

Postgraduate Diploma

Nutrition in Aquatic Sports

Endorsed by the NBA





Postgraduate Diploma Nutrition in Aquatic Sports

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

Website: www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-nutrition-aquatic-sports

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01

Introduction

For nutritionists, it is imperative to know various parameters of athletes when designing dietary strategies for them. In disciplines such as swimming or water polo, for example, it is crucial to establish the body composition of competitors. At the same time, identifying these values requires an exhaustive mastery of the most advanced procedures and technologies. In this context, TECH has designed a curriculum that brings together all these innovations. Accordingly, this academic itinerary enables specialists to address different aspects of the physiology of aquatic sports and to intervene in pathologies or injuries through proper nutrition. To strengthen this knowledge, the program relies on the innovative Relearning methodology and a teaching staff composed of experts with extensive experience.





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With a 100% online academic modality, TECH offers you the most complete Postgraduate Diploma on Nutrition in Aquatic Sports to expand your skills and professional horizons”

The need to understand how different nutrients and dietary strategies impact athletic performance has become one of the most important areas of research for nutritionists and other technical sports personnel. As such, many studies have examined innovative models to optimize macronutrient intake, specific supplementation or hydration management. All with the aim of improving the performance or recovery of competitors.

However, there is a perennial challenge with respect to these innovations: their implementation. And that is that many teams and individual players have not yet had access to these advances because the specialists in charge of their dietary care have difficulty finding all the scientific-technical evidence in this field in a comprehensive training, which fits their personal needs or obligations.

That's why TECH leaves all these shortcomings aside with a complete Postgraduate Diploma. The program has been designed for its graduates to delve specifically into the nutritional requirements faced by water sports athletes. Topics such as endurance and power, energy metabolism, ergogenic aids, body composition and other trends to regulate the diet of competitors are addressed. In addition, the curriculum also examines some combat sports and weightlifting. It also takes a comprehensive look at nutritional trends that help prevent injuries or counteract their long-term impact.

While the program is based on updated and exclusive content, students also have a 100% online methodology, i.e., they are not subject to any type of attendance. Consequently, the materials are accessible 24 hours a day and it is possible to analyze them whenever and wherever you want. Also, this academic itinerary is distinguished by its teaching staff, which includes a prestigious International Guest Director who conducts exhaustive Masterclasses.

This **Postgraduate Diploma in Nutrition in Aquatic Sports** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

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



The Masterclasses of this university program are led by an International Guest Director of extensive professional expertise in the field of Nutrition focused on Aquatic Sports"

“

TECH's methodology stands out for implementing the avant-garde Relearning system and the analysis of real cases: an unparalleled opportunity to acquire theoretical and practical skills”

The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing 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 experts.

A flexible academic itinerary, without strict schedules, in which you will be able to access the contents 24 hours a day, 7 days a week.

You will master the performance limitations that may be experienced by competitors in specific water sports such as water polo or surfing.



02

Objectives

The central premise of this TECH program is to provide students with an accurate description of the specific physiology and composition preparation required by an aquatic athlete. Through the most innovative concepts and working tools in the field, graduates of the program will expand their practical skills in the planning of nutritional routines and the potential of these to achieve maximum athletic performance. In other words, the goal of this university program is for all graduates to be able to apply the latest trends in their daily professional practice.





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You will address strategies focused on dietetics to prevent injuries and delve into the relationship between sleep and nutrition”



