

# Postgraduate Diploma Nutrition in Aquatic Sports for Nursing

Endorsed by the NBA





## Postgraduate Diploma Nutrition in Aquatic Sports for Nursing

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

Website: [www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-aquatic-sports-nursing](http://www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-aquatic-sports-nursing)

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# 01

# Introduction

Elite sports and amateur sports practice can take place in very different situations, conditioning both the physiological conditions and the nutritional objective during sports practice. This program was developed with the aim of training nursing professionals as specialists within a multidisciplinary group to maximize sports performance and proper recovery of athletes who perform physical activities in the water.







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

This program has been designed to help nurses update their knowledge of sports nutrition in special populations, so that they can advise and help both amateur and professional athletes to improve their performance and physical condition.

Athletes competing in Aquatic Sports face the constant challenge of arduous training and competition schedules in difficult and changing environmental conditions.

Therefore, the nursing professional must be up to date with the latest techniques and innovations in nutrition in aquatic sports, in order to use a treatment that is effective, according to the needs of the physical activity performed.

Within this program we can find a teaching staff of the highest level, made up of professionals closely related to Sports Nutrition, outstanding in their field and who lead lines of research and field work, as well as recognized specialists from leading societies and prestigious universities.

As it is an online Postgraduate Diploma, 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 Diploma in Nutrition in Aquatic Sports for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features of the program 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



*Immerse yourself in this comprehensive Postgraduate Diploma and improve your skills in nutritional counseling for athletes”*

“

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

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

*This Postgraduate Diploma offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*This 100% online Postgraduate Diploma will allow you to balance your studies with your professional work while increasing your knowledge in this field.*



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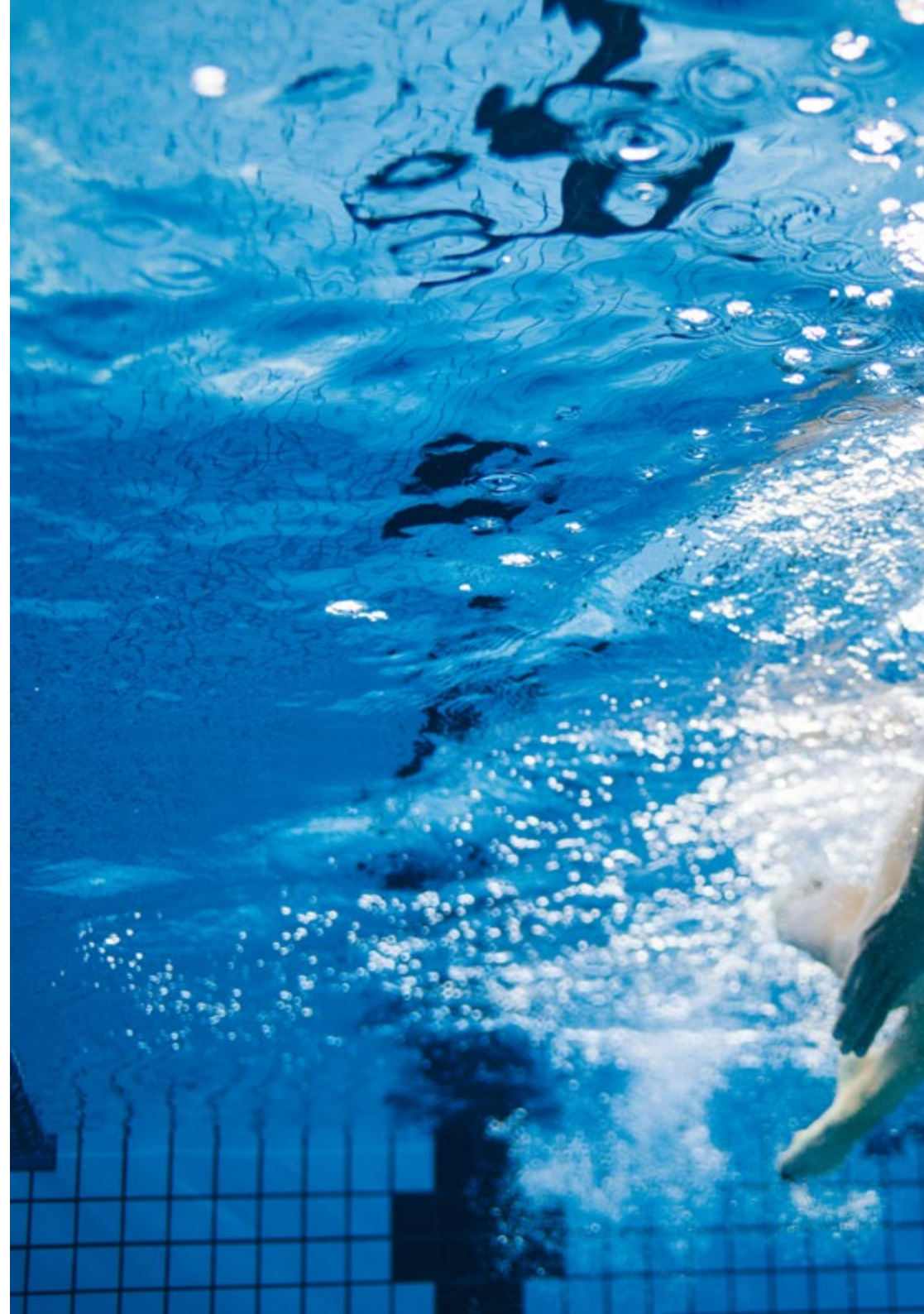
*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## 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 professors 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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### Module 1. Watersports

- ◆ Deepen understanding of the most important characteristics of the principal watersports
- ◆ Understand the demands and requirements associated with sports activities in aquatic environments
- ◆ Distinguish between the nutritional needs of different watersports

### Module 2. Sports by Weight Category

- ◆ Establish the different characteristics and needs within sports by weight category
- ◆ Understand in depth the different nutritional strategies for preparing the athlete for competition
- ◆ Optimize the improvement of body composition through nutritional approach

### Module 3. 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





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 Diploma with the latest developments in the field that will allow you to train and increase your skills in this sector.



