

# Postgraduate Certificate

## Sports Nutrition in the Injury Period of the Athlete for Nursing

Endorsed by the NBA





## Postgraduate Certificate Sports Nutrition in the Injury Period of the Athlete for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/nursing/postgraduate-certificate/sports-nutrition-injury-period-athlete-nursing](http://www.techtitute.com/in/nursing/postgraduate-certificate/sports-nutrition-injury-period-athlete-nursing)

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# 01

# Introduction

With this intensive training you will learn how to improve the prognosis of an athlete's injury, from professionals with years of experience in the sector. You will have the latest didactic resources and advanced knowledge in this highly scientifically rigorous program.





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*The course allows training in simulated environments, which provide immersive learning programmed to train for real situations”*

Nutrition can play a very important role in injury prevention. Therefore, it is essential that the nurse has advanced knowledge in sports nutrition, which complements the nursing treatment for better results.

If there is a complicated stretch in an athlete's season, it will be the injury period. Athletes by nature need to compete and finding themselves out of competition can be frustrating. On once the athlete is already injured, it will be very important to control this nutrition in order to accelerate the recovery process so that they can return to competition as soon as possible and, most importantly, so that they do not relapse from the injury.

There are foods, vitamins and nutrients that help athletes recover and protect themselves from possible injuries during physical activity. The Nurse must be up to date with the latest developments in Sports Nutrition to develop a diet according to the physical characteristics of each patient.

The Postgraduate Certificate has multimedia content that helps to acquire the knowledge that is taught, developed with the latest educational technology. At the same time, it will provide the student with situated and contextual learning, within a simulated environment that provides training focused on solving real problems.

As it is an online Postgraduate Certificate, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Certificate in Sports Nutrition in the Injury Period of the Athlete for Nursing** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The graphic, schematic, and practical contents with which they are created contain information that is indispensable for professional practice
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for patients with feeding problems
- ♦ 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



*Learn the most suitable diets for each type of athlete and you will be able to give more personalized advice”*

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*This course is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Sports Nutrition, you will obtain a certificate from TECH"*

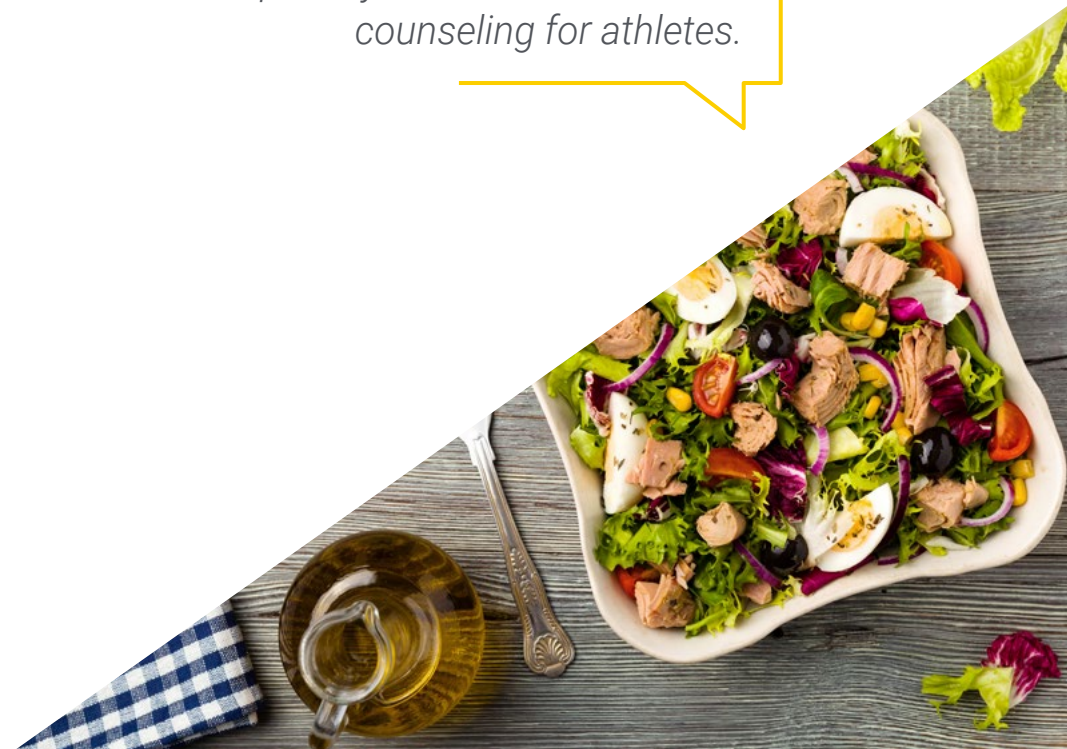
Its teaching staff includes professionals belonging to the field of nutrition, who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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 academic year. The professional will be assisted by an innovative interactive video system created by renowned and experienced experts in sports nutrition.

