

# Postgraduate Certificate Pharmaceutical Nutritional Counseling for the Athlete

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NBA





## Postgraduate Certificate Pharmaceutical Nutritional Counseling for the Athlete

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

Website: [www.techtute.com/us/pharmacy/postgraduate-certificate/pharmaceutical-nutritional-counseling-athlete](http://www.techtute.com/us/pharmacy/postgraduate-certificate/pharmaceutical-nutritional-counseling-athlete)

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01

# Introduction

Nowadays, in most of the surrounding developed countries, community pharmacy is evolving towards the provision of pharmaceutical services, as the pharmaceutical profession has evolved in recent years towards a more patient-centered care profession.





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*The Postgraduate Certificate in Pharmaceutical Nutritional Counseling for the Athlete contains the most complete and up-to-date program on the market".*

There is no doubt that this transformation is a consequence of Community Pharmacy adapting to a changing society, where public health has reached high levels of control and safety, facing new challenges for which the pharmacist, the health agent and the community pharmacy are resources that are close and accessible to the user.

One of these services is related to the field of Nutrition and to developing dietary recommendations. There is now ample evidence on the importance of adequate nutrition for the prevention and/or treatment of chronic diseases, such as cardiovascular diseases, type 2 diabetes mellitus and cancer, among others, and this, together with the increasing number of nutritional supplements available to users, makes it vitally important that community pharmacists have the necessary skills to dispense and advise on these products in an appropriate manner, provide good nutritional advice and know when to refer to the appropriate professional when necessary. Although traditionally in the bachelor's degree, now program in pharmacy, are taught several subjects related to bromatology, nutrition, food and food hygiene, it is necessary a more specific preparation that allows the advice to the user about the food products that are dispensed in the pharmacy, as well as their interaction with drugs.

For this reason, it is necessary to design and provide scientific and professional theoretical and practical training in nutrition under the auspices of the university.

This Postgraduate Certificate works on various current concepts in nutrition, not only susceptible to be used in the daily work of a community pharmacist, but also prepares you to be able to implement a nutritional counseling service in your pharmacy and enables you to carry out nutritional campaigns in other areas of population education.

This **Postgraduate Certificate in Pharmaceutical Nutritional Counseling for the Athlete** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ◆ Development of more than 75 clinical cases presented by experts in Pharmaceutical Nutritional Counseling for the Athlete.
- ◆ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ◆ Diagnostic and therapeutic novelties on evaluation, diagnosis and intervention in Pharmaceutical Nutritional Counseling for the Athlete.
- ◆ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course.
- ◆ With special emphasis on evidence-based medicine and research methodologies in Pharmaceutical Nutritional Counseling for the Athlete.
- ◆ All of this will be complemented by 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



*Improve your knowledge through the Postgraduate Certificate in Pharmaceutical Nutritional Counseling for the Athlete, in a practical way and adapted to your needs".*

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*This Postgraduate Certificate may be the best investment you can make in the selection of a professional education program for two reasons: in addition to improving your knowledge in Pharmaceutical Nutritional Counseling for the Athlete, you will obtain a diploma from TECH Global University".*

It includes in its teaching staff professionals belonging to the field of Pharmaceutical Nutritional Counseling for the Athlete who pour into this program the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

The design of this program is based on Problem-Based Learning, by means of which the health professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced Community Pharmacy experts.

*Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.*

*Take the opportunity to update your knowledge in Pharmaceutical Nutritional Counseling in the Athlete and improve the care of your patients.*



# 02 Objectives

This Postgraduate Certificate in Pharmaceutical Nutritional Counseling for the Athlete is oriented to offer a complete, detailed and actualized vision of the Pharmaceutical Nutritional Counseling as a key element in the attention and follow up of the client.







