

Postgraduate Certificate

Sports Nutrition in the Injured Athlete





Postgraduate Certificate Sports Nutrition in the Injured Athlete

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

Website: www.techtute.com/us/pharmacy/postgraduate-certificate/sports-nutrition-injured-athlete

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

According to a recent report by the International Olympic Committee, approximately 35% of athletes suffer injuries during their careers. Faced with these situations, Sports Nutrition plays a key role in the performance and recovery of athletes. This tool has multiple advantages, including accelerating rehabilitation or minimizing inactivity performance. However, to enjoy these benefits, athletes must maintain a balanced diet that includes the nutrients necessary to optimize their condition. In this context, pharmacists are in charge of providing personalized advice on Nutritional Supplements. TECH is therefore launching an innovative online qualification dedicated to the dietary requirements of athletes while injured.



“

With this Relearning-based program, you will provide comprehensive Nutritional Supplementation advice to help injured athletes accelerate their recovery process”

Sports nutrition during injuries has become an important focus of interest among health professionals. In this regard, several researches conducted by the scientific community have shown that it has significant results in terms of accelerating recovery and even preventing future injuries. Given this scenario, pharmacists need to keep abreast of the latest advances in this emerging field. In this way, specialists will be able to offer nutritional supplement recommendations based on the latest evidence.

To contribute to this knowledge update, TECH is developing a pioneering and comprehensive program in Sports Nutrition in the Injured Athlete for Pharmacists. The academic itinerary will delve into issues ranging from the intake of macronutrients such as carbohydrates or proteins to cutting-edge Sports Supplements (including Omega 3 and Creativa). The syllabus will also provide graduates with a series of nutritional considerations that athletes should take into account in preparation for their return to competition. This will enable pharmacists to gain advanced skills in recommending nutrients to support the rehabilitation of injured users. In addition, a prestigious International Guest Director will offer a master class that will help to significantly optimize the daily practice of the graduates.

In addition, TECH offers a 100% online academic environment, adapted to the needs of pharmacists who wish to experience a quality leap in their careers. Likewise, it employs the Relearning methodology, based on the repetition of key concepts to fix knowledge and facilitate learning. On the other hand, the only thing experts will need is a device with Internet access (such as a cell phone, computer or tablet) to access the Virtual Campus and enjoy the most updated teaching materials on the market.

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

- ♦ The development of practical cases 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 distinguished International Guest Director will deliver a rigorous Masterclass to share the latest advances in Sports Nutrition geared towards injured athletes”



You will delve into how Vitamin C reduces inflammation in the body and helps injured athletes relieve their pain”

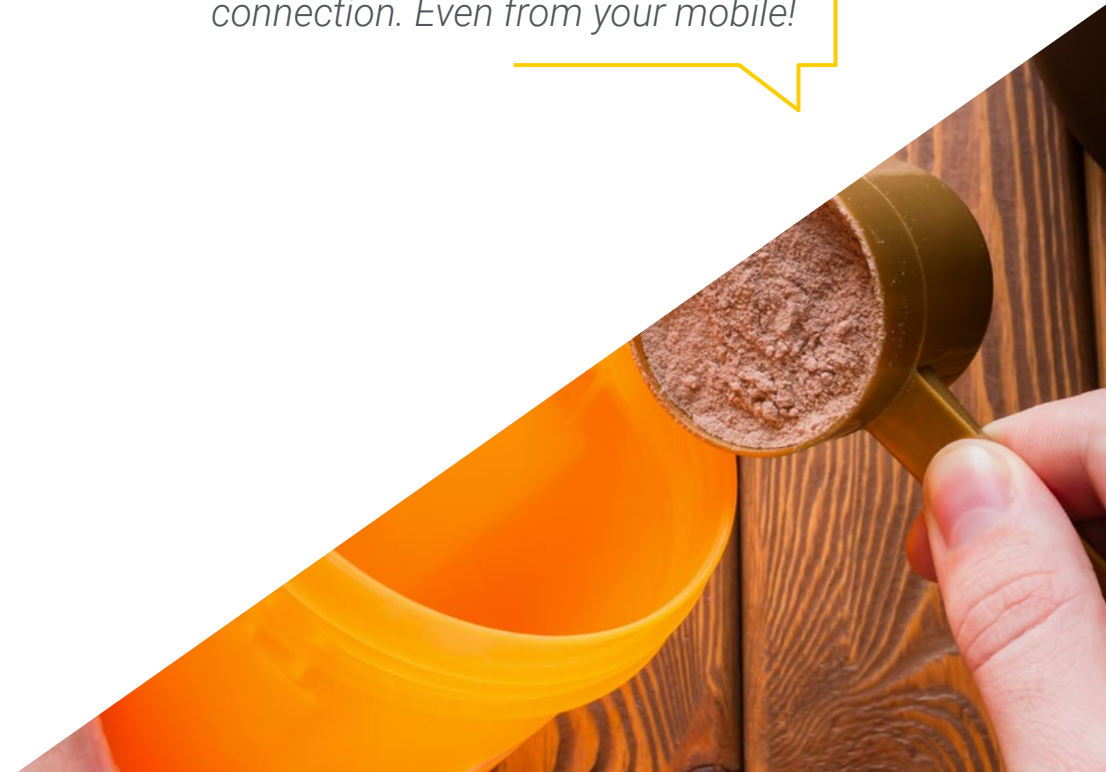
The program’s teaching staff includes professionals from the sector who contribute their work experience to this specializing program, as well as renowned specialists from leading societies and prestigious universities.

