

Postgraduate Certificate Nutritional Assessment in Athletes





Postgraduate Certificate Nutritional Assessment in Athletes

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

Website: www.techtitute.com/us/pharmacy/postgraduate-certificate/nutritional-assessment-athletes

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01

Introduction

With the increasing focus on lifestyle medicine and personalized nutrition, Nutritional Assessment of athletes has become an area of special interest for pharmacists committed to sports health care. The scientific community supports that dietary supplements generate a variety of benefits for athletes. For example, products such as Vitamin D or Calcium significantly strengthen both the bones and the joint system. In this regard, pharmacists play an important role in this area by offering advice to individuals on the most effective supplements to meet their specific goals. For this reason, TECH presents an innovative online university program focused on the nutritional needs of athletes.



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*Thanks to this 100% online program,
you will provide personalized
nutritional recommendations
that support your clients' athletic
performance and muscle recovery”*

The World Health Organization highlights, in a recent report, that proper nutrition is crucial to optimize both the physical and mental performance of athletes. However, a significant portion of athletes lack the dietary products necessary to improve their athletic performance, accelerate muscle recovery and enjoy a balanced diet that includes elements such as Omega 3. Faced with this situation, pharmacists have the responsibility to analyze the individual needs of this specific population and thus recommend the most appropriate supplements based on aspects such as their health, training intensity or type of sport.

In this scenario, TECH implements a pioneering and revolutionary program in Nutritional Assessment of the Athlete for Pharmacists. The academic itinerary will delve into aspects such as anthropometric assessment, the ISAK Profile or hemograms. Likewise, the syllabus will provide graduates with advanced strategies to ensure the caloric and protein intake of athletes during different phases of the season (such as competition, transition period or travel). The didactic materials will also delve into the calculation of sweat rate, allowing pharmacists to take measures to prevent dehydration. In addition, the program will feature the participation of a renowned International Guest Director. This expert will offer a comprehensive master class to ensure that graduates stay on the cutting edge of the latest advances in Nutritional Analysis.

The university program will be taught 100% online, on a virtual study platform that is not governed by predefined schedules. In addition, one of the most distinctive features of the methodology is the learning process that TECH uses in all its programs: Relearning. This teaching system will promote the acquisition of skills in a flexible way from the analysis of theoretical content and the exemplification of cases based on the real context of the profession.

This **Postgraduate Certificate in Nutritional Assessment in Athletes** contains the most complete and up-to-date scientific program on the market. The most important features include:

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



A prestigious International Guest Director will give an intensive Masterclass to introduce you to the latest trends in Nutritional Assessment of athletes”

“

You will delve into the changes in the body composition of athletes during their holiday period and recommend the most appropriate supplementation to ensure they maintain optimal athletic performance”

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 and experienced experts.

Do you want to enhance your skills to provide advice on the safest and most effective nutritional supplements, considering scientific evidence? Achieve it with this program.

This university program will allow you to learn at your own pace and without time constraints, thanks to the Relearning system that TECH puts at your fingertips.



02

Objectives

With this university program, pharmacists will have a deep insight into the basics of Sports Nutrition. At the same time, graduates will gain advanced skills aimed at assessing the nutritional status of athletes, which will enable them to detect possible dietary deficiencies. In this way, professionals will provide their clients with personalized dietary advice that includes supplements to support athletic performance and muscle recovery. These experts will also be specialized to make athletes aware of the importance of proper nutrition and promote healthy eating habits.

sig
Heig



ght
ght²

Ideal BMI 19-24
Overweight
Obese
Severe
Me

“

You will detect the most common nutritional deficiencies among athletes and apply the most advanced dietary strategies to correct them”



General Objectives

- ♦ Handle advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- ♦ Manage advanced knowledge on nutritional planning in professional athletes of various fields in order to achieve maximum sports performance
- ♦ Learn advanced knowledge about nutritional planning in professional athletes from team sports to achieve the highest sports performance
- ♦ Manage and consolidate the initiative, entrepreneurial spirit to implement projects related to nutrition in physical activity and sport
- ♦ Know how to incorporate the different scientific advances into one's own professional field.
- ♦ Develop the ability to work in a multidisciplinary environment
- ♦ Manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities.
- ♦ Manage 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





Specific Objectives

- ◆ Perform biochemical interpretation to detect nutritional deficits or overtraining states
- ◆ Perform the interpretation of the different methods of body composition, to optimize the weight and fat percentage appropriate to the sport practiced
- ◆ Perform the monitoring of the athlete throughout the season
- ◆ Plan the periods of the season according to their requirements



Update your knowledge in Nutritional Assessment of the Athlete through innovative multimedia content"

03

Course Management

The teaching materials that make up this program are designed by a first class teaching staff, made up of leading professionals in Nutrition and Dietetics. These experts have a long career, where they have helped many athletes to optimize both their diet and quality of life. Undoubtedly, this is an endorsement for pharmacists seeking to optimize their daily practice, as they will have access to an immersive academic experience that will boost their career to a higher level. In addition, this will also allow graduates to expand their career opportunities significantly.