General Objectives

- ♦ Master advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- ♦ Master advanced knowledge on nutritional planning in professional athletes of various fields in order to achieve maximum sports performance.
- ♦ Learn advanced knowledge about nutritional planning in professional athletes from team sports to achieve the highest sports performance
- ♦ Manage and consolidate the initiative, entrepreneurial spirit to implement projects related to nutrition in physical activity and sport
- ♦ Know how to incorporate the different scientific advances into one's own professional field
- ♦ Acquire the skills to work in a multidisciplinary environment
- ♦ Gain an advanced understanding of the context in which the area of their specialty is developed
- ♦ Master advanced skills in the detection of possible signs of nutritional changes associated with sports activities
- ♦ Master the necessary skills through the teaching-learning process that will allow them to continue ways and learning in the field of sports nutrition both through the contacts established with professors and professionals in the program, as well as on their own
- ♦ Specialize in the structure of muscle tissue and its role in sports
- ♦ Gain knowledge about the energetic and nutritional needs of athletes in different pathophysiological situations
- ♦ Specialize in the energetic and nutritional needs of athletes in the different situations specific to age and gender
- ♦ Specialize in dietary strategies for the prevention and treatment of the injured athlete
- ♦ Specialize in the energetic and nutritional needs of child athletes
- ♦ Specialize in the energetic and nutritional needs of Paralympic athletes



Delves into the necessary nutritional preparation before and after a competition, as well as the main ergogenic aids that are suitable for water sports”



Specific Objectives

Module 1. Aquatic Sports

- ♦ Delve into the most important characteristics of the main water sports
- ♦ 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. The Injury Period

- ♦ Determine the different phases of the injury
- ♦ Help in the prevention of injuries
- ♦ Improve the prognosis of the injury
- ♦ Develop a nutritional strategy to meet the changing nutritional requirements during the injury period



03

Course Management

Each sport discipline requires the integrated commitment of athletes and coaching staff. In this field, the teachers of this TECH program have extensive experience and, in particular, have a thorough knowledge of the requirements of Aquatic Sports. In order to accumulate this knowledge, all the members of this faculty have been involved with teams and individual players. These theoretical-practical skills have been included in the syllabus of this Postgraduate Diploma, resulting in the most complete and specialized academic itinerary of the moment.





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The entire faculty of this program has accumulated rigorous experience as nutritionists of athletes linked to Aquatic Sports”

International Guest Director

Jamie Meeks has demonstrated throughout her career her dedication to **Sports Nutrition**. After graduating from Louisiana State University with a degree in Sports Nutrition, she quickly rose to prominence. Her talent and commitment were recognized when she received the prestigious **Young Dietitian of the Year award** from the Louisiana Dietetic Association, an achievement that marked the beginning of a successful career.

After completing her undergraduate degree, Jamie Meeks continued her education at the University of Arkansas, where she completed her internship in **Dietetics**. She then went on to earn a Master's Degree in Kinesiology with a specialization in **Exercise Physiology** from Louisiana State University. Her passion for helping athletes reach their full potential and her tireless commitment to excellence make her a leading figure in the sports and nutrition community.

Her deep knowledge in this area led her to become the first **Director of Sports Nutrition** in the history of Louisiana State University's athletic department. There, she developed innovative programs to meet the dietary needs of athletes and educate them on the importance of **proper nutrition for optimal performance**.

Subsequently, she has held the position of **Director of Sports Nutrition** for the NFL's **New Orleans Saints**. In this role, she is dedicated to ensuring that professional players receive the best nutritional care possible, working closely with coaches, trainers, physical trainers and medical staff to optimize individual performance and health.

As such, Jamie Meeks is considered a true leader in her field, being an active member of several professional associations and participating in the advancement of **Sports Nutrition** on a national level.

In this regard, she is also a member of the **Academy of Nutrition and Dietetics** and the **Association of Chartered and Professional Sports Dietitians**.



Ms. Meeks, Jamie

- ♦ Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, United States
- ♦ Sports Nutrition Coordinator at Louisiana State University
- ♦ Registered Dietitian by the Academy of Nutrition and Dietetics
- ♦ Certified Specialist in Sports Dietetics
- ♦ Master's Degree in Kinesiology with specialization in Exercise Physiology from Louisiana State University
- ♦ Degree in Dietetics from Louisiana State University
- ♦ Member of: Louisiana Dietetic Association, Association of Dietitians Collegiate and Professional, and Dietetic Practice Group of Cardiovascular Sports Nutrition and Wellness

