

# Postgraduate Certificate

## Sports Nutrition in Specific Populations for Nursing



## Postgraduate Certificate Sports Nutrition in Specific Populations 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-specific-populations-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/sports-nutrition-specific-populations-nursing)

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# 01

# Introduction

The field of Sports Nutrition has experienced significant growth in recent years, with an increasing focus on the specific nutritional needs of different population groups. Given this, nurses play a crucial role in both the assessment and management of diet for athletes, especially in groups such as pregnant women, children or older adults. For this reason, it is essential for professionals to remain at the forefront of the latest scientific postulates and advances in nutrition. However, this updating is a challenge for specialists in view of their heavy workload. To facilitate this task, TECH implements a cutting-edge degree focused on diet adapted to specific groups.





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*Thanks to this 100% online Postgraduate Certificate, you will design the most effective nutritional plans adapted to the specific conditions of different athletes. You will contribute to optimize their sports performance!”*

Nutrition plays a critical role in sports performance and overall health. In this regard, a new report conducted by the World Health Organization highlights that proper nutrition can improve athletic performance by up to 20%. However, these nutritional needs can vary significantly among different population groups, from young, growing athletes to older adults seeking to maintain their physical activity. In this context, nursing professionals have a responsibility to understand and effectively address the specific dietary needs of different athletes.

Given this scenario, TECH has developed a complete and innovative Postgraduate Certificate in Sports Nutrition in Specific Populations for Nursing. Conceived by experts in this field, the academic itinerary will focus on the dietary needs of groups such as female athletes, children or elderly athletes; addressing aspects such as their limiting factors, physiology, muscle mass or energy demands. At the same time, the didactic materials will provide graduates with the latest trends in Nutritional Supplementation, including Creatine and Whey protein. In this way, specialists will acquire the skills to analyze the nutritional status of their patients and identify possible deficiencies or excesses.

In addition, a prestigious International Guest Director will give a rigorous master class to help nurses design personalized nutritional plans that meet the specific needs of different populations.

On the other hand, this academic proposal is distinguished by its 100% online methodology. This modality will provide specialists with the necessary flexibility to adapt to their professional schedules. Likewise, the *Relearning* methodology, based on the repetition of key concepts, will be implemented to fix knowledge and facilitate effective learning. In this way, the combination of accessibility and innovative pedagogical approach will ensure that professionals acquire practical skills to enhance their work practice.

This **Postgraduate Certificate in Sports Nutrition in Specific Populations 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 distinguished International Guest Director will offer an intensive Masterclass to delve into recent advances in Sports Nutrition in Specific Populations”*

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*You will incorporate into your clinical practice the most innovative Nutritional Supplements to accelerate muscle recovery, such as Creatine or Whey Protein”*

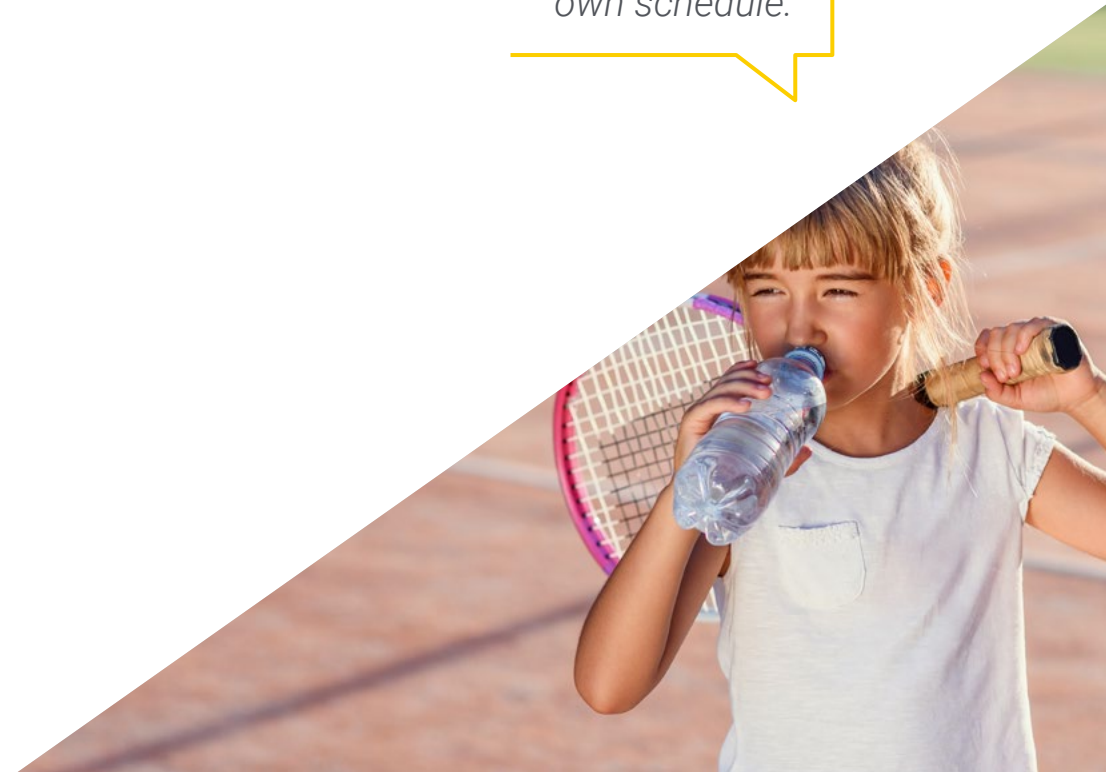
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*You will have real case studies that will enhance your competencies in dietary care focused on senior athletes.*