*Food and sport must go hand in hand, as it is essential that athletes follow a proper diet to help them improve their performance.*

*Immerse yourself in the study of this complete Postgraduate Certificate and improve your skills in nutritional counseling for athletes.*





# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nursing professional can master in a practical and rigorous way the study of sports nutrition in special populations.





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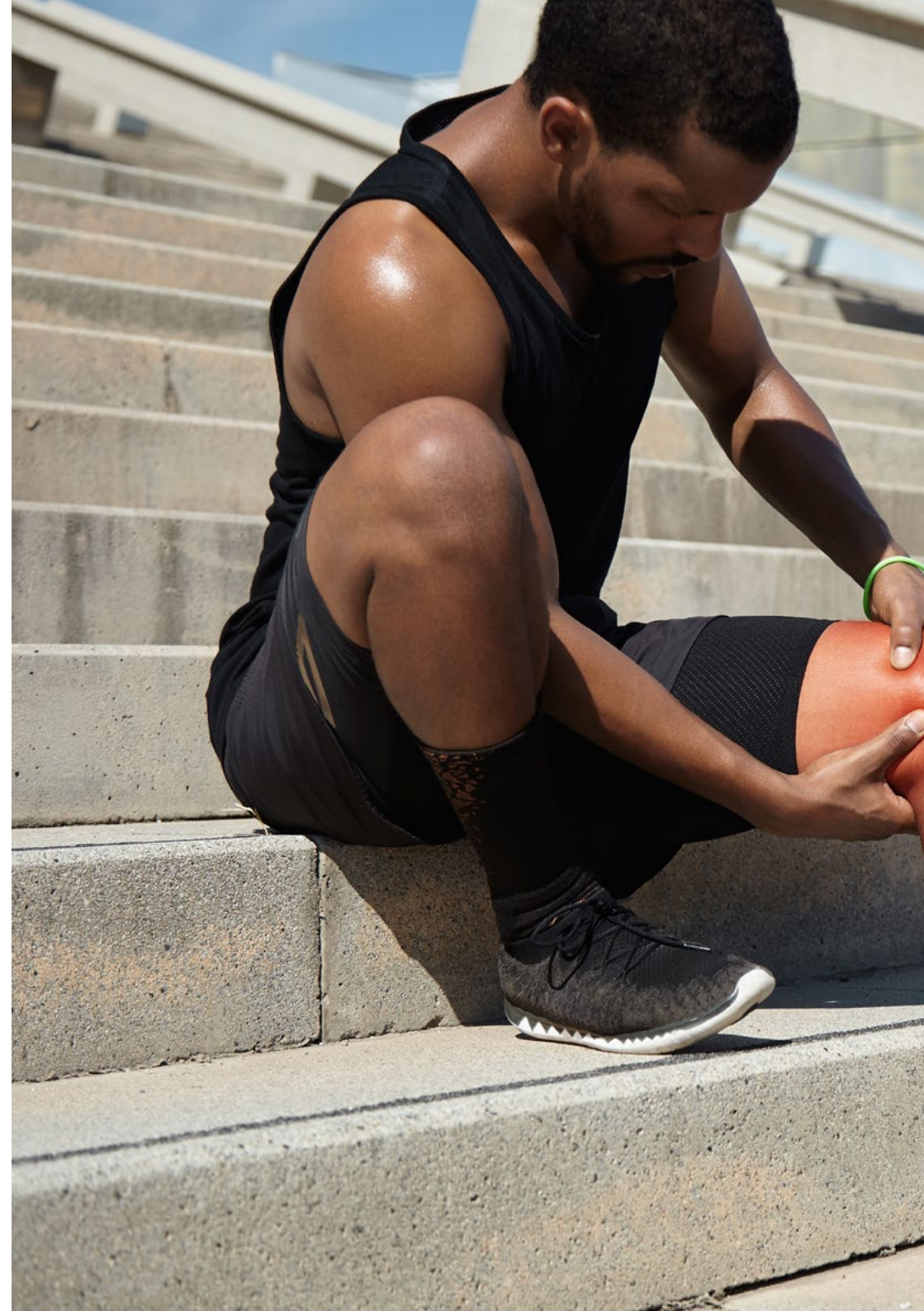
*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ♦ 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 to one's own professional field
- ♦ Ability to work in a multidisciplinary environment
- ♦ Advanced understanding of the context in which the area of their specialty is developed
- ♦ Manage advanced skills to detect possible signs of nutritional alteration associated with sports practice
- ♦ Manage the necessary skills through the teaching-learning process that will allow them to continue training and learning in the field of Sports Nutrition, both through the contacts established with teachers and professionals of this training, as well as in an autonomous way
- ♦ Specialize in the structure of muscle tissue and its implication in sport
- ♦ Know the energy and nutritional needs of athletes in different pathophysiological situations
- ♦ Specialize in the energy and nutritional needs of athletes in different age and gender specific situations
- ♦ Specialize in dietary strategies for the prevention and treatment of the injured athlete
- ♦ Specialize in the energy and nutritional needs of children athletes
- ♦ Specialize in the energy and nutritional needs of Paralympic athletes