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

Management



Dr. Marhuenda Hernández, Javier

- ♦ Nutritionist in Professional Soccer Clubs
- ♦ Head of Sports Nutrition. Club Albacete Balompie SAD
- ♦ Head of Sports Nutrition. Catholic University of Murcia, UCAM Murcia Football Club.
- ♦ Scientific Advisor. Nutrium
- ♦ Nutritional Advisor. Impulse Center
- ♦ Teacher and Coordinator of Postgraduate Studies.
- ♦ Doctorate in Nutrition and Food Safety. San Antonio Catholic University of Murcia
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Catholic University of Murcia
- ♦ Master's Degree in Clinical Nutrition. San Antonio Catholic University of Murcia
- ♦ Academic. Spanish Academy of Nutrition and Dietetics (AEND)

Professors

Dr. Ramírez Munuera, Marta

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

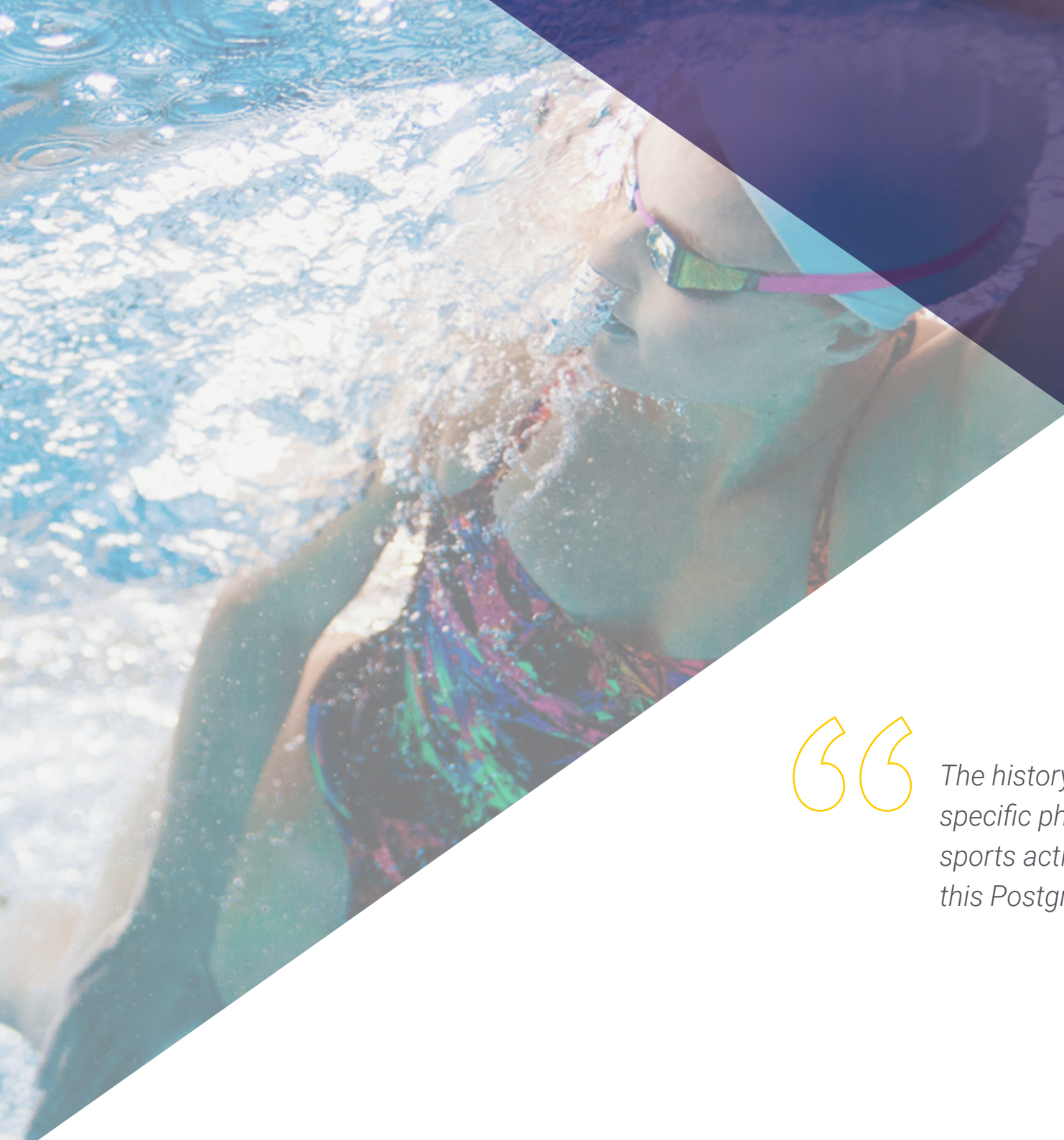


04

Structure and Content

The syllabus of this Postgraduate Diploma from TECH will cover different innovative aspects that students will analyze over a little more than 6 months. It is a program in which they will delve into the history and reality of water sports. Also, in the academic itinerary aspects such as the preparation for the competition, the programming of the season, the body composition of the players and the best nutrition strategies to prevent injuries and other residual affections will be covered. At the same time, the program is supported by an exclusive 100% online methodology and its contents will be fully accessible from day one.



