

# Postgraduate Certificate

## Vegetarianism and Veganism in Physical Activity and Sport for Nursing



## Postgraduate Certificate Vegetarianism and Veganism in Physical Activity and Sport 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/vegetarianism-veganism-physical-activity-sport-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/vegetarianism-veganism-physical-activity-sport-nursing)

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# 01

# Introduction

Vegetarianism and Veganism have experienced a significant increase among athletes, motivated by aspects such as their advantages for physical performance or ethical considerations. Given this scenario, the World Health Organization recognizes in a recent report that these diets pose multiple nutritional challenges (such as adequate protein intake). The organization urges nursing professionals to provide careful attention to these athletes, including the recommendation of nutritional supplements that meet their sporting needs and promote optimal health. Therefore, it is essential for specialists to keep abreast of the latest nutritional trends. With this in mind, TECH has developed a pioneering online program that brings together the innovations in this field.



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*Through this 100% online Postgraduate Certificate, you will carry out comprehensive nutritional assessments of athletes and design food plans keeping in mind their vegan or vegetarian dietary preferences”*

In an era characterized by environmental awareness and concern about climate change, the relationship between food and the environment has become increasingly relevant, especially in the context of physical activity. In this context, Vegetarianism and Veganism have emerged as dietary alternatives that not only have benefits in athletic performance or individual health, but also in environmental sustainability. Given this growing demand, nurses need to adopt a holistic approach to care for athletes, including an understanding of their diet and how it can affect both their performance and overall well-being.

In response to this, TECH is implementing an innovative Postgraduate Certificate in Vegetarianism and Veganism in Physical Activity and Sport for Nursing. The academic itinerary will analyze the most frequent errors among these athletes (such as insufficient protein intake or iron deficiency). In this way, graduates will develop competencies to perform exhaustive evaluations of the nutritional status of their patients and to provide dietary advice based on plant sources. In this sense, the syllabus will delve into the importance of Vitamin B12 to ensure proper metabolism, DNA synthesis and red blood cell production. Also, the program will provide professionals with the latest trends in performance-enhancing supplements, where Vegetable Protein stands out. In addition, the program will include the participation of a prestigious International Guest Director, who will help nurses to optimize their clinical skills and, therefore, to make a leap in quality in their daily practice.

To consolidate all this knowledge, TECH uses the disruptive methodology of Relearning. This teaching system is based on the repetition of the key contents of the syllabus, guaranteeing a progressive and natural learning process. All this gathered in a comfortable Virtual Campus, where nurses can also access a virtual library that will be available at any time and place, without geographical restrictions.

This **Postgraduate Certificate in Vegetarianism and Veganism in Physical Activity and Sport 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 self-assessment can be used 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 renowned International Guest Director will give 4 rigorous Masterclasses, where she will show you the latest advances in subjects such as Ergogenic Aids in Sport”*

“

*You will delve into the benefits of Spirulina Algae to reduce oxidative stress and inflammation induced by physical exercise”*

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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 a holistic view of how vegetarian or vegan nutrition affects physical performance, recovery and injury prevention in the sports context.*

*A syllabus based on the revolutionary Relearning methodology, which will allow you to consolidate complex concepts with efficiency and dynamism.*



# 02 Objectives

Upon completion of this university program, nurses will be characterized by a high level of knowledge of the nutritional needs of vegetarian and vegan athletes. At the same time, professionals will gain skills aimed at the nutritional assessment of their patients, therefore identifying possible dietary deficiencies (such as protein or Vitamin B12). In this way, graduates will design and implement individualized nutrition plans adapted to the specific needs of each athlete. Thanks to this, specialists will help this population to improve their sporting performance and maintain a balanced diet to ensure optimal health.