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The professors of this program will provide you with the most cutting-edge techniques to perform Athlete Monitoring”

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, U.S.A.
- Sports Nutrition Coordinator at Louisiana State University, Louisiana
- Registered Dietitian by the Academy of Nutrition and Dietetics
- Certified Specialist in Sports Dietetics
- Master's Degree in Kinesiology with specialization in Exercise Physiology from the Louisiana State University
- Graduate in Dietetics from Louisiana State University
- Member of: Louisiana Dietetic Association, Association of Dietitians Collegiate and Professional, and Dietetic Practice Group of Cardiovascular Sports Nutrition and Wellness



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

Management



Dr. Marhuenda Hernández, Javier

- ♦ Professional soccer clubs Nutritionist
- ♦ Head of Sports Nutrition. Club Albacete Balompie SAD
- ♦ Head of Sports Nutrition. Catholic University of Murcia, UCAM Murcia Football Club.
- ♦ Scientific Advisor. Nutrium
- ♦ Nutritional Advisor. Impulse Center
- ♦ Teacher and Coordinator of Postgraduate Studies.
- ♦ PhD in Nutrition and Food Safety. San Antonio Murcia Catholic University
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Murcia Catholic University
- ♦ Master's Degree in Clinical Nutrition. San Antonio Murcia Catholic University
- ♦ Academic Academia Española de Nutrición y Dietética (AEND)



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

04

Structure and Content

Through this university program, pharmacists will have a solid understanding of the principles of nutrition and its specific application to the needs of athletes. The curriculum will delve into issues ranging from biochemical assessment or markers of overtraining to body composition. In this line, the teaching materials will delve into the dietary demands of individuals during different times of the program (such as pre-season, competitive season or off-season). This will allow graduates to acquire skills to assess the nutritional status of users and recommend supplements to ensure adequate caloric or protein intake.





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You will be able to evaluate the nutritional status of athletes, including the analysis of diets and specific needs according to the type of sport”

Module 1. Nutritional Assessment of the Athlete at Different Times of the Season

- 1.1. Biochemical Evaluation
 - 1.1.1. Blood Count:
 - 1.2.2. Overtraining Markers
- 1.2. Anthropometric Evaluation
 - 1.2.1. Body Composition.
 - 1.2.2. ISAK Profile
- 1.3. Preseason
 - 1.3.1. High Workload
 - 1.3.2. Assuring Caloric and Protein Intake
- 1.4. Competitive Season
 - 1.4.1. Sports Performance
 - 1.4.2. Recovery between Games
- 1.5. Transition Period
 - 1.5.1. Vacation Period
 - 1.5.2. Changes in Body Composition
 - 1.5.3. Travel
- 1.6. Tournaments during the Season
 - 1.6.1. Off-season Tournaments (World Cups, European Cups and The Olympic Games)
- 1.7. Athlete Monitoring
 - 1.7.1. Basal Athlete Status
 - 1.7.2. Evolution during the Season
- 1.8. Sweat Rate Calculation
 - 1.8.1. Hydric Losses
 - 1.8.2. Calculation Protocol
- 1.9. Multidisciplinary Work
 - 1.9.1. The Role of the Nutritionist in the Athlete's Environment
 - 1.9.2. Communication with the Rest of the Areas
- 1.10. Doping
 - 1.10.1. WADA List
 - 1.10.2. Anti-doping Tests





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You can access the Virtual Campus at any time and download the contents to consult them whenever you want. Enroll now!”

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, 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, attempting to recreate the actual conditions in a pharmacist's professional 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. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their 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.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



Pharmacists 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, more than 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic profile and an average age of 43.5 years.

