

Postgraduate Certificate

Sports Nutrition in Adverse Conditions for Nursing





Postgraduate Certificate Sports Nutrition in Adverse Conditions 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-adverse-conditions-nursing

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01

Introduction

Several epidemiological studies have shown that athletes who face Adverse Conditions such as extreme heat or altitude are at increased risk for exercise-related health problems. These situations can affect the body's ability to regulate internal temperature and maintain proper fluid and electrolyte balance, which can compromise both athletic performance and the athlete's health. Given these scenarios, Nutrition plays a crucial role in optimizing performance and preventing health problems in challenging sports environments. In this context, TECH develops an innovative online university program focused on how nurses can implement specific strategies to ensure optimal health status.



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Through this 100% online Postgraduate Certificate, you will assess the impact of Adverse Conditions on athletes' nutritional needs and adapt their diets to ensure a favorable health status”

Athletes facing Adverse Conditions such as high humidity face unique demands in terms of nutritional requirements and hydration. These circumstances can affect the way the body utilizes and metabolizes food, as well as its ability to regulate body temperature. For example, in hot climates, athletes are prone to burnout due to excessive loss of water or electrolytes through heat (manifested by symptoms such as weakness, muscle cramps or nausea). Faced with such situations, nurses are responsible for identifying and managing the risks associated with these difficult contexts, including the adoption of specific nutritional strategies to ensure optimal clinical status.

Within this framework, TECH has developed a complete and revolutionary Postgraduate Certificate in Sports Nutrition in Adverse Conditions for Nursing. Designed by experts in this field, the academic itinerary will take a brief tour through the history of sport in extreme conditions. The academic contents will delve into the particularities of competitions in hot and cold climates, delving into the usual signs in athletes (such as dehydration or fatigue). In this sense, the syllabus will emphasize the importance of having a balanced intake of carbohydrates so that individuals have enough energy for their competitions. In this way, graduates will acquire advanced skills aimed at designing specific and individualized nutrition plans that include substances such as electrolytes. The program will also include the participation of a renowned International Guest Director, who will help the nurses to optimize their practice.

In addition to the rigorous academic material of this university program, TECH will provide a 100% online methodology. In addition, the disruptive Relearning method will allow the consolidation of complex concepts in a progressive and natural way. The only thing that nurses will need is a device with an Internet connection to enter the Virtual Campus, where they will enjoy various academic formats.

This **Postgraduate Certificate in Sports Nutrition in Adverse Conditions 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 an enriching Masterclass in which she will provide the latest advances in Sports Nutrition in Adverse Conditions”

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You will implement into your clinical practice the best practices for hydration of athletes during exercise in Adverse Conditions, including the use of sports drinks and water balance monitoring”

The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing 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.

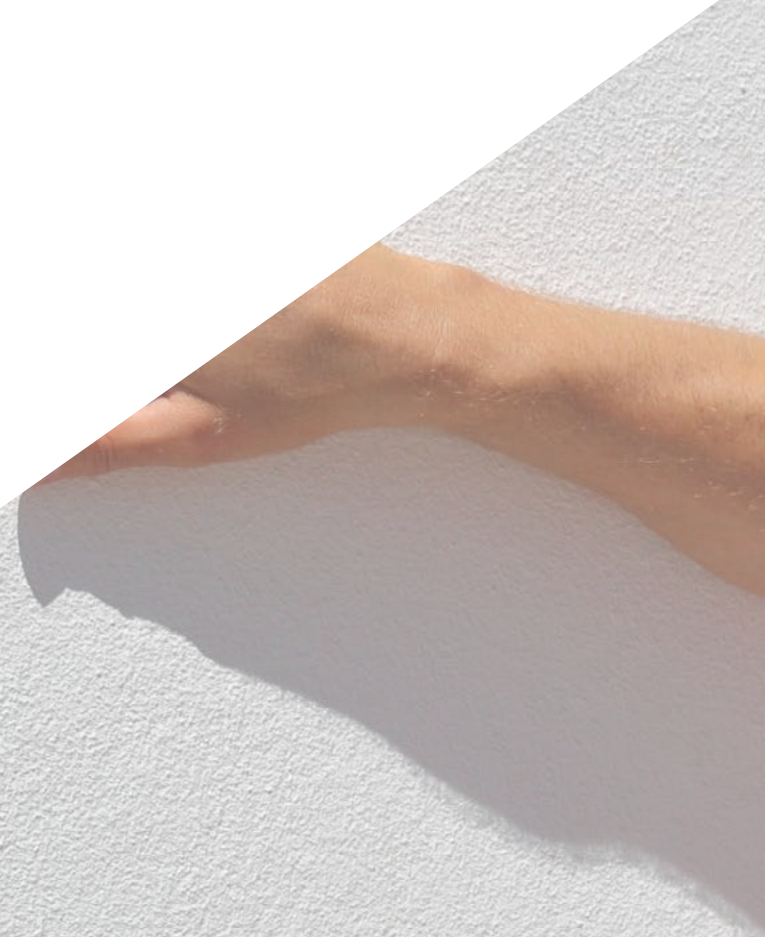
You will be able to manage the health risks associated with practicing sports in challenging environments, such as hypothermia or heat exhaustion.