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*This Postgraduate Certificate is oriented so that you can improve your knowledge in Pharmaceutical Nutritional Counseling for the Athlete, with the use of the latest educational technology, to contribute with quality and security to the decision making process in the implementation of Professional Pharmaceutical Services”.*



## General Objectives

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- ♦ Have the necessary knowledge to provide professional pharmaceutical services in the field of nutrition.
- ♦ Update the community pharmacist's nutrition knowledge
- ♦ Promote nutritional Counseling strategies in community pharmacy based on patient and user approach.
- ♦ Advise patients and users on foods, supplements and nutritional supplements dispensed at community pharmacies
- ♦ Encourage the acquisition of skills, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- ♦ Encourage professional stimulation through continuing education and research





## Specific Objectives

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- ◆ Learn the nutritional requirements for different sports
- ◆ Understand the importance of hydration for athletes
- ◆ Distinguish between the different supplements related to sports that can be dispensed at community pharmacies
- ◆ Differentiate between the advantages and disadvantages of ergonomic aids in community pharmacy
- ◆ Recognize those drugs and substances that may cause athletes to test positive in anti-doping tests in order to be able to provide good advice and dispense correctly in community pharmacy

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*Take the opportunity and take the step to get up to date on the latest developments in Pharmaceutical Nutritional Counseling in the Athlete”*

03

# Course Management

The program includes renowned specialists in Community Pharmacy among its teaching staff, who bring their work experience to this training. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.





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*Learn from reference professionals,  
the latest advances in Pharmaceutical  
Nutritional Counseling in the Athlete”*

## Management



### Ms. Rodríguez Sampedro, Ana

- ♦ Community Pharmacist
- ♦ Coordinator of the SEFAC nutrition and digestive group
- ♦ Master's Degree in Nutrition and Dietetics
- ♦ Degree in Pharmacy
- ♦ Postgraduate Degree in Nutrition, Dietetics and Diet Therapy
- ♦ University ExperT in Education and Promotion of Health
- ♦ Co-author of "Guidelines and consensus documents Probiotics and prebiotics in community pharmacy SEFAC-SEPPY".

## Professors

### Ms. Venrell Garau, Barbara

- ♦ Graduate in Pharmacy from the University of Barcelona
- ♦ Graduate in Human Nutrition and Dietetics from the University San Antonio of Murcia
- ♦ Master's Degree and PhD in Nutrition and Metabolism from the University of Barcelona
- ♦ Postgraduate Degree in Nutrition and Dietetics Applied to Physical Activity and Sport at CODINUCAT
- ♦ Anthropometrist Level I by the International Society of the Advancement of Kineanthropometry
- ♦ Member of:

Spanish Society of Family and Community Pharmacy



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



04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best research centers and universities in Spain, aware of the current relevance of training to use drugs safely and with a solid scientific basis based on evidence, and committed to quality teaching through new educational technologies.







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*The Postgraduate Certificate in  
Pharmaceutical Nutritional Counseling for  
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and up-to-date program on the market”.*

## Module 1. Sports Nutrition.

- 1.1. Energy Requirements in Different Types of Sports
- 1.2. General Nutritional Advice in Sport and in Different Types of Sports
- 1.3. Micronutrients and Hydration in Sports
- 1.4. Most Frequent Pathologies in Sports
- 1.5. Ergogenic Aids
- 1.6. Doping





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

05

# Methodology

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

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





*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.

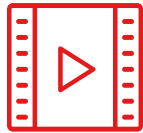
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