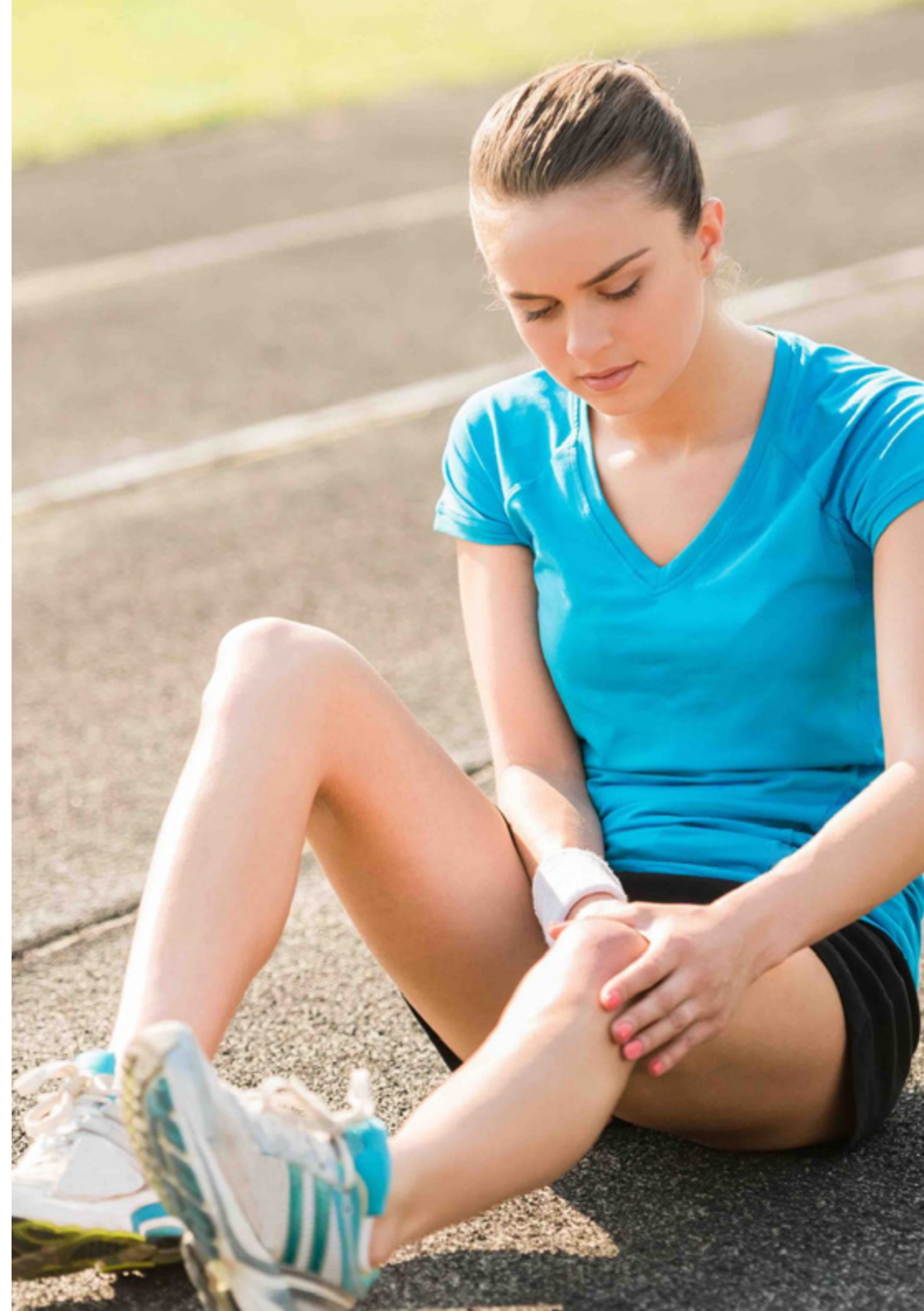


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The history of Aquatic Sports to the specific physiology involved in these sports activities will be addressed in this Postgraduate Diploma”

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, etc.)
 - 1.2.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing, etc.)
- 1.3. The Basic Characteristics of Water Sports
 - 1.3.1. Aquatic Sports in the Water (Swimming, Water polo, etc.)
 - 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. Education
 - 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. Hydration
- 1.9. Post-Competition
 - 1.9.1. Hydration
 - 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
 - 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. Hydration
 - 2.8.2. Protein
- 2.9. Ergogenic Aids
 - 2.9.1. Creatine
 - 2.9.2. *Whey Protein*

Module 3. The Injury Period

- 3.1. Introduction
- 3.2. Prevention of Injuries in Athletes
 - 3.2.1. Relative Energy Availability in Sport
