

# Professional Master's Degree Sports Nutrition for Nursing

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**tech** global  
university



## Professional Master's Degree Sports Nutrition for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/enfermeria/master/master-nutricion-deportiva-enfermeria](http://www.techtute.com/enfermeria/master/master-nutricion-deportiva-enfermeria)

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# 01

# Introduction

Nursing professionals are familiar with the physiological processes and the body's adaptations to the athlete's nutrition, so their influence on performance is unquestionable. In this sense, specialization in nutrition is essential, which has become the essential response of the professional to the care and preventive needs of the population in health and nutrition issues. This program has been designed to help nurses to the updating of their knowledge in this area, so that they can advise and help the athlete, both amateur and professional, in the nutritional planning and elaboration of diets to improve their performance and maintain their health.







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*People who perform intense Physical Exercise on a regular basis need to eat a balanced diet rich in nutrients, so it is important to have professionals capable of guiding them in nutritional matters".*

Most of the factors that determine the state of health are linked to both diet and regular physical exercise. In the case of the athlete, a balanced diet has to supply sufficient energy to cover all needs, and must provide all nutrients in adequate quantities, taking into account individual characteristics and needs, and adapting the intake to the type of sport performed and the specific training of each person.

An adequate diet, in terms of quantity and quality, before, during and after physical-sports activity is essential to optimize performance. However, it is necessary to bear in mind that a good diet cannot replace an incorrect training or regular physical form, since an inadequate diet can impair the performance of a well-trained athlete.

The Professional Master's Degree in Sports Nutrition for Nursing aims to be a tool that helps nurses in relation to comprehensive care for the user who practices some kind of physical-sports activity, both for healthy purposes and in competition, and its objective is to study the relationship and importance of nutrition and physical-sports activity and to provide current scientific knowledge demonstrating the beneficial effects of exercise, as well as the mechanisms by which it enhances health.

As it is an online Postgraduate Certificate, students are 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.

Additionally, this academic itinerary has the participation of an international expert of international reference in the management and applications of Sports Nutrition. A renowned specialist who, as a Guest Director, is in charge of 10 exhaustive *Masterclasses*. These, turn this TECH program into the most attractive opportunity for updating and professional improvement in the university setting.

This **Professional Master's Degree in Sports Nutrition for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ It contains exercises where the self-assessment process can be carried out to improve learning
- ◆ An algorithm-based interactive learning system, designed for decision-making for patients with nutritional 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



*Join now this TECH program that offers 10 Masterclasses taught by a renowned international specialist".*

“

*This Professional Master's Degree 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 for Nursing, you will obtain a degree from TECH Global University"*

The program's teaching staff includes professionals from the sector 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.

*This program offers specialization in simulated environments, which provides an immersive learning experience designed to prepare for real-life situations.*

*This 100% online Professional Master's Degree 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 nurse can master in a practical and rigorous way the study of Sports Nutrition.







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*Our goal is to achieve academic excellence and help you grow in your profession”*



## General Objectives

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- Update the nutritionist's knowledge of new trends in human nutrition, both in health and in pathological situations through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education
- Encourage professional stimulation through continuous education and research
- Prepare the professional for research into patients with nutritional problems

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*An opportunity created for educators who are looking for an intensive and effective program to take a significant step forward in their career”*





## Specific Objectives

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### Module 1. New Developments in Food

- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment

### Module 2. Current Trends in Nutrition

- ♦ Early detection and assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods

### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- ♦ Explain the different techniques and products of basic and advanced nutritional support related to the nutrition of the patient.
- ♦ Explain the correct use of ergogenic aids.

### Module 4. Sports Nutrition

- ♦ Identify psychological disorders related to the practice of sport and nutrition



### Module 5. Muscle and Metabolic Physiology Associated with Exercise

- ♦ Gain an in-depth understanding of the structure of skeletal muscle
- ♦ Understand in depth the functioning of skeletal muscle
- ♦ Delve into the understanding of the most important changes that occur in athletes
- ♦ To delve into the mechanisms of energy production based on the type of exercise performed
- ♦ Explore the interaction between the different energy systems that make up the muscle energy metabolism

### Module 6. 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 7. Different Stages or Specific Population Groups

- ♦ Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- ♦ Gain a deep understanding of the external and internal factors that influence the nutritional approach to these groups







### **Module 8. Nutrition for Functional Recovery and Rehabilitation**

- ◆ Approach the concept of integral nutrition as a key element in the process of readaptation and functional recovery
- ◆ Distinguish the different structures and properties of both macronutrients and micronutrients
- ◆ Prioritize the importance of both water intake and hydration in the recovery process
- ◆ Analyze the different types of phytochemicals and their essential role in improving the state of health and regeneration of the organism