Thanks to TECH's Relearning method, you will be able to successfully consolidate the key concepts offered by this university program.



02 Objectives

After completing this university program, Nursing professionals will be able to assess the impact of Adverse Conditions on the nutritional needs of athletes. Along the same lines, graduates will develop advanced competencies to implement dietary strategies that help athletes both adapt to and reduce the negative effects of unfavorable environments on their health and performance. In doing so, specialists will design specific nutrition plans for this specific population, taking into account factors such as food availability, logistics or individual preferences.





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You will apply the most optimal nutrition strategies to help athletes mitigate the negative effects of Adverse Conditions on their health and performance”



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
- ♦ 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 energy and nutritional needs of paralympic athletes





Specific Objectives

- ◆ Differentiate between the main performance limiting factors caused by climate
- ◆ Develop an acclimatization plan appropriate to the situation given
- ◆ Delve into the physiological adaptations due to altitude
- ◆ Establish the correct individual hydration guidelines according to the climate

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You will achieve your goal of professional improvement thanks to this university program, which will give you greater confidence in decision making in Sports Nutrition”



03

Course Management

For both the development and delivery of this Postgraduate Certificate, TECH has an exceptional teaching team. The professionals that compose it have a solid experience in Nutrition and Dietetics, backed by a long career where they have been part of reference institutions. During this time, these specialists have contributed to optimize the athletic performance of multiple athletes in adverse conditions thanks to personalized nutritional programs adapted to their needs. Thanks to this, the experts have developed teaching materials defined by their excellent quality, as well as by their alignment with the needs of today's labor market.



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You will receive personalized advice from the teaching team, made up of leading professionals in Nutrition and Dietetics”

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

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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. Arcusa Saura, Raúl

- ♦ Nutritionist. Sport Club Castellón
- ♦ Nutritionist in several semi-professional clubs in Castellón
- ♦ Researcher. San Antonio Murcia Catholic University
- ♦ Undergraduate and Graduate Faculty
- ♦ Graduate in Human Nutrition and Dietetics
- ♦ Master's Degree in Nutrition in Physical Activity and Sport



04

Structure and Content

With this program, nurses will identify the specific nutritional needs of athletes competing in adverse environments. The program will analyze the physiological effects on the human body when exposed to hostile conditions such as hot weather or extreme cold. In addition, the agenda will delve into the most common conditions that affect athletes, including fatigue and dehydration. The program will also emphasize the importance of these users consuming carbohydrates to provide energy for exercise. Therefore, graduates will design balanced nutrition plans that improve the athletic performance of individuals.