“

*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in sports nutrition, you will obtain a qualification from the world's largest online university: TECH”*



## Management



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

- ◆ Full Member 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. Ramírez, Marta

- ◆ Graduate in Human Nutrition and Dietetics
- ◆ Professional Master's Degree in Nutrition in Physical Activity and Sport
- ◆ Anthropometrist ISAK level 1
- ◆ Extensive professional experience, both in the clinical and sports fields, where she works with athletes in triathlon, athletics, bodybuilding, CrossFit, powerlifting, among others, specializing in strength sports
- ◆ Experience as an instructor and speaker giving seminars, courses, workshops and conferences on Sports Nutrition for Dietitians-Nutritionists, Students of Health Sciences and the general population, in addition to a continual training in nutrition and sport in international congresses, courses and conferences

### 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

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 Diploma in Nutrition in Aquatic Sports for Nursing contains the most complete and up-to-date scientific program on the market”*

## Module 1. Aquatic Sports

- 1.1. History of Aquatic Sports
  - 1.1.1. Olympics and Major Tournaments.
  - 1.1.2. Aquatic Sports Today
- 1.2. Performance Limitations
  - 1.2.1. Aquatic Sports in the Water (Swimming, Water polo...)
  - 1.2.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing...)
- 1.3. Basic Characteristics of Aquatic Sports
  - 1.3.1. Aquatic Sports in the Water (Swimming, Water polo...)
  - 1.3.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing, etc.)
- 1.4. Aquatic Sports Physiology
  - 1.4.1. Energy Metabolism
  - 1.4.2. Athlete Biotype
- 1.5. Training
  - 1.5.1. Strength
  - 1.5.2. Resistance
- 1.6. Body Composition
  - 1.6.1. Swimming
  - 1.6.2. Water Polo
- 1.7. Pre-competition
  - 1.7.1. 3 Hours Before
  - 1.7.2. 1 Hour Before
- 1.8. Per Competition
  - 1.8.1. Carbohydrates
  - 1.8.2. Moisturization
- 1.9. Post-competition
  - 1.9.1. Moisturization
  - 1.9.2. Protein
- 1.10. Ergogenic Aids
  - 1.10.1. Creatine
  - 1.10.2. Caffeine







## Module 2. Sports by Weight Category

- 2.1. Characteristics of the Main Sports by Weight Category
  - 2.1.1. Regulation
  - 2.1.2. Categories
- 2.2. Programming of the Season
  - 2.2.1. Competitions
  - 2.2.2. Macrocycle
- 2.3. Body Composition
  - 2.3.1. Combat Sports
  - 2.3.2. Weightlifting
- 2.4. Stages of Muscle Mass Gain
  - 2.4.1. Body Fat Percentage
  - 2.4.2. Programming
- 2.5. Definition Stages
  - 2.5.1. Carbohydrates
  - 2.5.2. Protein.
- 2.6. Pre-competition
  - 2.6.1. Peak Week
  - 2.6.2. Before Weighing
- 2.7. Per Competition
  - 2.7.1. Practical Applications
  - 2.7.2. Timing
- 2.8. Post-competition
  - 2.8.1. Moisturization
  - 2.8.2. Protein.
- 2.9. Ergogenic Aids
  - 2.9.1. Creatine
  - 2.9.2. Whey Protein

### Module 3. Different Stages or Specific Population Groups

- 3.1. Nutrition in the Female Athlete
  - 3.1.1. Limiting Factors
  - 3.1.2. Requirements
- 3.2. Menstrual Cycle
  - 3.2.1. The Luteal Phase
  - 3.2.2. The Follicular Phase
- 3.3. Triad
  - 3.3.1. Amenorrhea
  - 3.3.2. Osteoporosis
- 3.4. Nutrition in the Pregnant Female Athlete
  - 3.4.1. Energy Requirements
  - 3.4.2. Micronutrients
- 3.5. Effects of Physical Exercise on the Child Athlete
  - 3.5.1. Strength Training
  - 3.5.2. Endurance Training
- 3.6. Nutritional Education in the Child Athlete
  - 3.6.1. Sugar
  - 3.6.2. Eating Disorders
- 3.7. Nutritional Requirements in the Child Athlete
  - 3.7.1. Carbohydrates
  - 3.7.2. Proteins
- 3.8. Changes Associated with Aging
  - 3.8.1. Body Fat Percentage
  - 3.8.2. Muscle Mass
- 3.9. Main Problems in the Older Athlete
  - 3.9.1. Joints
  - 3.9.2. Cardiovascular Health
- 3.10. Interesting Supplements for Older Athletes
  - 3.10.1. Whey Protein
  - 3.10.2. Creatine





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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 Diploma in Nutrition in Aquatic Sports for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Nutrition in Aquatic Sports for Nursing** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Diploma in Nutrition in Aquatic Sports for Nursing**

Official N° of Hours: **450 h.**

**Endorsed by the NBA**



\*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.

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community commitment  
personalized service innovation  
knowledge present  
development language  
classroom



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**tech** technological  
university