### **Module 9. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population.**

- ◆ Analyze patient's eating habits, as well as their problems and motivation
- ◆ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ◆ Prepare for the design of nutritional education strategies and patient care

### **Module 10. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring**

- ◆ Adequate assessment of the clinical case, interpretation of causes and risks
- ◆ Personalized calculation of nutritional plans taking into account all individual variables
- ◆ Draw up nutritional plans and models in order to provide comprehensive and practical recommendations

# 03 Skills

After passing the assessments of the Professional Master's Degree in Sports Nutrition for Nursing, the professional will have acquired the necessary skills for a quality and up-to-date practice based on the most innovative teaching methodology.





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*This program will help you acquire the skills you need to excel in your daily work”*





## General Skills

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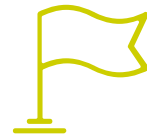
- ◆ Apply new trends in Sports Nutrition with their patients
- ◆ Apply the new trends in nutrition depending on the adult's pathologies.
- ◆ Investigate patients nutritional problems

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







## Specific Skills

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- ◆ Assess patients' nutritional status.
- ◆ Identify patients' nutritional problems and apply the most appropriate treatments and diets in each case
- ◆ Know about food compositions, identify their uses and add them to the diets of patients who need them
- ◆ Seek help for patients with psychological disorders related to nutrition and the practice of sports
- ◆ Stay up to date on food safety and be aware of potential food hazards
- ◆ Identify the benefits of the Mediterranean diet
- ◆ Identify athletes' energy needs and provide them with appropriate diets

04

# Course Management

The teaching team, experts in Sports Nutrition for Nursing, has a wide prestige in the profession and are professionals with years of teaching experience who have joined forces to help you give a boost to your profession. To this end, they have developed this professional master's degree with recent updates in the field that will allow professionals to specialize and increase their skills in this sector.





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*Learn the latest advances in Sports Nutrition for Nursing from leading professionals”*



## International Guest Director

Shelby Johnson has a distinguished career as a **Sports Nutritionist**, specialized in **college sports** in the **United States**. In fact, her experience and specific knowledge in this area have been key in her goal of contributing to the best performance of **high performance athletes**.

As **Director of Sports Nutrition** at Duke University, she has provided **nutritional** and **health assistance** to **student athletes**. Additionally, she has served on the **nutritionist staff** at the University of Missouri and on the **University of Florida's soccer, lacrosse and women's basketball teams**.

Likewise, her commitment to offer **young athletes** the best **nutritional advice** during their training and competitions has led her to perform a remarkable work in this professional field. In this way, in order to guarantee the best **attention to athletes**, she has been in charge of performing **body composition analysis** and **building personalized plans**, according to each person's objective. She has also guided **athletes** on the most appropriate **diets** for their physical efforts, in order to contribute to their full performance and avoid **health problems**.

During her professional career, Shelby Johnson has performed an integral work in **sports nutrition**, and her ability to adapt to different disciplines has allowed her to expand her areas of occupation and offer a much more precise attention.

In this way thanks to her specialization and experience, a **Food Sensitivity Policy for Sports Health** has been created, seeking to highlight the importance of proper **nutrition for health**. Therefore, her objective has always been to disseminate all information that helps **athletes** to become aware of the best **nutrients vitamins and foods** to achieve their goals.





## Ms. Johnson, Shelby

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- Director of Sports Nutrition at Duke University, Durham, United States
- Nutrition Consultant
- Nutritionist for the soccer, lacrosse and women's basketball teams at the University of Florida
- Specialist in Sports Nutrition
- Master's Degree in Applied Physiology and Kinesiology from the University of Florida
- Bachelor's Degree in Dietetics from Lipscomb University

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*Thanks to TECH you will be able to learn with the best professionals in the world"*

## Guest Director



### Dr. Pérez de Ayala, Enrique

- ♦ Head of the Sports Medicine Department at Gipuzkoa Polyclinic
- ♦ Degree in Medicine from the Autonomous University of Barcelona
- ♦ Master's Degree in Evaluation of Bodily Injury
- ♦ Expert in Biology and Sports Medicine from the Pierre et Marie Curie University
- ♦ Former Head of the Sports Medicine Section of the Real Sociedad de Fútbol
- ♦ Member of: Spanish Association of Football Team Doctors, Spanish Federation of Sports Medicine, Spanish Society of Aerospace Medicine