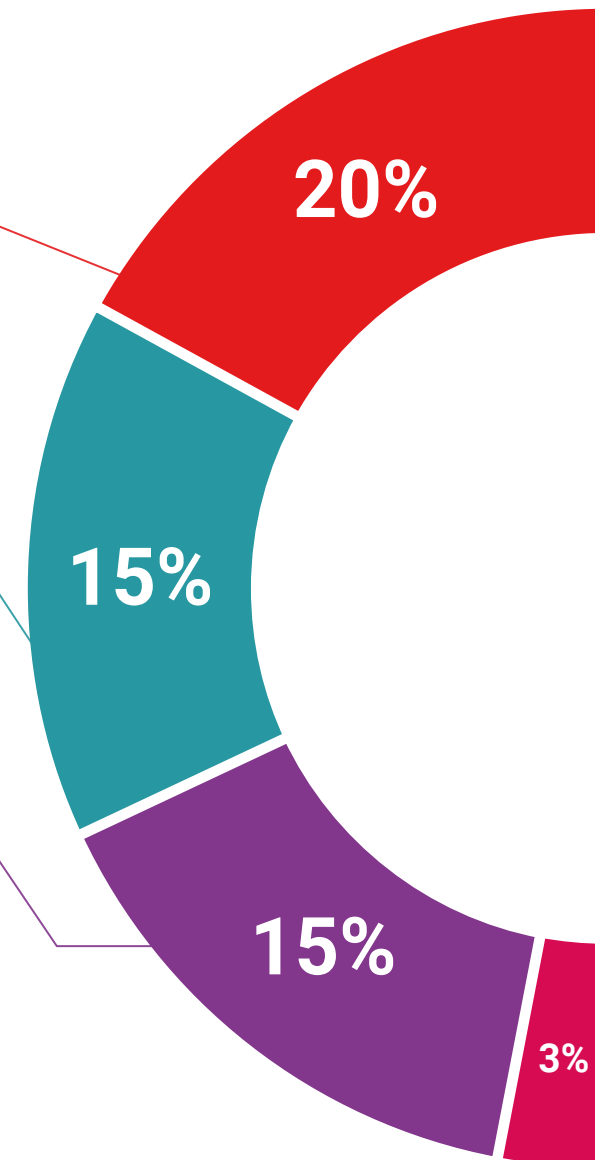
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

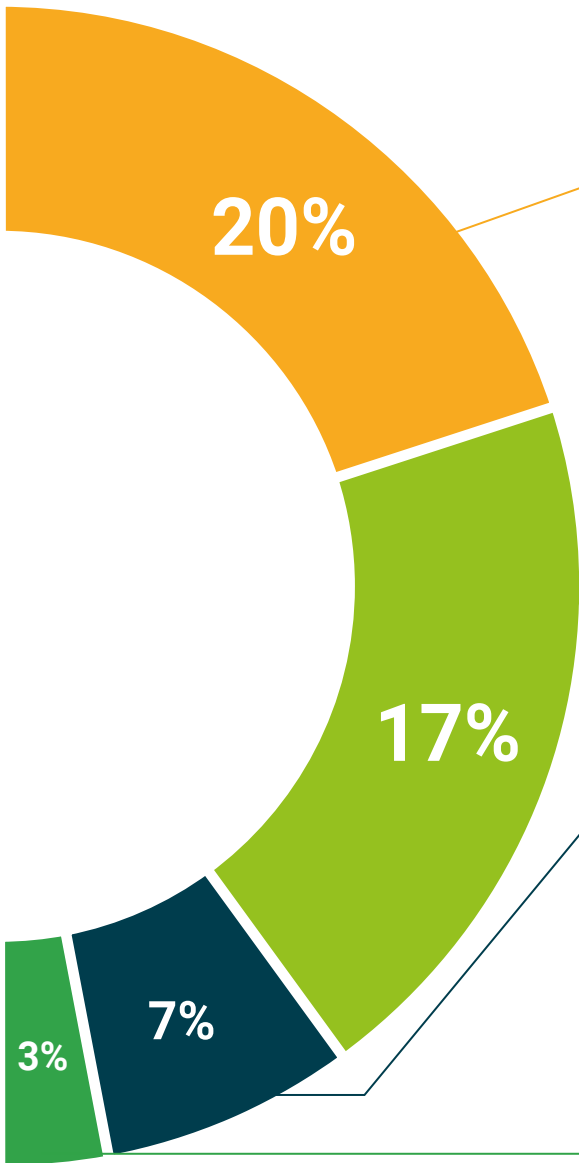
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### 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 Pharmaceutical Nutritional Counseling for the Athlete guarantees students, in addition to the most rigorous 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 program will allow you to obtain your **Postgraduate Certificate in Pharmaceutical Nutritional Counseling for the Athlete** 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** title 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 Pharmaceutical Nutritional Counseling for the Athlete**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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 preservation  
online training

development languages

classroom

**tech** global  
university

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