaluation
 - 1.1.1. Blood Count:
 - 1.1.2. Overtraining Markers
- 1.2. Anthropometric Evaluation
 - 1.2.1. Body Composition
 - 1.2.2. ISAK Profile
- 1.3. Preseason
 - 1.3.1. High Workload
 - 1.3.2. Assuring Caloric and Protein Intake
- 1.4. Competitive Season
 - 1.4.1. Sports Performance
 - 1.4.2. Recovery between Games
- 1.5. Transition Period
 - 1.5.1. Vacation Period
 - 1.5.2. Changes in Body Composition
 - 1.5.3. Travel
- 1.6. Tournaments during the Season
 - 1.6.1. Off-season Tournaments (World Cups, European Cups and The Olympic Games)
- 1.7. Athlete Monitoring
 - 1.7.1. Basal Athlete Status
 - 1.7.2. Evolution during the Season
- 1.8. Sweat Rate Calculation
 - 1.8.1. Hydric Losses
 - 1.8.2. Calculation Protocol
- 1.9. Multidisciplinary Work
 - 1.9.1. The Role of the Nutritionist in the Athlete's Environment
 - 1.9.2. Communication with the Rest of the Areas
- 1.10. Doping
 - 1.10.1. WADA List
 - 1.10.2. Anti-doping Tests





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A syllabus designed by specialists with high quality content is determinant for your clinical competencies to be successfully enhanced. Enroll now and elevate your career as a Nurse!”

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.



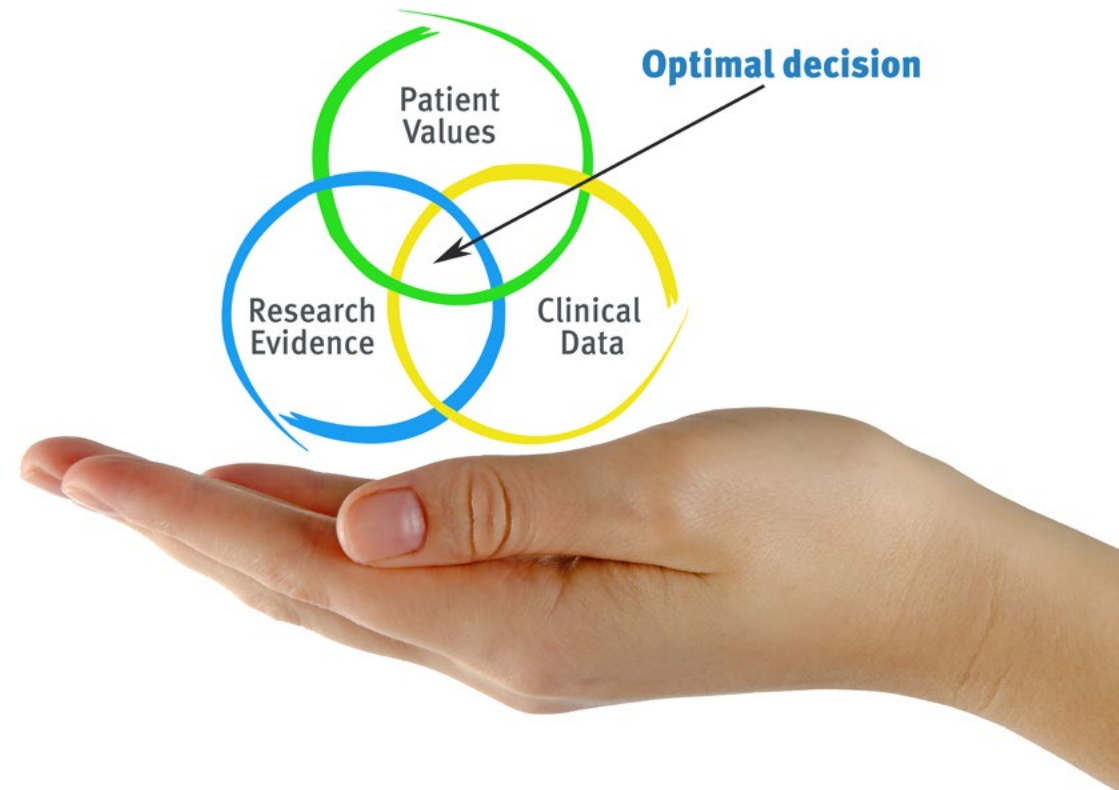
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

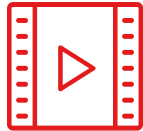
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