## Professors

### Ms. Urbeltz, Uxue

- ♦ BPX Instructor, Patronato de Deportes de San Sebastian
- ♦ Dietician in Policlínica Gipuzkoa
- ♦ Diploma in Dietetics and Nutrition
- ♦ Degree in Innovation Engineering in Food Processes and Products by the Public University of Navarra
- ♦ Online Postgraduate Course in Microbiota by Regenera
- ♦ Certificate in Anthropometry ISAK Level 1 by The International Society for the Advancement of Kinanthropometry (ISAK)

### Ms. Aldalur Mancisidor, Ane

- ♦ Dietitian Specializing in Plant-Based Diets
- ♦ Degree in Nursing
- ♦ Higher Technical Degree in Dietetics and Nutrition by Cebanc
- ♦ Expert in Eating Disorders and Sports Nutrition
- ♦ Member of the Dietetics Office of the Basque Health Service



05

# Structure and Content

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







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*We have the most complete and up-to-date scientific program on the market and we put it at your disposal to help you advance your career"*

## Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Symbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical Hazards
  - 1.9.2. Chemical Hazards
  - 1.9.3. Microbiological Hazards
- 1.10. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding, Appetite and Satiety
- 2.5. Psychology and Nutrition
- 2.6. Nutrition and Sleep
- 2.7. Update on Nutritional Objectives and Recommended Intakes
- 2.8. New Evidence on the Mediterranean Diet



### Module 3. Assessment of Nutritional Status and Diet. Practical Application

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis. Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Analysis Methods for Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. The Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

### Module 4. Sports Nutrition

- 4.1. Physiology of Exercise
- 4.2. Physiological Adaptation to Different Types of Exercise
- 4.3. Metabolic Adaptation to Exercise. Regulation and Control
- 4.4. Assessing Athletes' Energy Needs and Nutritional Status
- 4.5. Assessing Athletes' Physical Ability
- 4.6. Nutrition in the Different Phases of Sports Practice
  - 4.6.1. Pre-Competition
  - 4.6.2. During
  - 4.6.3. Post-Competition
- 4.7. Hydration
  - 4.7.1. Regulation and Needs
  - 4.7.2. Drink Types
- 4.8. Dietary Planning Adapted to Different Sports
- 4.9. Nutrition in Sports Injury Recovery

- 4.10. Psychological Disorders Related to Practicing Sport
  - 4.10.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  - 4.10.2. Fatigue Caused by Overtraining
  - 4.10.3. The Female Athlete Triad
- 4.11. The Role of the Coach in Sports Performance

### Module 5. Muscle and Metabolic Physiology Associated with Exercise

- 5.1. Cardiovascular Adaptations Related to Exercise
  - 5.1.1. Increased Systolic Volume
  - 5.1.2. Decreased Heart Rate
- 5.2. Ventilatory Adaptations Related to Exercise
  - 5.2.1. Changes in Ventilatory Volume
  - 5.2.2. Changes in Oxygen Consumption
- 5.3. Hormonal Adaptations Related to Exercise
  - 5.3.1. Cortisol
  - 5.3.2. Testosterone
- 5.4. Muscle Structure and Types of Muscle Fibers
  - 5.4.1. Muscle Fiber
  - 5.4.2. Type I Muscle Fiber
  - 5.4.3. Type II Muscle Fibers
- 5.5. The Concept of Lactic Threshold
- 5.6. ATP and Phosphagen Metabolism
  - 5.6.1. Metabolic Pathways for ATP Resynthesis during Exercise
  - 5.6.2. Phosphagen Metabolism
- 5.7. Carbohydrate Metabolism
  - 5.7.1. Carbohydrate Mobilization during Exercise
  - 5.7.2. Types of Glycolysis
- 5.8. Lipid Metabolism
  - 5.8.1. Lipolysis
  - 5.8.2. Fat Oxidation during Exercise
  - 5.8.3. Ketone Bodies

- 5.9. Protein Metabolism
  - 5.9.1. Ammonia Metabolism
  - 5.9.2. Amino Acid Oxidation
- 5.10. Mixed Bioenergetics of Muscle Fibers
  - 5.10.1. Energy Sources and their Relation to Exercise
  - 5.10.2. Factors Determining the Use of One or Another Energy Source during Exercise

