

# Postgraduate Diploma

## Diabetes, Vegetarianism and Veganism for Nursing





## Postgraduate Diploma Diabetes, Vegetarianism and Veganism for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-diabetes-vegetarianism-veganism-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-diabetes-vegetarianism-veganism-nursing)

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# 01

# Introduction

The World Health Organization estimates that more than 422 million people worldwide suffer from diabetes and expects this figure to increase in the coming years. In view of this situation, physical exercise is emerging as a useful tool to manage this pathology. In this sense, several athletes opt for dietary options such as Veganism both to maintain adequate glycemic control and to optimize their sports performance. In this sense, nurses need to have a solid understanding between the fundamentals of this disease and the specific nutritional needs in order to provide comprehensive care to their patients. For this reason, TECH presents an innovative 100% online university program focused on this subject.



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*With this 100% online Postgraduate Diploma, you will adapt food plans for athletes with Diabetes who follow vegetarian or vegan diets, ensuring an adequate balance of proteins, vitamins and carbohydrates”*

Comprehensive care of athletes with diabetes requires a multidisciplinary approach that addresses all aspects of the disease, including nutrition. Over the past few years, vegan diets have gained popularity as nutritional options that provide various health benefits for this population. For example, vegetarianism helps such individuals maintain a healthy body weight and improves blood lipid levels (which reduces the risk of cardiovascular disease). In the face of this, nursing professionals play a relevant role in educating and supporting users in both adopting and maintaining a balanced diet. Therefore, these specialists require a thorough understanding of Nutrition to provide personalized assistance that promotes glycemic control and the athletic performance of their patients.

In this context, TECH implements a complete and revolutionary Postgraduate Diploma in Diabetes, Vegetarianism and Veganism for Nursing. The academic itinerary will analyze the physiology of exercise in diabetics, taking into account factors such as muscle metabolism during physical activity. Likewise, the syllabus will delve into Insulin Therapy so that graduates can optimize the glycemic control of users and minimize the risk of suffering complications such as Hypoglycemia. The didactic materials will also examine the protein sources in the vegan/vegetarian diet, emphasizing the importance of consuming Vitamin B12 in order to have enough energy for sports activities. It is worth mentioning that the program will count with the participation of a renowned International Guest Director, who will provide graduates with the most beneficial Nutritional Supplements for athletes with Diabetes.

On the other hand, this university program is taught 100% online, which allows nurses to adapt the pace of learning to their needs and availability. In addition, TECH's disruptive Relearning methodology will guarantee graduates a progressive, natural and efficient update of their knowledge and skills.

This **Postgraduate Diploma in Diabetes, Vegetarianism and Veganism for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in Nutrition and Dietetics
- ◆ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*A prestigious International Guest Director will offer a variety of Masterclasses to delve into the latest trends in Nutritional Supplements for diabetic athletes”*



*You will delve into the nutritional requirements of child athletes, ensuring they receive the carbohydrates and protein needed for optimal growth”*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Do you want to acquire advanced skills to provide nutritional counseling to patients with Diabetes who follow vegetarian or vegan diets? Achieve it with this revolutionary program.*

*The Relearning methodology used in this program will allow you to expand your knowledge in an autonomous and progressive way. At your own pace!*



# 02

# Objectives

Through this program, nurses will understand the relationship between diabetes and vegetarian or vegan diets and their impact on both glycemic control and insulin sensitivity. Professionals will acquire advanced skills to perform comprehensive health assessments of diabetic athletes, therefore detecting their dietary needs accurately. Thanks to this, graduates will develop individualized care plans that prevent risks such as hyperglycemia. In addition, specialists will be highly qualified to recommend to their patients nutritional supplements based on scientific evidence (such as B12, Vitamins or Iron supplementation).