 - 3.2.2. Oral Health and Injury Implications
 - 3.2.3. Fatigue, Nutrition and Injuries
 - 3.2.4. Sleep, Nutrition and Injuries
- 3.3. Phases of Injury
 - 3.3.1. Immobilization Phase. Inflammation and Changes Occurring during this Phase
 - 3.3.2. Return of Activity Phase
- 3.4. Energy Intake during the Period of Injury
- 3.5. Macronutrient Intake during the Period of Injury
 - 3.5.1. Carbohydrate Intake
 - 3.5.2. Fat Intake
 - 3.5.3. Protein Intake
- 3.6. Intake of Micronutrients of Special Interest during Injury
- 3.7. Sports Supplements with Evidence during the Period of Injury
 - 3.7.1. Creatine
 - 3.7.2. Omega 3
 - 3.7.3. Others
- 3.8. Tendon and Ligament Injuries
 - 3.8.1. Introduction to Tendon and Ligament Injuries. Tendon Structure
 - 3.8.2. Collagen, Gelatin and Vitamin C. Can They Help?
 - 3.8.3. Other Nutrients Involved in Collagen Synthesis
- 3.9. The Return to Competition
 - 3.9.1. Nutritional Considerations in the Return to Competition
- 3.10. Interesting Case Studies in Scientific Injury Literature

