Professional Master's Degree

Sports Nutrition for Nursing

Endorsed by the NBA

tech global university

tech global university

Professional Master's Degree

Sports Nutrition for Nursing

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

Website: **www.techtitute.com/us/nursing/professional-master-degree/master-sports-nutrition-nursing**

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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, it is essential to specialize in nutrition, which has become the essential response of the professional to the healthcare and preventive needs of the population in matters of food and health. This program has been designed to help nurses update their knowledge in this area, so that they can advise and help athletes, both amateur and professional, in nutritional planning and preparation of diets to improve their performance and maintain their health.

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 health are linked to both diet and the regular practice of physical exercise. In the case of the athlete, a balanced diet has to provide sufficient energy to cover all needs, and should provide all nutrients in adequate amounts, 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 keep in mind that a good diet cannot substitute for improper training or regular physical fitness, since an inadequate diet can impair performance in a well-trained athlete.

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

As it is an online program, the student is not constrained by fixed schedules or the need to move to another physical location, but rather, they can access the contents at any time of the day, allowing them to balance their professional or personal life with their academic life as they please.

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

- 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 challenges.
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any device with an Internet connection

Nurses specialized in sports nutrition are an added value in healthcare facilities. Join our community of learners and add a plus to your resume with this high quality program"

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"

It includes, in its teaching staff, professionals belonging to the field of nutrition, who pour into this course the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the nurse to learn in a situated and contextual way, i.e. a simulated environment that will provide immersive qualification programmed to train 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 throughout the program. To do so, the nurse will be assisted by an innovative interactive video system developed by recognized experts in Sports Nutrition for Nursing with extensive teaching experience.

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

This 100% online Professional Master's Degree will allow you to combine 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.

Our goal is to strive for academic excellence and to help you grow in your profession"

General Objectives

- Update the nutritionist's knowledge on 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 training
- Encourage professional stimulation through continuous education and research
- Train the professional for research into patients with nutritional problems

An opportunity created for professionals who are looking for an intensive and effective program to take a significant step forward in their profession"

Specific Objectives

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

- Explain the current anti-doping regulations
- 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
- Deepen 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
- Deepen understanding of 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 Groups

- Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- In-depth 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 Problems and Recommendations for the General Population

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

Module 10. Nutritional status assessment and calculation of personalized nutritional plans, recommendations and follow-up

- Adequate assessment of the clinical case, interpretation of causes and risks
- Customized calculation of nutritional plans taking into account all individual variables
- Planning nutritional plans and models for a comprehensive and practical recommendation

03

Skills

After passing the evaluations 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 praxis based on the most innovative didactic methodology.

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

General Skills

- Apply new trends in sports nutrition to your patients
- Apply the new trends in nutrition depending on the adult's pathologies
- Investigate the nutritional problems of your patients

A unique, key, and decisive program to boost your professional development"

Specific Skills

- Assess the nutritional status of a patient
- Identify nutritional problems of patients and apply the most accurate treatments and diets in each case
- Know food compositions, identify their utilities and add them to the diets of patients who need them
- Know the anti-doping rules
- Seek help for patients with psychological disorders related to nutrition and the practice of sports
- Be 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

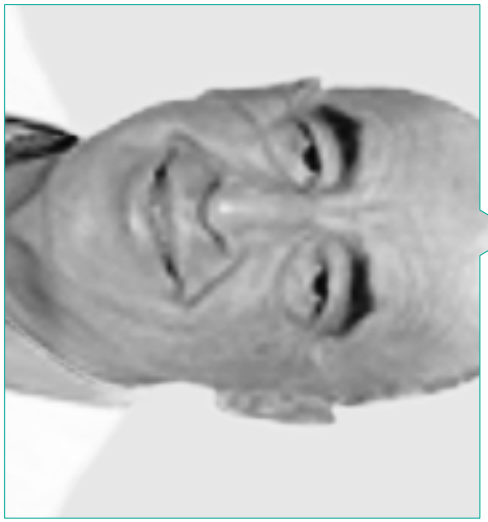
04

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 the professional to train and increase their skills in this sector.