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*You will develop clinical competencies for the management of Diabetes in athletes, including proper treatment, follow-up and nutritional recommendations”*



## General Objectives

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- ◆ Handle 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 various fields in order 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.
- ◆ Develop the ability to work in a multidisciplinary environment

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*The competencies you will acquire after completing this program will enable you to provide excellent clinical care to athletes with Diabetes”*





## Specific Objectives

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### Module 1. Different Stages or Specific Population Groups

- ◆ 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

### Module 2. Vegetarianism and Veganism

- ◆ 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

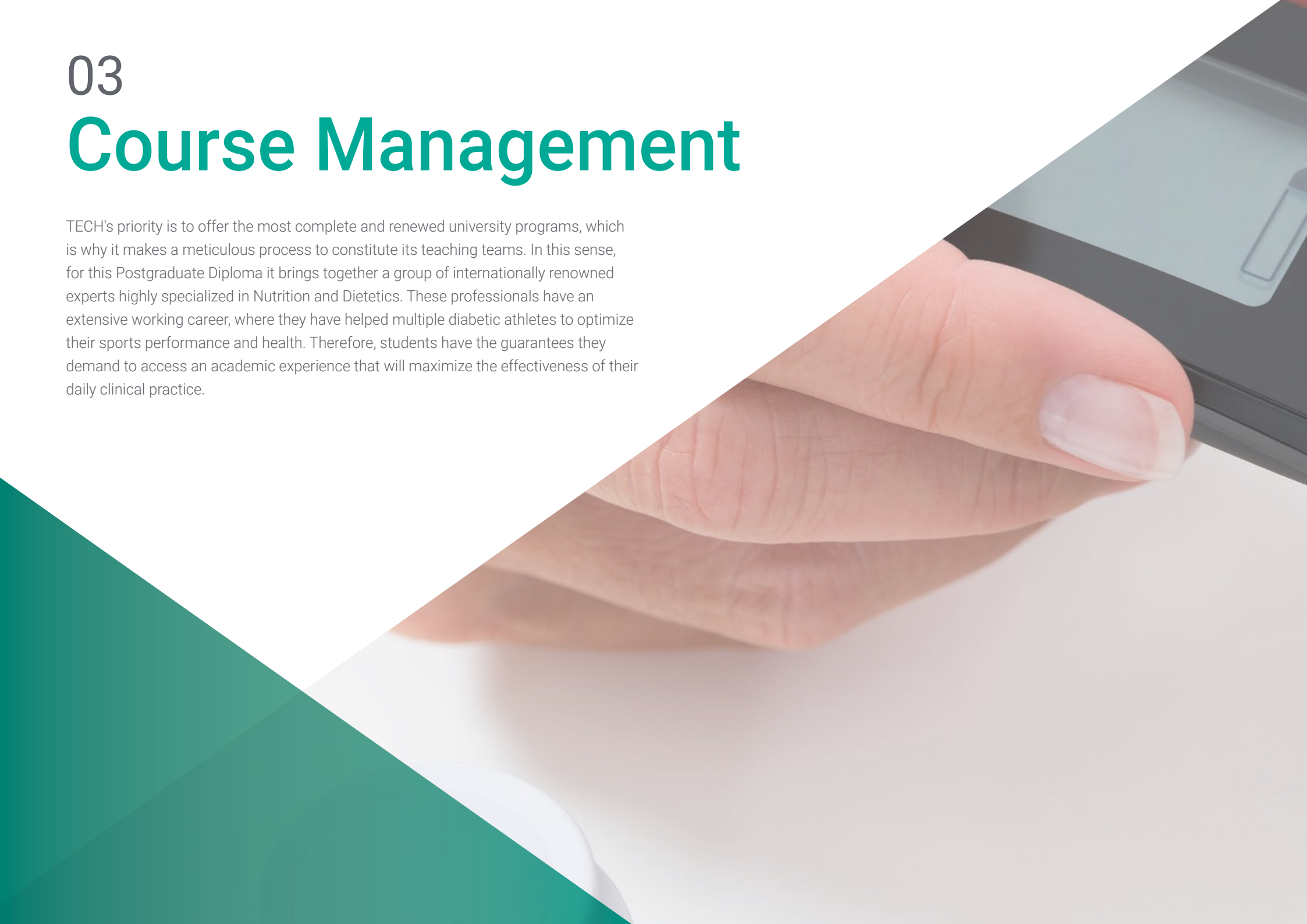
### Module 3. The Type 1 Diabetic Athlete

- ◆ Develop an in-depth understanding of how the different insulins or medications used by diabetics
- ◆ Assess the nutritional requirements for people with diabetes both in their daily life and in exercise, to improve their health
- ◆ Delve into the necessary knowledge to be able to plan nutrition for athletes of different disciplines with Diabetes, in order to improve their health and performance
- ◆ Establish the current state of evidence on Performance Enhancing Drugs in diabetics

03

# Course Management

TECH's priority is to offer the most complete and renewed university programs, which is why it makes a meticulous process to constitute its teaching teams. In this sense, for this Postgraduate Diploma it brings together a group of internationally renowned experts highly specialized in Nutrition and Dietetics. These professionals have an extensive working career, where they have helped multiple diabetic athletes to optimize their sports performance and health. Therefore, students have the guarantees they demand to access an academic experience that will maximize the effectiveness of their daily clinical practice.