*Take advantage of all the benefits of TECH's Relearning methodology, including the freedom to plan your own schedule.*



# 02 Objectives

Through 180 classroom hours, Nursing professionals will have a comprehensive understanding of the fundamentals of Sports Nutrition as applied to different specific populations (such as women, children or the elderly). Likewise, graduates will be qualified to carry out holistic dietary evaluations taking into account factors such as physiological characteristics, age or intensity of the sport practiced. In this way, specialists will enhance their clinical skills to design nutritional programs adapted to the personal circumstances of each patient and their dietary preferences.





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*You will develop advanced competencies to advise different population groups on the relevance of adopting healthy eating habits in order to enhance their sports performance and optimize their overall well-being”*



## 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 into one's own professional field
- ♦ Develop the ability to work in a multidisciplinary environment





## Specific Objectives

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- ◆ Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- ◆ Understand in depth the external and internal factors that influence the nutritional approach to these groups



*You will reach your most ambitious goals thanks to the distinctive approach of this program, which will provide you with the most innovative Nutritional Assessment techniques to identify the dietary needs of different athletes”*

03

# Course Management

In its firm commitment to provide the most comprehensive and updated university programs, TECH makes a thorough process to form its teaching staff. Thanks to this, the present Postgraduate Certificate is designed by recognized experts in the field of Nutrition and Dietetics. These professionals have extensive work experience, where they have optimized both the quality of life and sports performance of numerous Specific Populations through personalized nutritional plans. Therefore, graduates have the guarantees they demand to enter into a high-intensity academic experience that will boost their professional careers as nurses.



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*You will be advised at all times by the teaching team, composed of professionals with vast experience in the field of 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

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- 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

Through this program, nurses will have a comprehensive view of the specific nutritional needs of different populations, as well as the factors that influence their dietary intake and athletic performance. The syllabus will delve into the dietary requirements of pregnant athletes, adolescents and senior athletes; addressing both their physiological characteristics and energy demands. In line with this, the syllabus will emphasize how the consumption of proteins and carbohydrates favors the acceleration of muscle recovery after exercise. Therefore, graduates will design highly personalized dietary programs based on the specific conditions of each athlete.



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*You will implement in your practice the most sophisticated strategies to promote adherence to nutritional plans in child athletes, guaranteeing an optimal level of proteins and carbohydrates”*

## Module 1. Different Stages or Specific Population Groups

- 1.1. Nutrition in the Female Athlete
  - 1.1.1. Limiting Factors
  - 1.1.2. Requirements
- 1.2. Menstrual Cycle
  - 1.2.1. The Luteal Phase
  - 1.2.2. The Follicular Phase
- 1.3. Triad
  - 1.3.1. Amenorrhea
  - 1.3.2. Osteoporosis
- 1.4. Nutrition in the Pregnant Female Athlete
  - 1.4.1. Energy Requirements
  - 1.4.2. Micronutrients
- 1.5. The Effects of Physical Exercise on the Child Athlete
  - 1.5.1. Strength Training
  - 1.5.2. Endurance Training
- 1.6. Nutritional Education in the Child Athlete
  - 1.6.1. Sugar
  - 1.6.2. Eating Disorders
- 1.7. Nutritional Requirements in the Child Athlete
  - 1.7.1. Carbohydrates
  - 1.7.2. Proteins
- 1.8. Changes Associated with Aging
  - 1.8.1. % Body Fat
  - 1.8.2. Muscle Mass
- 1.9. Main Problems in the Older Athlete
  - 1.9.1. Joints
  - 1.9.2. Cardiovascular Health
- 1.10. Interesting Supplements for Older Athletes
  - 1.10.1. Whey Protein
  - 1.10.2. Creatine





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*This university program will allow you to provide quality advice to different population groups, highlighting the importance of healthy eating to optimize their sports performance and quality of life”*