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You will have a solid understanding of the physiological effects of Adverse Conditions on the human body and how nutritional supplementation serves to optimize athletic performance”

Module 1. Adverse Conditions

- 1.1. The History of Sport in Extreme Conditions
 - 1.1.1. Winter Competitions throughout History
 - 1.1.2. Competitions in Hot Environments Today
- 1.2. Performance Limitations in Hot Climates
 - 1.2.1. Dehydration
 - 1.2.2. Fatigue
- 1.3. Basic Characteristics in Hot Climates
 - 1.3.1. High Temperature and Humidity
 - 1.3.2. Acclimatization
- 1.4. Nutrition and Hydration in Hot Climates
 - 1.4.1. Hydration and Electrolytes
 - 1.4.2. Carbohydrates
- 1.5. Performance Limitations in Cold Climates
 - 1.5.1. Fatigue
 - 1.5.2. Bulky Clothing
- 1.6. Basic Characteristics in Cold Climates
 - 1.6.1. Extreme Cold
 - 1.6.2. Reduced VOmax
- 1.7. Nutrition and Hydration in Cold Climates
 - 1.7.1. Hydration
 - 1.7.2. Carbohydrates





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You will have access to innovative multimedia didactic formats that will optimize your updating process, such as interactive summaries or case studies. 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.



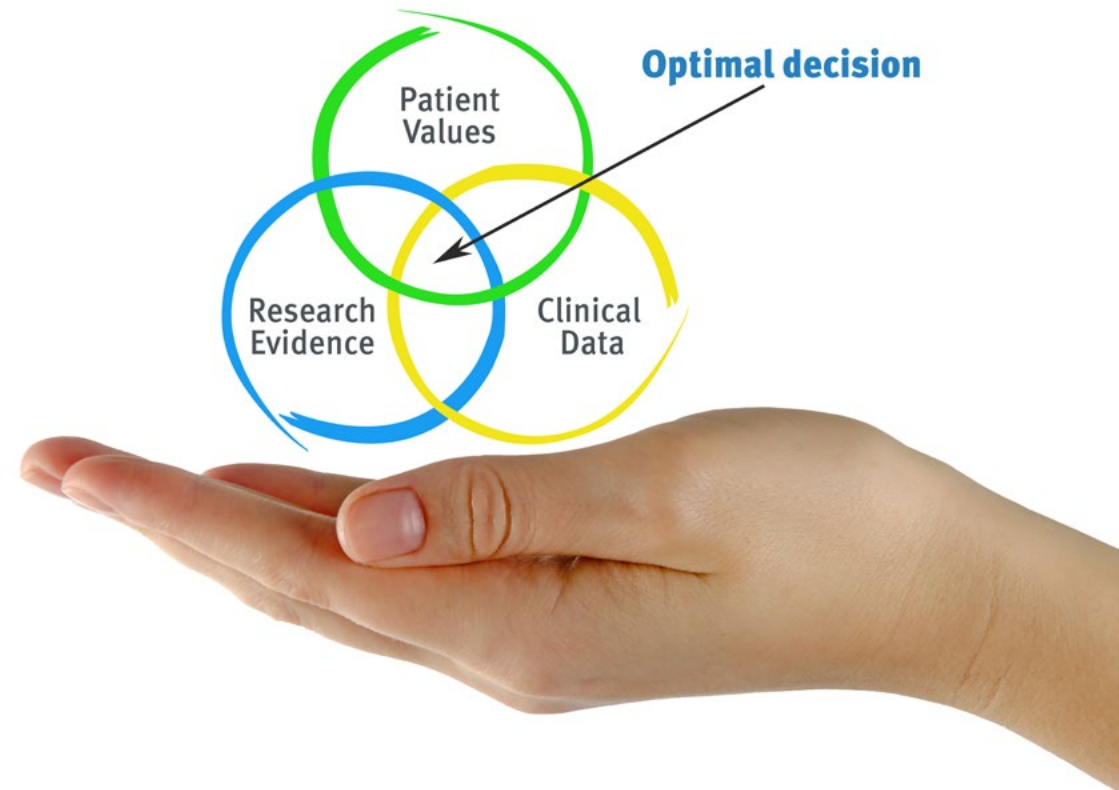
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