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*Get updated in Diabetes,  
Vegetarianism and Veganism from  
the best experts in the field. Launch  
your professional career with TECH!”*

## 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 Sports, 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
- ◆ Master's Degree in Nutrition and Food Safety from the Catholic University San Antonio of Murcia

### Dr. Ramírez Munuera, Marta

- ◆ Sports Nutritionist expert in strength sports
- ◆ Nutritionist. M10 Health and Fitness. Health and Sports Center
- ◆ Nutritionist. Mario Ortiz Nutrition
- ◆ Courses and workshops on Sports Nutrition Trainer
- ◆ Speaker at conferences and seminars on Sports Nutrition.
- ◆ Degree in Human Nutrition and Dietetics. San Antonio Murcia Catholic University
- ◆ Master in Nutrition in Physical Activity and Sport. San Antonio Murcia Catholic University

### 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



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 04

## Structure and Content

Through this program, nurses will provide holistic care to athletes with diabetes who follow vegetarian or vegan diets. The program will analyze metabolic differences during exercise, which will enable graduates to plan strategies to prevent complications such as hypoglycemia. The study plan will also delve into the benefits of carbohydrate and protein intake for athletes to achieve optimal athletic performance. The itinerary will also examine the latest trends in Diabetic Supplements. As a result, specialists will develop competencies to assess dietary intake, nutritional status and specific dietary needs of their patients.





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*A study plan at the forefront of academic teaching will provide you with the latest knowledge in Sports Supplementation for diabetic athletes”*

## 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



## Module 2. Vegetarianism and Veganism

- 2.1. Vegetarianism and Veganism in the History of Sport
  - 2.1.1. The Beginnings of Veganism in Sport
  - 2.1.2. Vegetarian Athletes Today
- 2.2. Different Types of Vegan Food
  - 2.2.1. The Vegan Athlete
  - 2.2.2. The Vegetarian Athlete
- 2.3. Common Errors in the Vegan Athlete
  - 2.3.1. Energy Balance
  - 2.3.2. Protein Consumption
- 2.4. Vitamin B12
  - 2.4.1. B12 Supplementation
  - 2.4.2. Bioavailability of Spirulina Algae
- 2.5. Protein Sources in the Vegan/Vegetarian Diet
  - 2.5.1. Protein Quality
  - 2.5.2. Environmental Sustainability
- 2.6. Other Key Nutrients in Vegans
  - 2.6.1. Conversion of ALA to EPA/DHA
  - 2.6.2. Fe, Ca, Vit-D and Zn.
- 2.7. Biochemical Evaluation/Nutritional Shortcomings
  - 2.7.1. Anemia
  - 2.7.2. Sarcopenia
- 2.8. Vegan vs. Omnivorous Food
  - 2.8.1. Evolutionary Food
  - 2.8.2. Current Food
- 2.9. Ergogenic Aids
  - 2.9.1. Creatine
  - 2.9.2. Vegetable Protein
- 2.10. Factors that Decrease Nutrient Absorption
  - 2.10.1. High Fiber Intake
  - 2.10.2. Oxalates