Learn from leading professionals, the latest advances in Sports Nutrition for Nursing"

Management



Dr. Pérez de Ayala, Enrique

- Head of the Sports Medicine Department at Policlinica Gipuzkoa
- Degree in Medicine from the Autonomous University of Barcelona
- Specialist in Physical Education and Sports Medicine
- Honorary Member of the AEMEF
- Former Head of the Sports Medicine of Real Sociedad de Fútbol

Professors

Dr. Codoñer Franch, Pilar

- President of the Valencian Pediatrics Society
- President of the Clinical Research Ethics Committee of the Dr. Peset University Hospital
- Member of the Board of Directors of the Spanish Society for Research in Nutrition and Nutrition in Pediatrics (SEINAP)
- Member of the Scientific Committee of the Foundation for the Development of Health and Biomedical Research of the Valencian Community (FISABIO)
- Member of the athenaeum "FISABIO Chair University of Valencia"
- Member of the Valencian Medical Institute

Dr. Gimeno Uribes, Caridad

- Head of the Clinical Nutrition Unit at the Hospital Quironsalud of Valencia
- Degree in Medicine and Surgery from the University of Valencia
- Nutritional Advisor at Torrevieja Hospital Quironsalud
- Master's degree in Human Nutrition from the University of Sheffield (UK)
- Master's Degree in Clinical Nutrition from the Autonomous University of Madrid
- ISAK Level I Anthropometrist
- Advisor and trainer in sports nutrition for the Sailing Federation of the Valencian Community

Ms. Aldalur Mancisidor, Ane

- Expert in Eating Disorders and Sports Nutrition
- Part of the dietetics office and the Basque Health Service
- Degree in Nursing
- Degree in Dietetics

Ms. Urbeltz, Uxue

- Dietician in Policlínica Gipuzkoa
- BPX instructor, Patronato de Deportes de San Sebastián
- Diploma in Dietetics and Nutrition

"The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"

05

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 specialization in sports nutrition, and committed to quality teaching through new educational technologies.

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. New labelling and consumer information
1.11. 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 Application in practice

3.1. Bioenergy and Nutrition
  3.1.1. Energy Needs
  3.1.2. Energy Expenditure Assessment Methods
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. Methods of Analysis of Food and Nutrient Intakes
  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-competitive
  4.6.2. During
  4.6.3. Post-competition
4.7. Hydration
  4.7.1. Regulation and Needs
  4.7.2. Types of Beverages
4.8. Dietary Planning Adapted to Different Sports
4.9. Ergogenic Aids and Current Anti-Doping Regulations
4.10. Nutrition in Sports Injury Recovery
4.11. Psychological Disorders Related to Practising Sport
  4.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  4.11.2. Fatigue Caused by Overtraining
  4.11.3. The Triad of the Female Athlete
4.12. 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. Increase in 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. Ammonium 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 that Determine the Use of One Energy Source or Another 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. Anemia
  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 Groups

7.1. Nutrition in Female Athletes
  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 Pregnant Female Athletes
  7.4.1. Energy Requirements
  7.4.2. Micronutrients
7.5. The Effects of Physical Exercise in Young Athletes
  7.5.1. Strength Training
  7.5.2. Endurance Training
7.6. Nutritional Education in Young Athletes
  7.6.1. Sugar
  7.6.2. Eating Disorders
7.7. Nutritional Requirements in Young Athletes
  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. Saturation
  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
  8.6.9. Macrominerals
  8.6.2. Microminerals
8.7. Fibre
8.8. Water
8.9. Phytochemicals
  8.9.1. Phenols
  8.9.2. Tioles
  8.9.3. Terpenes
8.10. Food Supplements for Prevention and Functional Recovery

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

9.1. Eating Habits in the Current Population and Health Risks
9.2. Mediterranean and Sustainable Diet
  9.2.1. Recommended Feeding Model
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 to Improve Quality of Life
  9.6.2. Prevention
  9.6.3. Treatment of Disease
9.7. Recommendations in Pregnancy and Lactation
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. Sports Nutrition

Module 10. Nutritional status assessment and calculation of personalized nutritional plans, recommendations and follow-up

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 Evaluation 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. Recommended Amounts and Frequency of Food Consumption
  10.7.1. Feeding Models
  10.7.2. Planning
  10.7.3. Distribution of Daily Intakes
10.8. Diet Planning Models
  10.8.1. Weekly Menus
  10.8.2. Daily Intake
  10.8.3. Methodology for Food Changes
10.9. Hospital Nutrition
  10.9.1. Model Diets
  10.9.2. Decision Algorithms
10.10. Education
  10.10.1. Psychological Aspects
  10.10.2. Maintenance of Eating Habits
  10.10.3. Discharge Recommendations