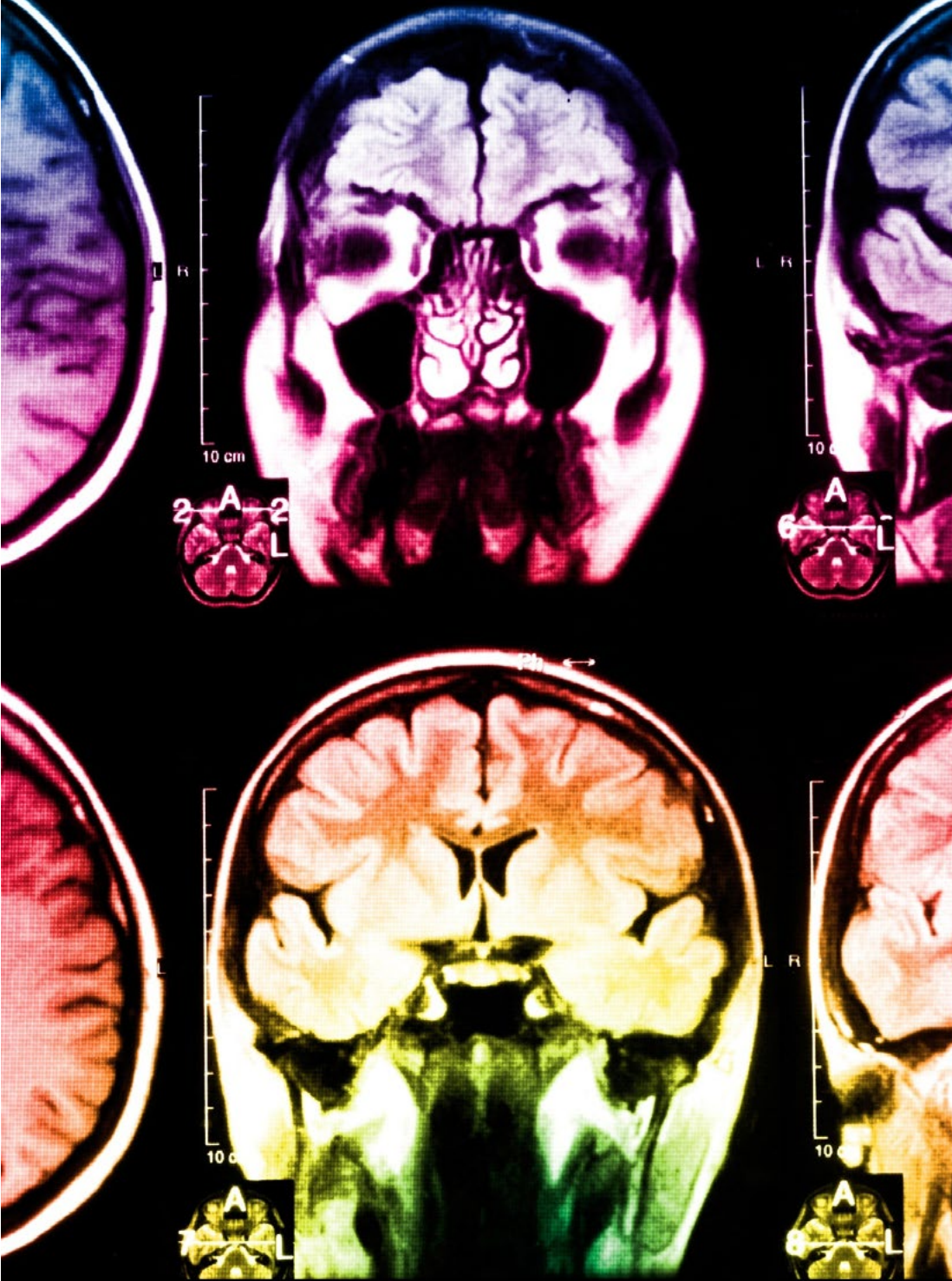
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

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.