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*You will acquire clinical skills to provide guidance to athletes in the adoption and maintenance of a highly healthy vegetarian or vegan diet”*



## 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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- ♦ Differentiate between the different types of vegetarian athletes
- ♦ Gain an in-depth understanding of the main mistakes made
- ♦ Treat the notable nutritional deficiencies of sportsmen and sportswomen
- ♦ Manage skills to provide the athlete with the best tools when combining foods



*TECH gives you access to one of the best virtual libraries to boost your updating process, including resources such as explanatory videos, specialized readings or case studies”*

# 03

## Course Management

For the design and delivery of this Postgraduate Certificate, TECH concentrates authentic references in the field of Nutrition and Dietetics. This teaching staff has a wide professional background, where they have been part of prestigious health institutions to optimize both athletic performance and the health of athletes who choose a vegan or vegetarian diet. Therefore, these specialists pour into the teaching materials both their solid knowledge on this subject and their work experience. In this way, graduates will have access to an academic experience that will enhance the efficiency of their clinical practice and expand their professional prospects.



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*An excellent teaching team specialized in Nutrition and Dietetics will provide you with a high quality program, which will offer you the latest trends in B12 Supplementation”*

## 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. Martínez Noguera, Francisco Javier**

- ◆ Sports nutritionist at CIARD-UCAM
- ◆ Sports nutritionist at Jorge Lledó Physiotherapy Clinic
- ◆ Research assistant at CIARD-UCAM
- ◆ Sports nutritionist at UCAM Murcia Football Club
- ◆ Nutritionist at SANO Center
- ◆ Sports nutritionist at UCAM Murcia Basketball Club
- ◆ PhD in Sports Science from the Catholic University San Antonio de Murcia
- ◆ Graduate in Human Nutrition and Dietetics from the Catholic University San Antonio of Murcia
- ◆ Professional Master's Degree in Nutrition and Food Safety at the Catholic University San Antonio of Murcia

### **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

This program will equip nurses with a solid understanding of the nutritional principles behind Vegetarianism and Veganism, as well as their implications for both health and athletic performance. To this end, the teaching materials will delve into issues ranging from energy balance or protein intake to key nutrients in vegan athletes (such as Vitamin B12). In addition, the syllabus will offer graduates the most innovative and effective ergogenic aids, among which Creatine stands out. In this way, professionals will identify possible dietary deficiencies in their patients and design balanced dietary plans.





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*You will be able to assess the nutritional needs of vegetarian and vegan athletes with precision, detecting possible deficiencies in their diets”*

## Module 1. Vegetarianism and Veganism

- 1.1. Vegetarianism and Veganism in the History of Sport
  - 1.1.1. The Beginnings of Veganism in Sport
  - 1.1.2. Vegetarian Athletes Today
- 1.2. Different Types of Vegetarian Food
  - 1.2.1. The Vegan Athlete
  - 1.2.2. The Vegetarian Athlete
- 1.3. Common Errors in the Vegan Athlete
  - 1.3.1. Energy Balance
  - 1.3.2. Protein Consumption
- 1.4. Vitamin B12
  - 1.4.1. B12 Supplementation
  - 1.4.2. Bioavailability of Spirulina Algae
- 1.5. Protein Sources in the Vegan/Vegetarian Diet
  - 1.5.1. Protein Quality
  - 1.5.2. Environmental Sustainability
- 1.6. Other Key Nutrients in Vegans
  - 1.6.1. Conversion of ALA to EPA/DHA
  - 1.6.2. Fe, Ca, Vit-D and Zn
- 1.7. Biochemical Evaluation/Nutritional Shortcomings
  - 1.7.1. Anemia
  - 1.7.2. Sarcopenia
- 1.8. Vegan Diet vs. Omnivorous Diet
  - 1.8.1. Evolutionary Food
  - 1.8.2. Current Food
- 1.9. Ergogenic Aids
  - 1.9.1. Creatine
  - 1.9.2. Vegetable Protein
- 1.10. Factors that Decrease Nutrient Absorption
  - 1.10.1. High Fiber Intake
  - 1.10.2. Oxalates



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*You will have the support of the largest online academic institution in the world, TECH, with the latest educational technology at your disposal. 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.