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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

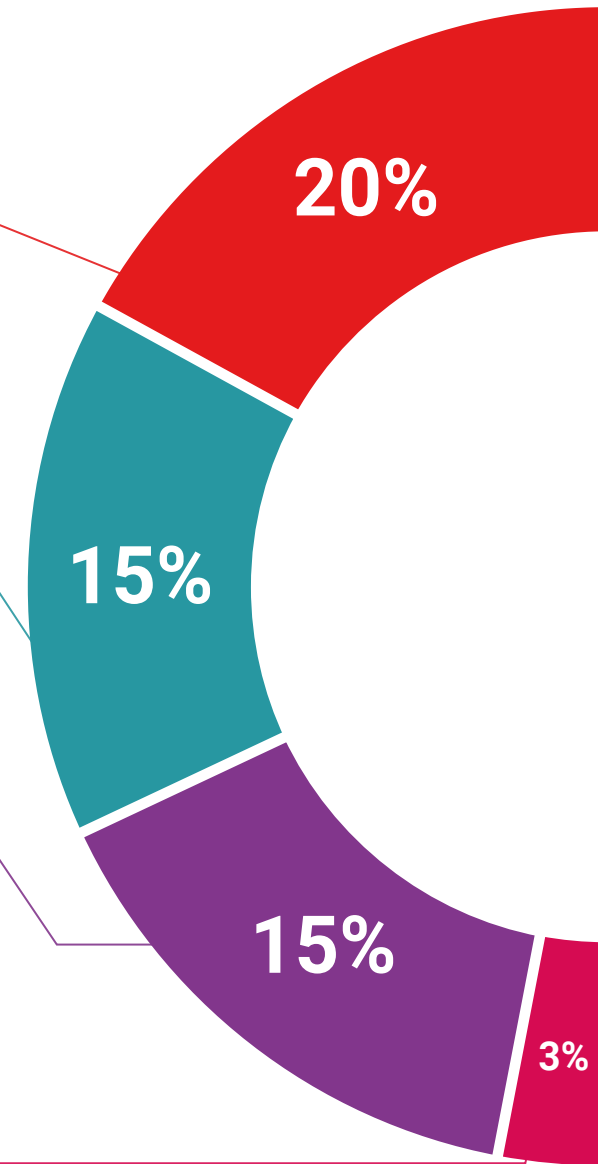
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

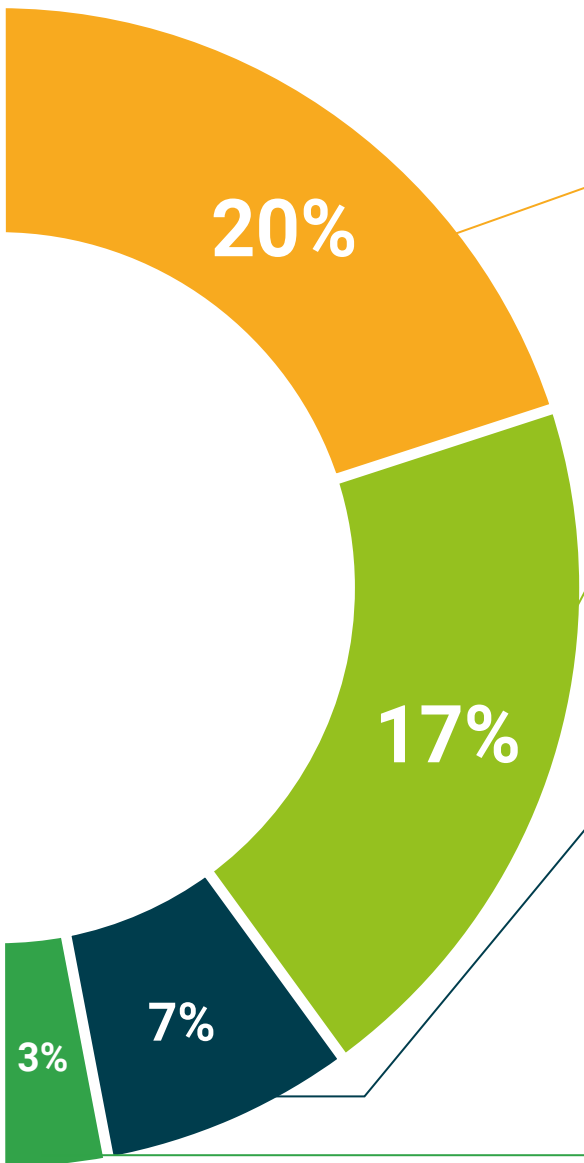
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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, we will present you with real case developments in which the expert will guide you through 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 on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

Certificate

The Postgraduate Certificate in Nutritional Assessment in Athletes guarantees, in addition to the most accurate and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Nutritional Assessment in Athletes** 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 Certificate in Nutritional Assessment in Athletes**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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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