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

06

Methodology

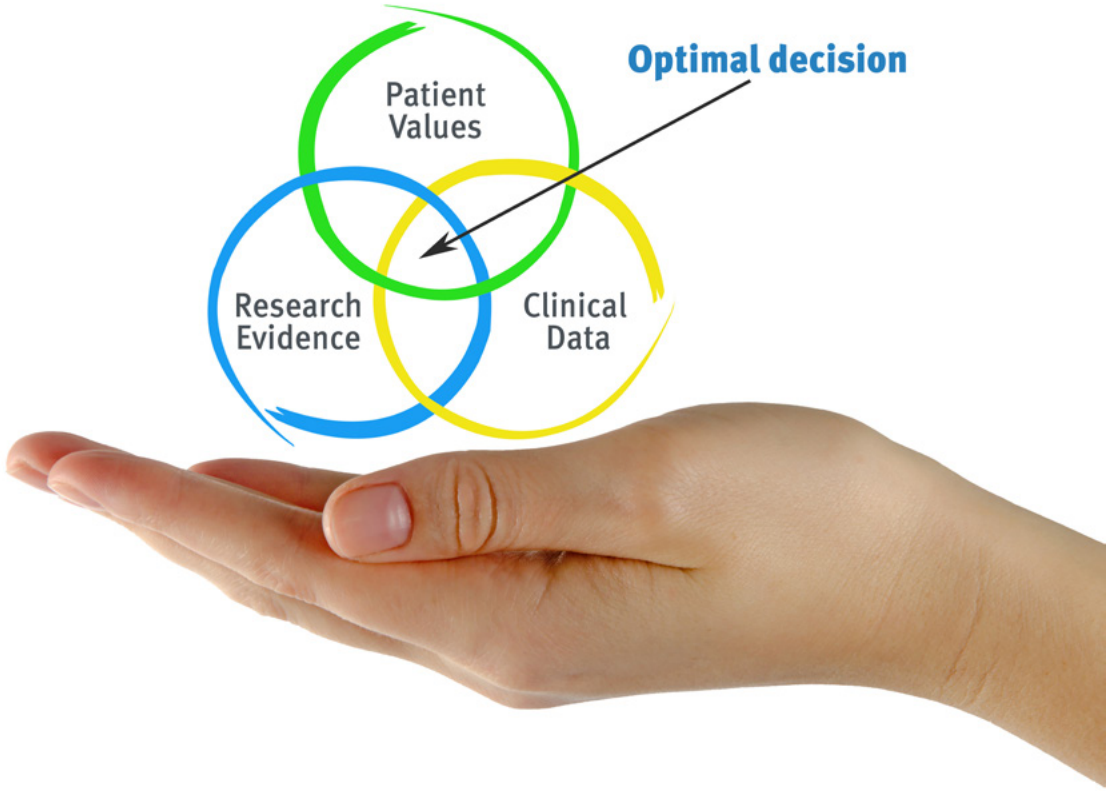
This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

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.

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:

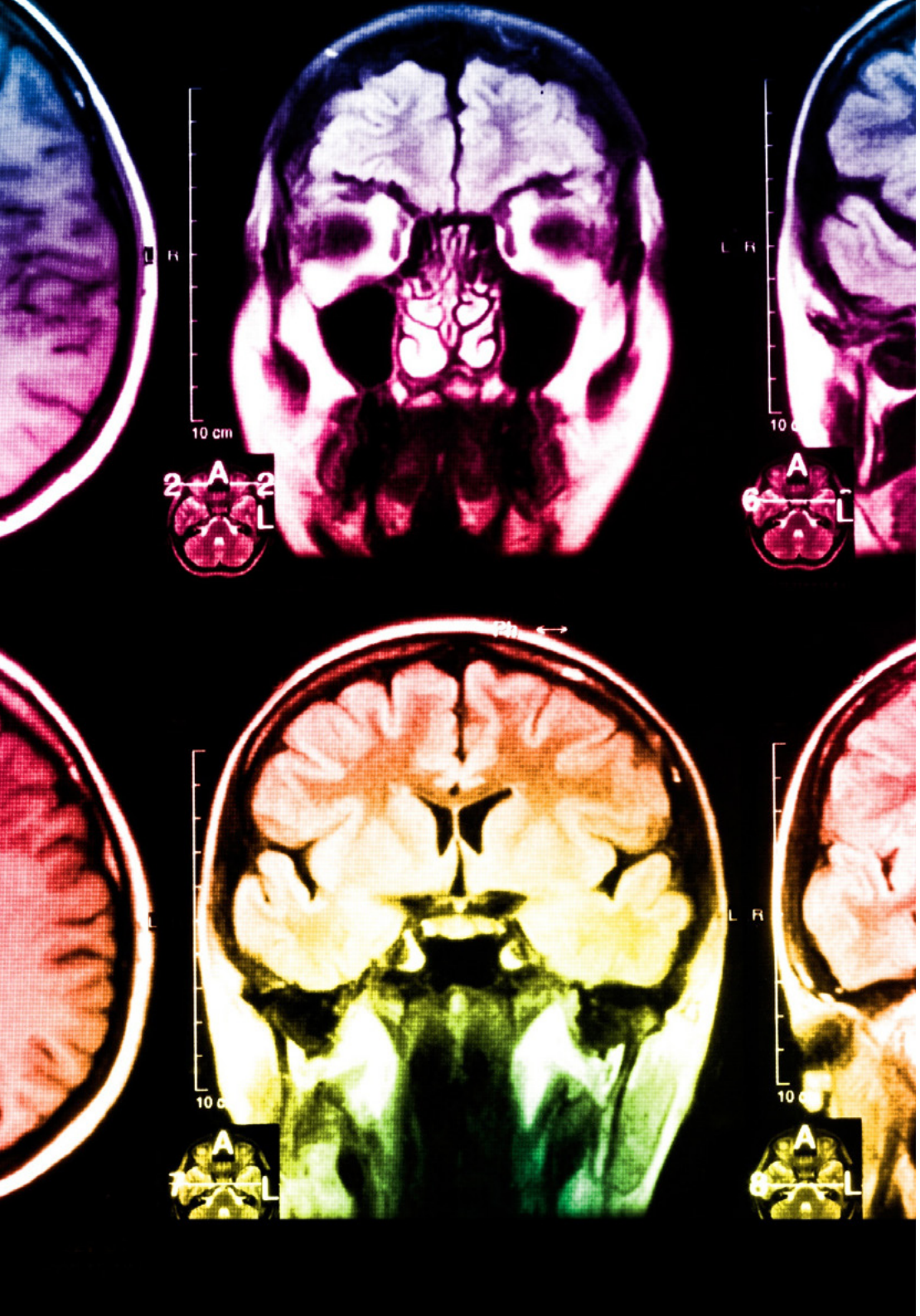
1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into 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.