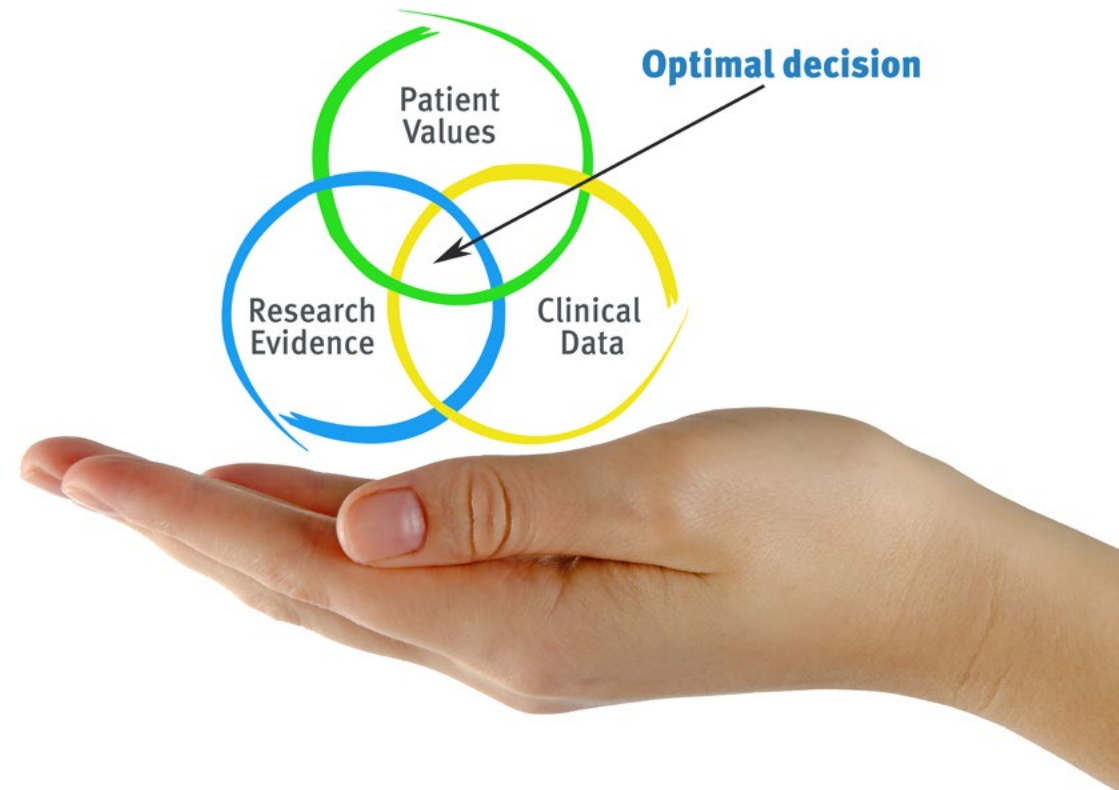
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

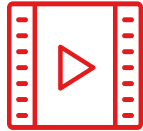
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