## Specific Objectives

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- ◆ 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

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*Take advantage of the opportunity and take the step to get up to date on the latest developments in Injury Period.”*



03

# Course Management

Our teachers, made up of experts in Sports Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Postgraduate Progression with the latest developments in the field that will allow you to train and increase your skills in this sector.





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*Learn from the best professionals and become a successful professional yourself”*

## Management



### **Dr. Marhuenda Hernández, Javier**

- Fellow of the Spanish Academy of Human Nutrition and Dietetics
- Professor and researcher at UCAM
- Ph.D. in Nutrition
- Master's Degree in Clinical Nutrition
- Graduate in Nutrition





## Professors

### Ms. Montoya Castaño, Johana

- ◆ Nutritionist Dietician UdeA
- ◆ Professional Master's Degree in Nutrition in Physical Activity and Sport from UCAM
- ◆ Sports Nutrition UB
- ◆ Member of the DBSS Network, G-SE Research and Research Associates of the Exercise and Sport Nutrition Laboratory of the Health and Kinesiology Department, Texas A&M University

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*The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"*

04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily practice, aware of the current relevance of Sports Nutrition education; and committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in Sports Nutrition in the Injury Period of the Athlete for Nursing contains the most complete and up-to-date scientific program on the market”*



## Module 1. The Injury Period

- 1.1. Introduction
- 1.2. Prevention of Injuries in Athletes
  - 1.2.1. Relative Energy Availability in Sport
  - 1.2.2. Oral Health and Injury Implications
  - 1.2.3. Fatigue, Nutrition and Injuries
  - 1.2.4. Sleep, Nutrition and Injuries
- 1.3. Phases of Injury