### Module 3. Type 1 Diabetic Athlete

- 3.1. Knowing about Diabetes and its Pathology
  - 3.1.1. Incidence of Diabetes
  - 3.1.2. Diabetes Pathophysiology
  - 3.1.3. Consequences of Diabetes
- 3.2. Exercise Physiology in People with Diabetes
  - 3.2.1. Maximal, Submaximal Exercise and Muscle Metabolism during Exercise
  - 3.2.2. Differences at the Metabolic Level during Exercise in People with Diabetes
- 3.3. Exercise in People with Type 1 Diabetes
  - 3.3.1. Hypoglycemia, Hyperglycemia and Adjustment of Nutritional Treatment
  - 3.3.2. Exercise Duration and Carbohydrate Intake
- 3.4. Exercise in People with Type 2 Diabetes Blood Sugar Control
  - 3.4.1. Risks of Physical Activity in People with Type 2 Diabetes
  - 3.4.2. Benefits of Exercise in People with Type 2 Diabetes
- 3.5. Exercise in Children and Adolescents with Diabetes
  - 3.5.1. Metabolic Effects of Exercise
  - 3.5.2. Precautions during Exercise
- 3.6. Insulin Therapy and Exercise
  - 3.6.1. Insulin Infusion Pump
  - 3.6.2. Types of Insulins
- 3.7. Nutritional Strategies during Sport and Exercise in Type 1 Diabetes
  - 3.7.1. From Theory to Practice
  - 3.7.2. Carbohydrate Intake Before, During and After Physical Exercise
  - 3.7.3. Hydration Before, During and After Physical Exercise
- 3.8. Nutritional Planning in Endurance Sports
  - 3.8.1. Marathon
  - 3.8.2. Cycling
- 3.9. Nutritional Planning in Team Sports
  - 3.9.1. Soccer
  - 3.9.2. Rugby
- 3.10. Sports Supplements and Diabetes
  - 3.10.1. Potentially Beneficial Supplements for Athletes with Diabetes





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*This Postgraduate Diploma will include real case studies and exercises to bring the development of the program closer to your daily clinical practice. 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.





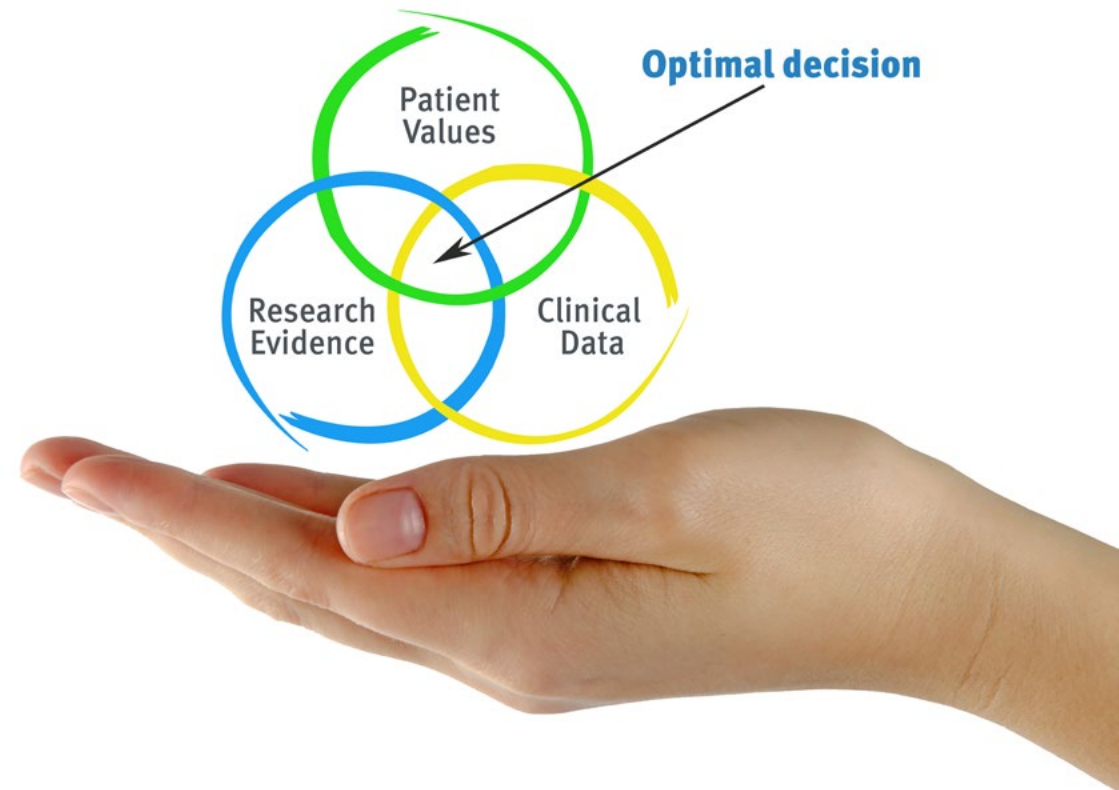
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.*