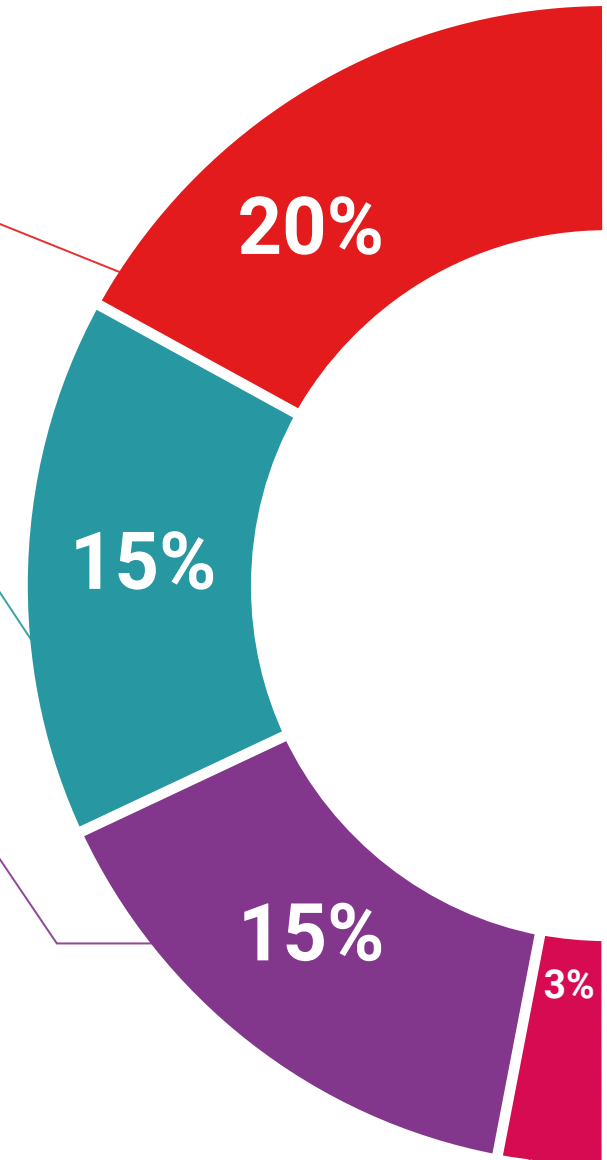
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

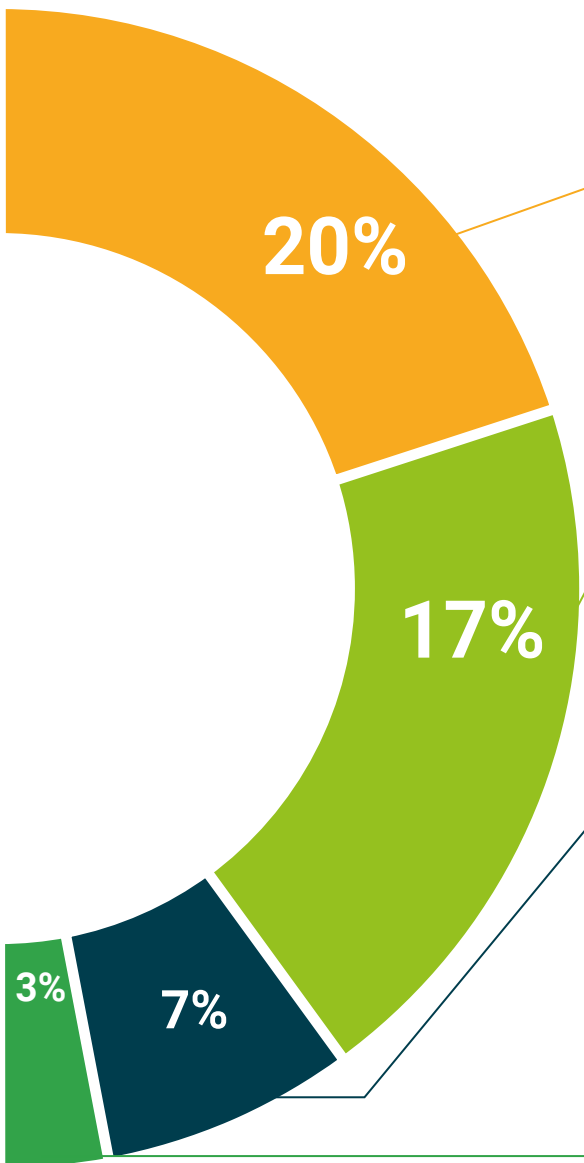
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Vegetarianism and Veganism in Physical Activity and Sport 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 Vegetarianism and Veganism in Physical Activity and Sport 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 Vegetarianism and Veganism in Physical Activity and Sport 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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