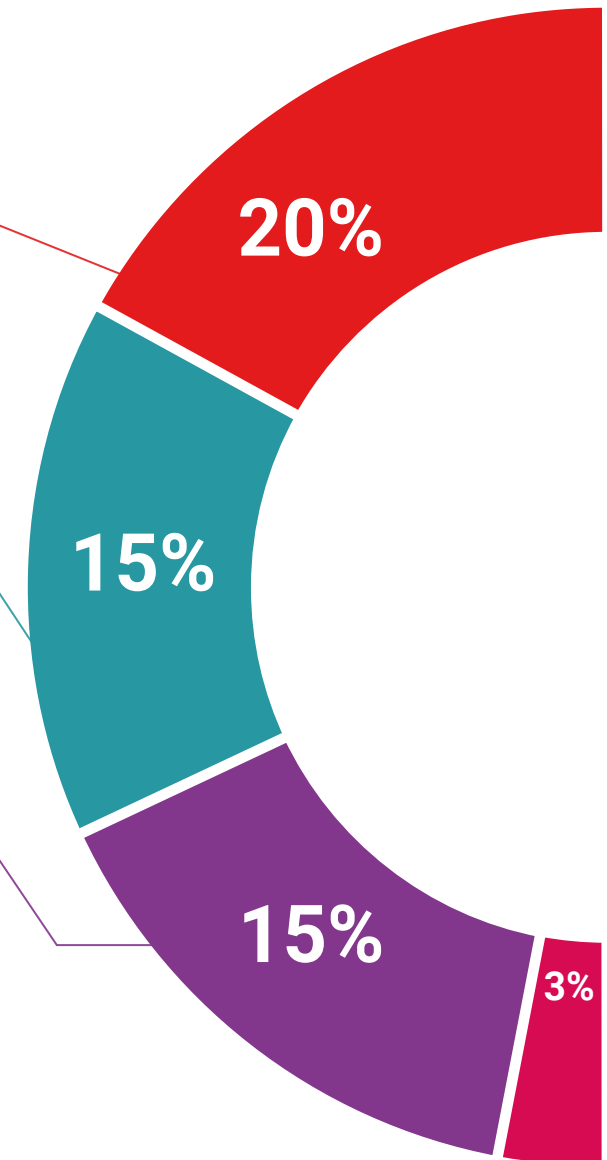
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

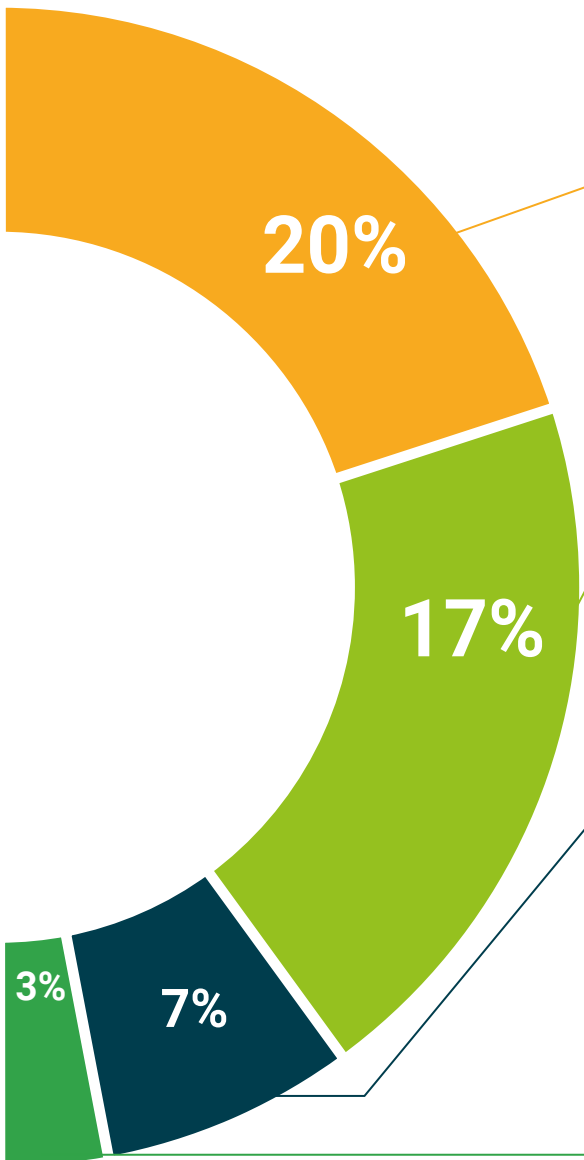
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Nutritional Assessment of the Athlete for Nursing guarantees, in addition to the most rigorous and updated knowledge, 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 Nutritional Assessment of the Athlete 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 Nutritional Assessment of the Athlete for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development languages
classroom



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