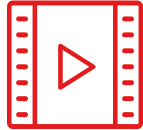
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

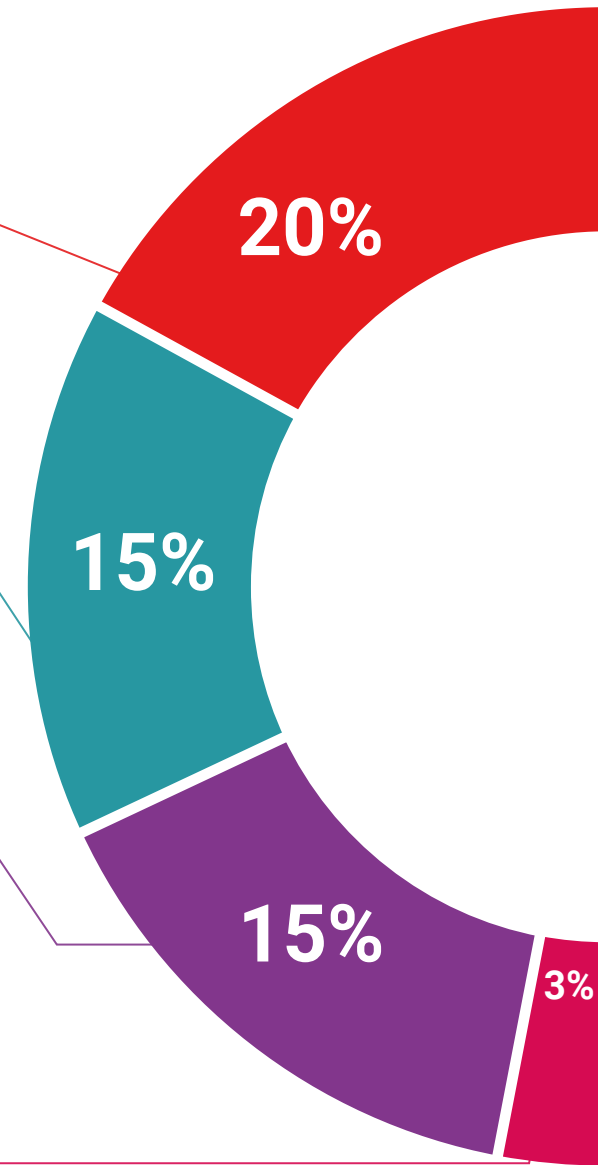
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

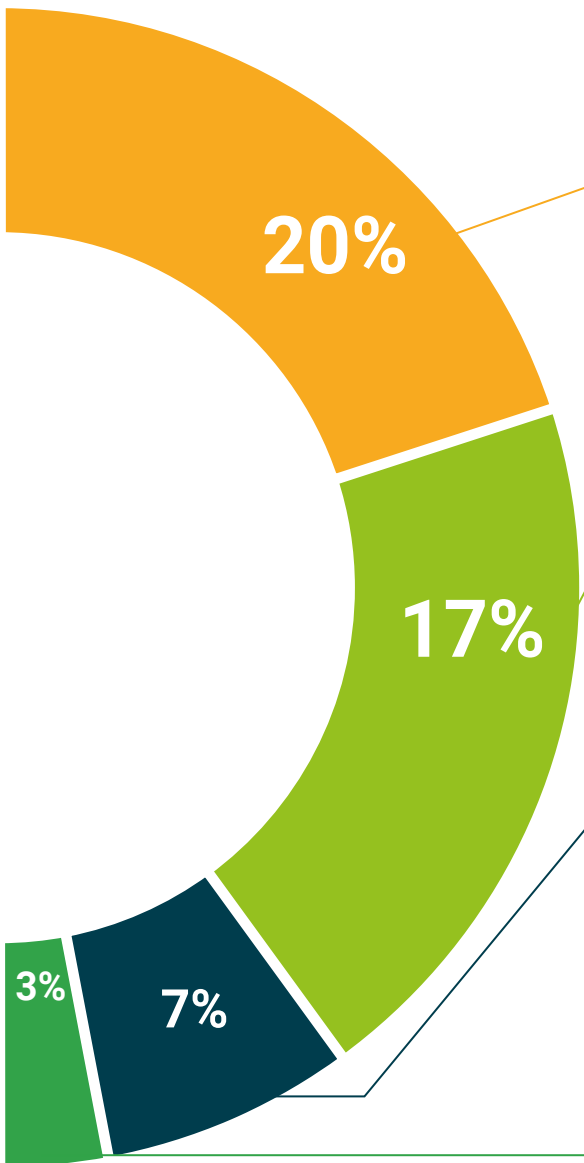
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 Adverse Conditions 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 Adverse Conditions 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 Adverse Conditions 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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