## Module 6. Vegetarianism and Veganism

- 6.1. Vegetarianism and Veganism in the History of Sport
  - 6.1.1. The Beginnings of Veganism in Sport
  - 6.1.2. Vegetarian Athletes Today
- 6.2. Different Types of Vegetarian Food
  - 6.2.1. The Vegan Athlete
  - 6.2.2. The Vegetarian Athlete
- 6.3. Common Errors in the Vegan Athlete
  - 6.3.1. Energy Balance.
  - 6.3.2. Protein Consumption
- 6.4. Vitamin B12
  - 6.4.1. B12 Supplementation
  - 6.4.2. Bioavailability of Spirulina Algae
- 6.5. Protein Sources in the Vegan/Vegetarian Diet
  - 6.5.1. Protein Quality
  - 6.5.2. Environmental Sustainability
- 6.6. Other Key Nutrients in Vegans
  - 6.6.1. Conversion of ALA to EPA/DHA
  - 6.6.2. Fe, Ca, Vit-D and Zn
- 6.7. Biochemical Evaluation/Nutritional Shortcomings
  - 6.7.1. Anaemia
  - 6.7.2. Sarcopenia
- 6.8. Vegan vs. Omnivorous Food
  - 6.8.1. Evolutionary Food
  - 6.8.2. Current Food

- 6.9. Ergogenic Aids
  - 6.9.1. Creatine
  - 6.9.2. Vegetable Protein
- 6.10. Factors that Decrease Nutrient Absorption
  - 6.10.1. High Fiber Intake
  - 6.10.2. Oxalates

## Module 7. Different Stages or Specific Population Groups

- 7.1. Nutrition in the Female Athlete
  - 7.1.1. Limiting Factors
  - 7.1.2. Requirements
- 7.2. Menstrual Cycle
  - 7.2.1. Luteal Phase
  - 7.2.2. Follicular Phase
- 7.3. Triad
  - 7.3.1. Amenorrhea
  - 7.3.2. Osteoporosis
- 7.4. Nutrition in the Pregnant Female Athlete
  - 7.4.1. Energy Requirements
  - 7.4.2. Micronutrients
- 7.5. The Effects of Physical Exercise on the Child Athlete
  - 7.5.1. Strength Training
  - 7.5.2. Endurance Training
- 7.6. Nutritional Education in the Child Athlete
  - 7.6.1. Sugar
  - 7.6.2. Eating Disorders
- 7.7. Nutritional Requirements in the Child Athlete
  - 7.7.1. Carbohydrates
  - 7.7.2. Proteins
- 7.8. Changes Associated with Aging
  - 7.8.1. % Body Fat
  - 7.8.2. Muscle Mass





- 7.9. Main Problems in the Older Athlete
  - 7.9.1. Joints
  - 7.9.2. Cardiovascular Health
- 7.10. Interesting Supplements for Older Athletes
  - 7.10.1. Whey Protein
  - 7.10.2. Creatine

## Module 8. Nutrition for Functional Recovery and Rehabilitation

- 8.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
- 8.2. Carbohydrates
- 8.3. Proteins
- 8.4. Fats
  - 8.4.1. Saturated
  - 8.4.2. Unsaturated
    - 8.4.2.1. Monounsaturated
    - 8.4.2.2. Polyunsaturated
- 8.5. Vitamins
  - 8.5.1. Water Soluble
  - 8.5.2. Fat Soluble
- 8.6. Minerals
  - 8.6.1. Macrominerals
  - 8.6.2. Microminerals
- 8.7. Fiber
- 8.8. Water
- 8.9. Phytochemicals
  - 8.9.1. Phenols
  - 8.9.2. Thiols
  - 8.9.3. Terpenes
- 8.10. Food Supplements for Prevention and Functional Recovery

**Module 9.** Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population.

- 9.1. Feeding Habits in the Current Population and Health Risks
- 9.2. Mediterranean and Sustainable Diet
  - 9.2.1. Recommended Dietary Pattern
- 9.3. Comparison of Dietary Patterns or "Diets"
- 9.4. Nutrition in Vegetarians
- 9.5. Childhood and Adolescence
  - 9.5.1. Nutrition, Growth and Development
- 9.6. Adults
  - 9.6.1. Nutrition for the Improvement of Quality of Life
  - 9.6.2. Prevention
  - 9.6.3. Disease Treatment
- 9.7. Pregnancy and Lactation Recommendations
- 9.8. Recommendations in Menopause
- 9.9. Advanced Age
  - 9.9.1. Nutrition in Aging
  - 9.9.2. Changes in Body Composition
  - 9.9.3. Abnormalities
  - 9.9.4. Malnutrition
- 9.10. Nutrition in Athletes

**Module 10.** Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 10.1. Medical History and Background
  - 10.1.1. Individual Variables Affecting Nutritional Plan Response
- 10.2. Anthropometry and Body Composition
- 10.3. Assessment of Eating Habits
  - 10.3.1. Nutritional Assessment of Food Consumption
- 10.4. Interdisciplinary Team and Therapeutic Circuits