  - 1.3.1. Immobilization Phase. Inflammation and Changes Occurring during this Phase
  - 1.3.2. Return of Activity Phase
- 1.4. Energy Intake during the Period of Injury
- 1.5. Macronutrient Intake during the Period of Injury
  - 1.5.1. Carbohydrate Intake
  - 1.5.2. Fat Intake
  - 1.5.3. Protein Intake
- 1.6. Intake of Micronutrients of Special Interest during Injury
- 1.7. Sports Supplements with Evidence during the Period of Injury
  - 1.7.1. Creatine
  - 1.7.2. Omega 3
  - 1.7.3. Others
- 1.8. Tendon and Ligament Injuries
  - 1.8.1. Introduction to Tendon and Ligament Injuries. Tendon Structure
  - 1.8.2. Collagen, Gelatin and Vitamin C. Can they Help?
  - 1.8.3. Other Nutrients Involved in Collagen Synthesis
- 1.9. The Return to Competition
  - 1.9.1. Nutritional Considerations in the Return to Competition
- 1.10. Interesting Case Studies in Scientific Injury Literature





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*A unique, key, and decisive educational experience to boost your professional development”*



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 applied to the 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.

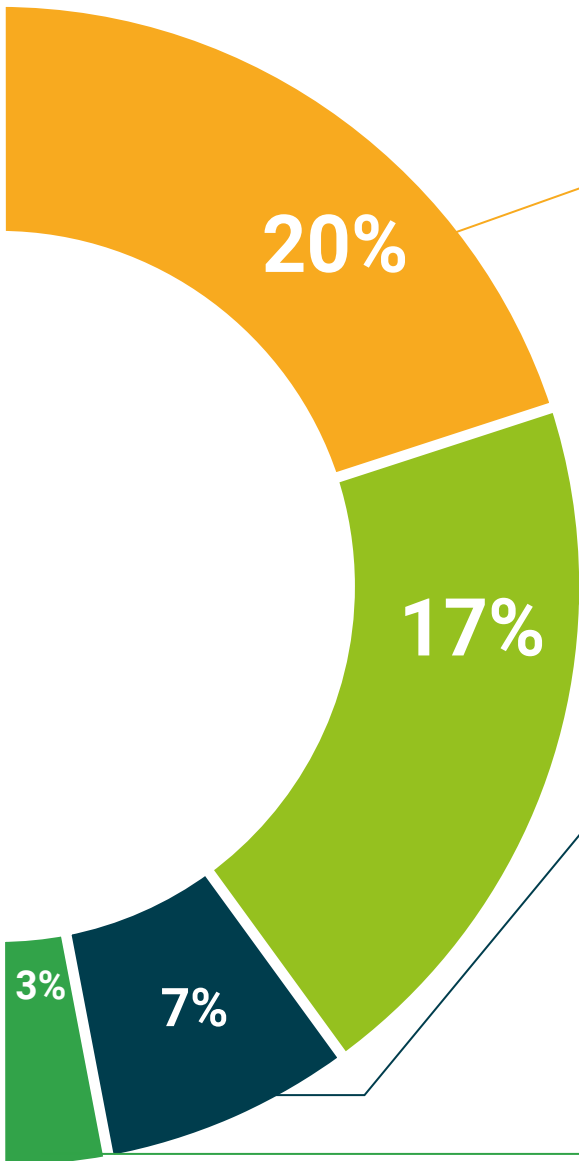
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are 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 the Injury Period of the Athlete for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Sports Nutrition in the Injury Period of the Athlete for Nursing** contains the most complete and up-to-date scientific program on the market.

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

The Certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sports Nutrition in the Injury Period of the Athlete for Nursing**

Official N° of Hours: **150 h.**

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\*Apostille Convention. In the event that the student wishes to have their paper Certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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



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