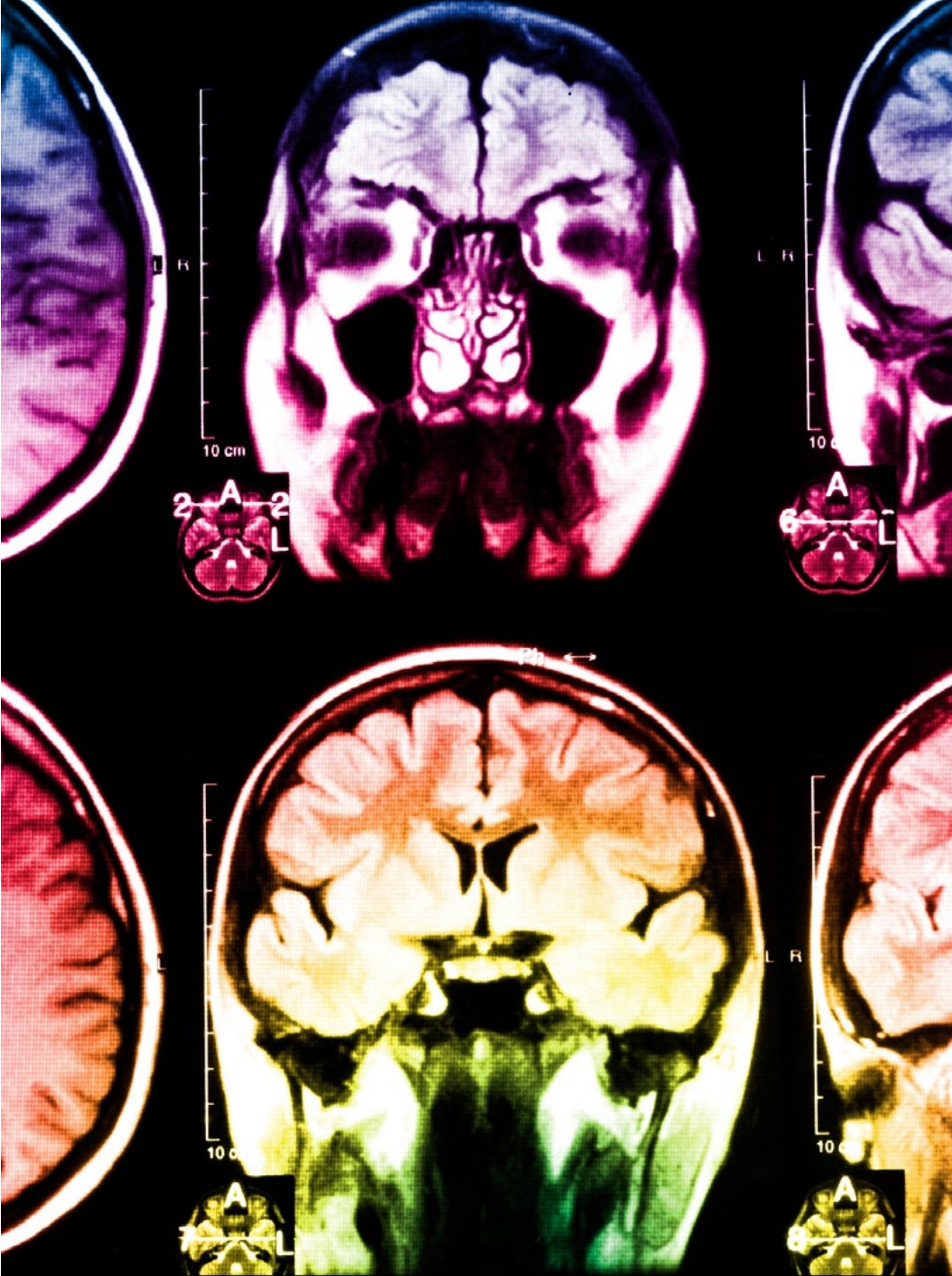
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialties 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.