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

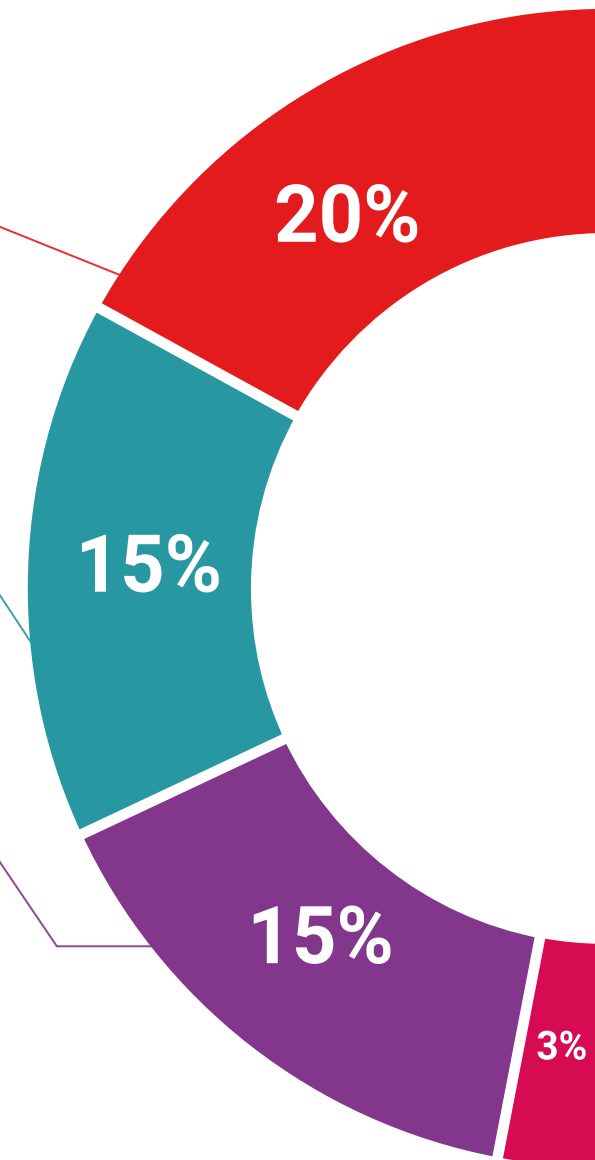
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

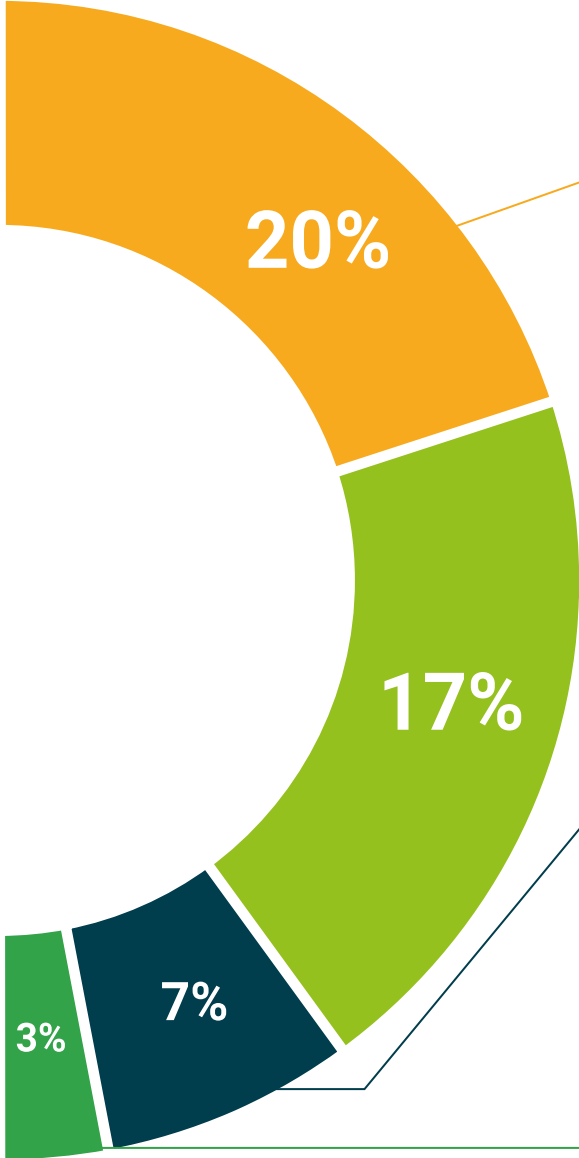
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



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





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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Nutrition in Aquatic Sports** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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



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