# 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

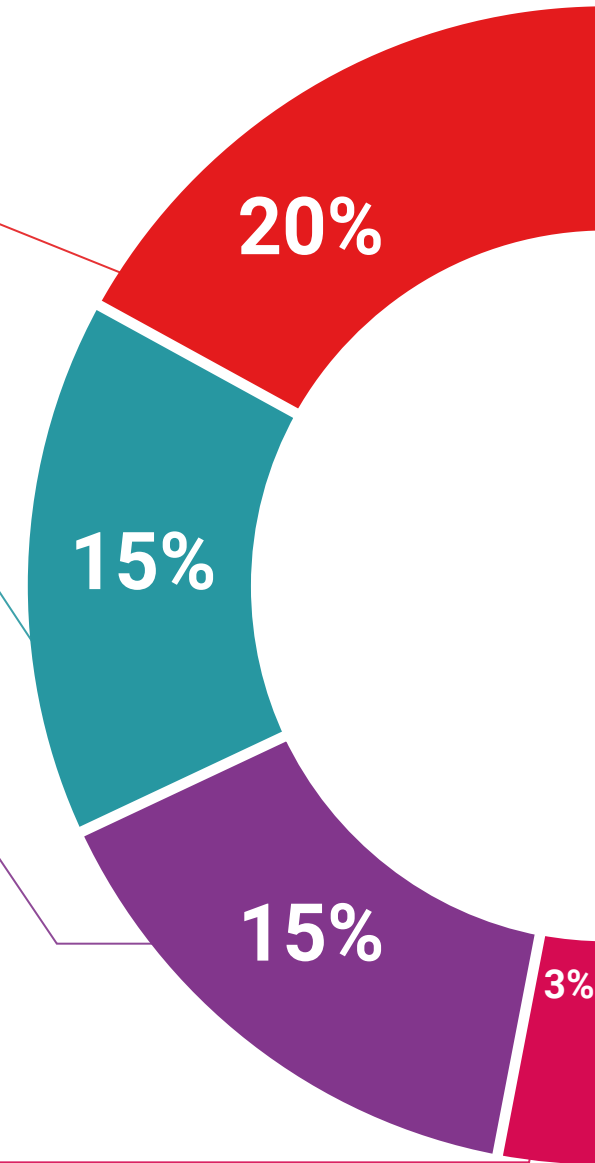
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

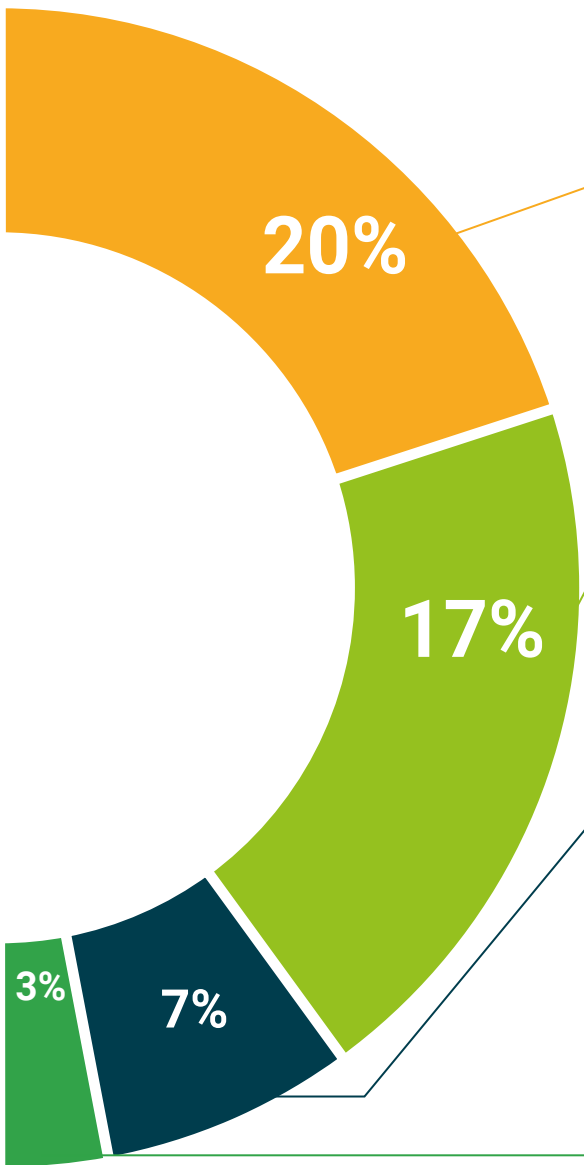
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Specific Populations 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 Specific 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** 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 Specific Populations for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
classroom



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