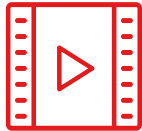
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

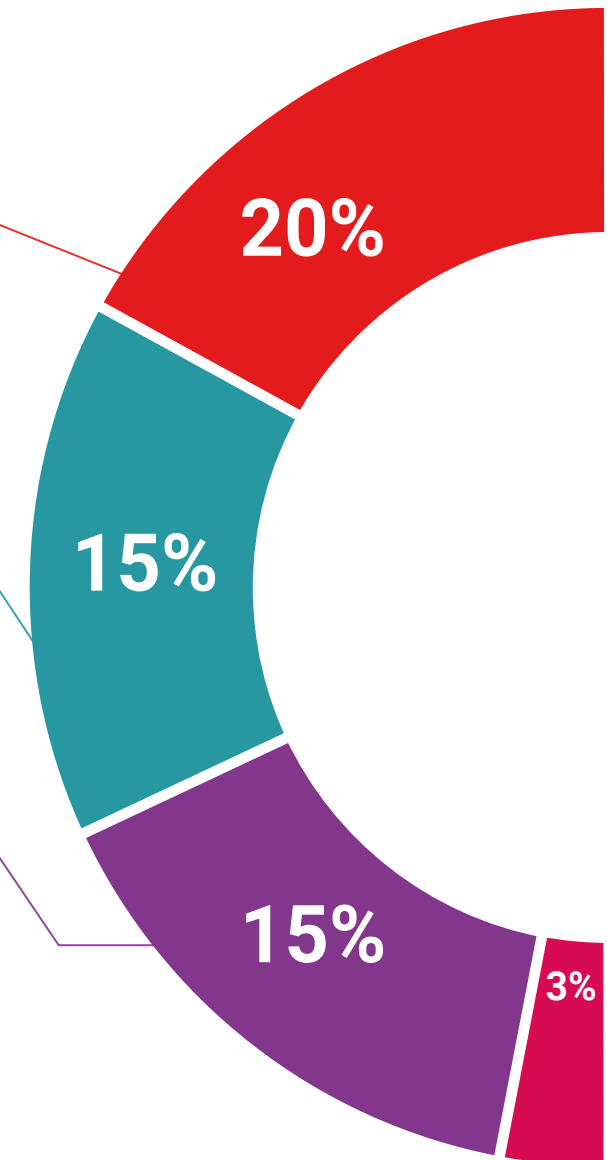
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

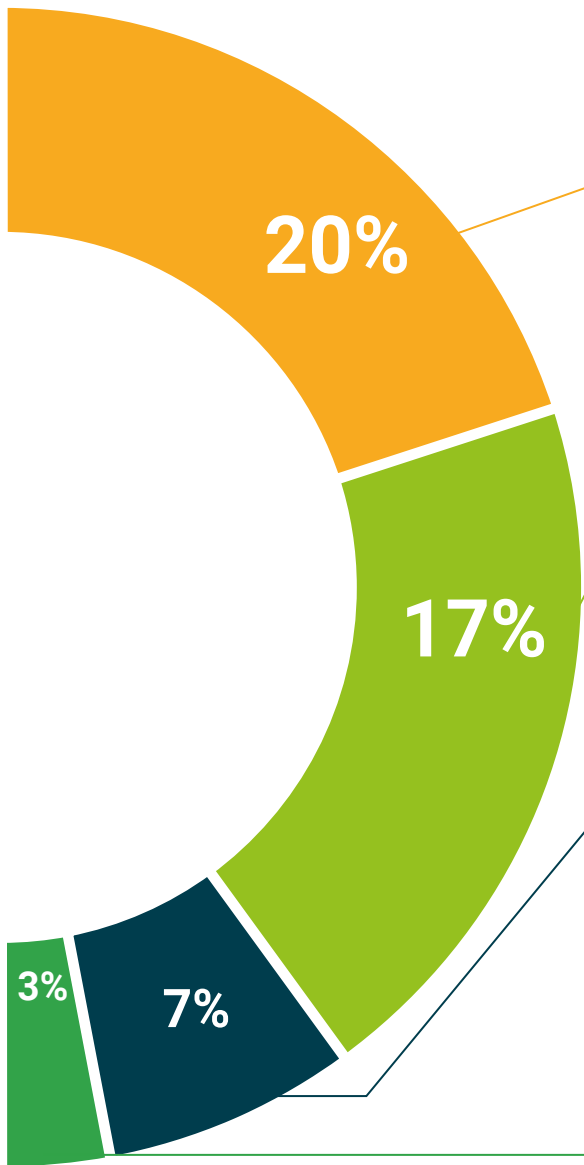
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Diabetes, Vegetarianism and Veganism for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.







“

*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 Diploma in Diabetes, Vegetarianism and Veganism 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 Diploma in Diabetes, Vegetarianism and Veganism for Nursing**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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.

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



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- » Accreditation: **18 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

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