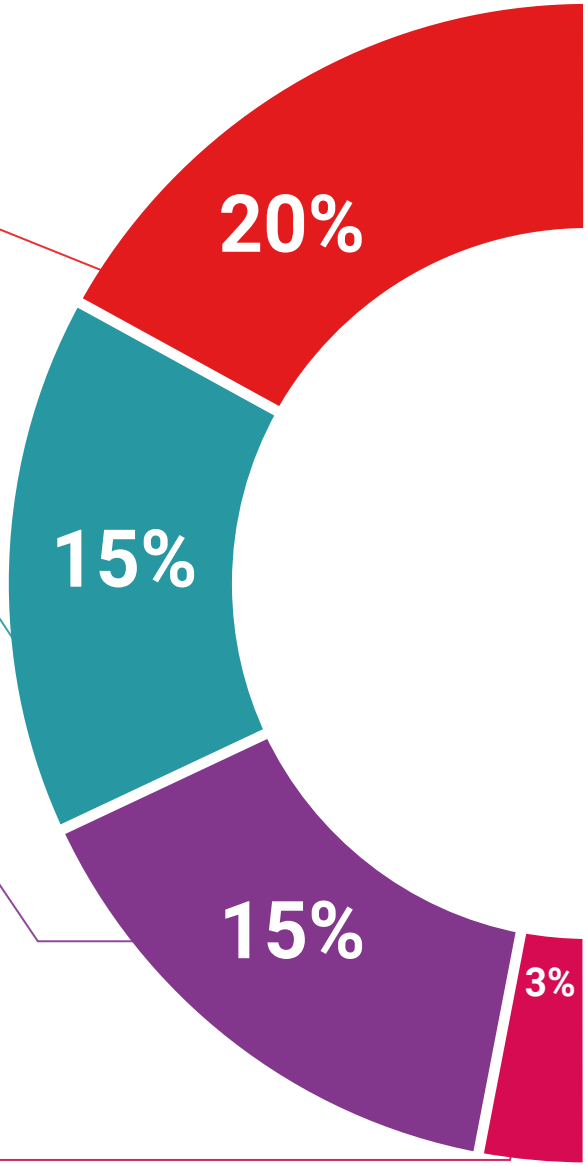
Interactive Summaries

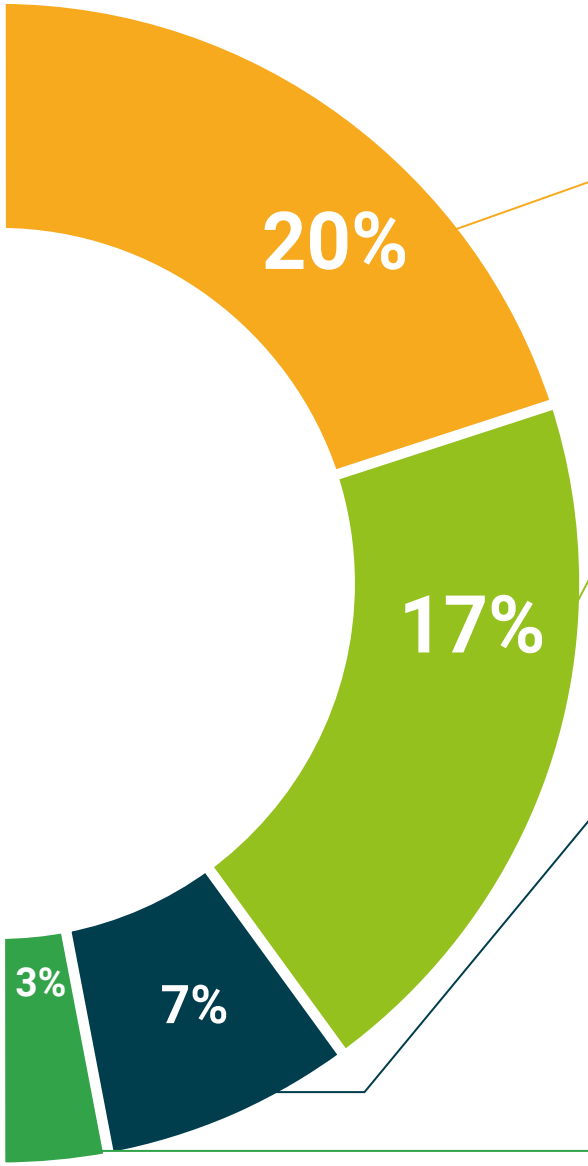
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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, in addition to the most rigorous and up-to-date qualification, access to a Professional Master's Degree 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 **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**


tech global university

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

Professional Master's Degree in Sports Nutrition for Nursing

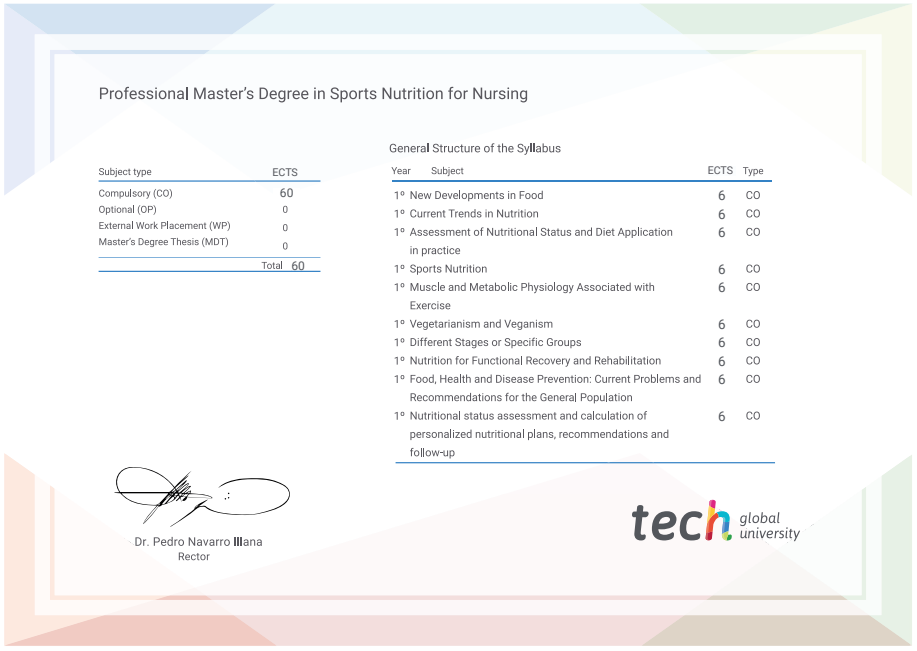
This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

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

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates


Professional Master's Degree in Sports Nutrition for Nursing

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

Dr. Pedro Navarro Illana
Rector

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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**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Professional Master's Degree

Sports Nutrition for Nursing

Endorsed by the NBA

tech global university