- 10.5. Calculation of Energy Intake
- 10.6. Calculation of Recommended Macro- and Micronutrient Intakes
- 10.7. Quantity and Frequency of Food Consumption Recommendations
  - 10.7.1. Dietary Patterns
  - 10.7.2. Planning
  - 10.7.3. Distribution of Daily Feedings
- 10.8. Diet Planning Models
  - 10.8.1. Weekly Menus
  - 10.8.2. Daily Intake
  - 10.8.3. Methodology by Food Exchanges
- 10.9. Hospital Nutrition
  - 10.9.1. Dietary Models
  - 10.9.2. Decision Algorithms
- 10.10. Educational
  - 10.10.1. Psychological Aspects
  - 10.10.2. Maintenance of Feeding Habits
  - 10.10.3. Discharge Recommendations

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*A path to achieve education and professional growth that will propel you towards a greater level of competitiveness in the employment market"*



06

# 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.

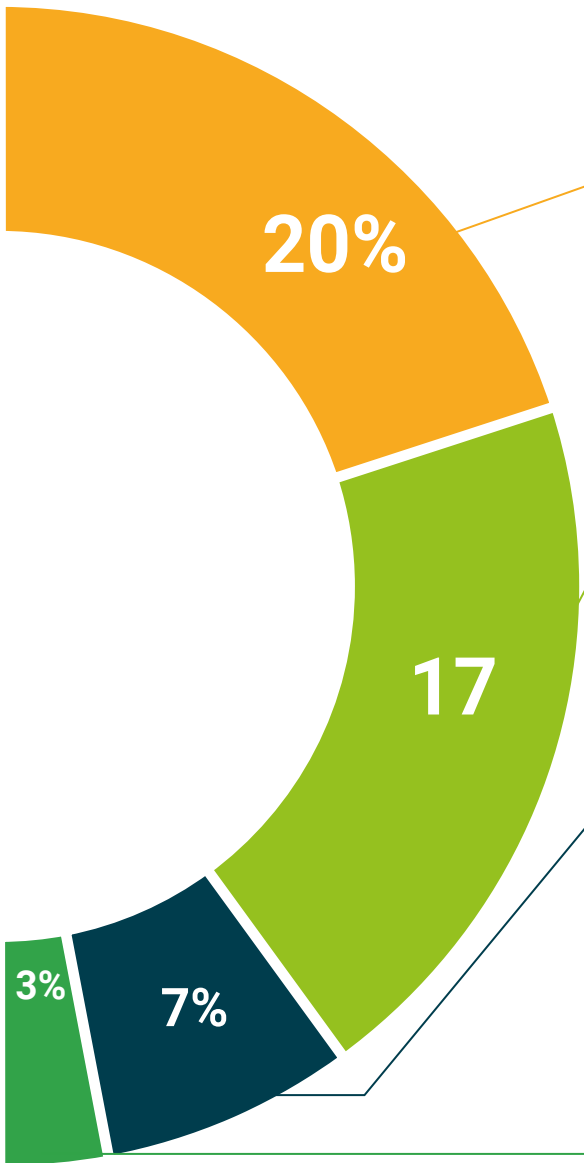
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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.



# 07 Certificate

The Professional Master's Degree in Sports Nutrition for Nursing guarantees you, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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 **Professional Master's Degree diploma in Sports Nutrition 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: **Professional Master's Degree in Sports Nutrition for Nursing**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

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Mr./Ms. \_\_\_\_\_ with identification document \_\_\_\_\_  
has successfully passed and obtained the title of:

**Professional Master's Degree in Sports Nutrition for Nursing**

This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana  
Dean

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWOR0233 | techtute.com/certificates

**Professional Master's Degree in Sports Nutrition for Nursing**

General Structure of the Syllabus	
Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	0
Master's Degree Thesis (MDT)	0
Total 60	

General Structure of the Syllabus			
Year	Subject	ECTS	Type
1º	New Developments in Food	6	CO
1º	Current Trends in Nutrition	6	CO
1º	Assessment of Nutritional Status and Diet Application in practice	6	CO
1º	Sports Nutrition	6	CO
1º	Muscle and Metabolic Physiology Associated with Exercise	6	CO
1º	Vegetarianism and Veganism	6	CO
1º	Different Stages or Specific Groups	6	CO
1º	Nutrition for Functional Recovery and Rehabilitation	6	CO
1º	Food, Health and Disease Prevention: Current Problems and Recommendations for the General Population	6	CO
1º	Nutritional status assessment and calculation of personalized nutritional plans, recommendations and follow-up	6	CO

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\*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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## Professional Master's Degree Sports Nutrition for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree Sports Nutrition for Nursing

Endorsed by the NBA