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.

As it is a 100% online university program, you will be able to combine your studies with the rest of your daily responsibilities.

You will have access to the didactic contents from any fixed or portable device with an Internet connection. Even from your mobile!



02

Objectives

Upon completion of this academic pathway, pharmacists will have a holistic approach to how Sports Nutrition optimally influences the injury recovery process. Likewise, graduates will develop advanced skills to identify the specific dietary needs of athletes during their injury. Thanks to this, professionals will provide athletes with the most effective Dietary Supplements to favor tissue regeneration and, therefore, their recovery process.





“

You will provide optimal nutritional advice to injured athletes, contributing macronutrients that support tissue repair”



General Objectives

- ♦ Manage 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





Specific Objectives

- ◆ 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



This university program gives you the opportunity to exercise in simulated environments, which provide immersive learning programmed to specialize for real situations”

03

Course Management

Among the distinctive aspects of this program is a first-class teaching staff, made up of authentic references in the field of Nutrition and Dietetics. These specialists have years of professional experience behind them, where they have helped numerous injured athletes to recover optimally with the support of balanced supplementation. In this way, these experts pour into the teaching materials of this program all the knowledge that pharmacists require to optimize their daily practice and raise their professional horizons considerably.



“

You will have access to a curriculum designed by a reputable teaching staff specialized in Sports Nutrition, which will guarantee you a successful learning process”

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)



Professors

Dr. Martínez Noguera, Francisco Javier

- ◆ Sports nutritionist at CIARD-UCAM
- ◆ Sports nutritionist at Jorge Lledó Physiotherapy Clinic
- ◆ Research assistant at CIARD-UCAM
- ◆ Sports nutritionist at UCAM Murcia Football Club
- ◆ Nutritionist at SANO Center
- ◆ Sports nutritionist at UCAM Murcia Basketball Club
- ◆ PhD in Sports Science from the Catholic University San Antonio de Murcia
- ◆ Graduate in Human Nutrition and Dietetics from the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Nutrition and Food Safety from the Catholic University San Antonio of Murcia

Dr. Montoya Castaño, Johana

- ◆ Sports Nutritionist
- ◆ Nutritionist. Ministry of Sports of Colombia (Mindeportes).
- ◆ Scientific Advisor. Bionutrition, Medellín
- ◆ Undergraduate Sports Nutrition Teacher
- ◆ Nutritionist Dietitian. University of Antioquia
- ◆ Master in Nutrition in Physical Activity and Sport. San Antonio Murcia Catholic University

04

Structure and Content

Thanks to this program, pharmacists will have a thorough understanding of how Sports Nutrition contributes positively to injury recovery. The curriculum will analyze the different phases of the Injury Period, paying attention to factors such as energy intake and the changes that occur during this stage. Likewise, the syllabus will delve into the most effective and innovative Sports Supplements (such as Creatine or Omega 3) for tissue regeneration. In this way, graduates will identify the specific dietary needs of athletes during their injuries and recommend the most effective food products for their recovery.



“

You will be highly qualified to recommend nutritional plans that promote injury recovery and tissue regeneration”

Module 1. The Injury Period

- 1.1. Introduction
- 1.2. Prevention of Injuries in Athletes
 - 1.2.1. Relative Energy Availability in Sport
 - 1.2.2. Oral Health and Injury Implications
 - 1.2.3. Fatigue, Nutrition and Injuries
 - 1.2.4. Sleep, Nutrition and Injuries
- 1.3. Phases of Injury
 - 1.3.1. Immobilization Phase. Inflammation and Changes Occurring during this Phase
 - 1.3.2. Return of Activity Phase
- 1.4. Energy Intake during the Period of Injury
- 1.5. Macronutrient Intake during the Period of Injury
 - 1.5.1. Carbohydrate Intake
 - 1.5.2. Fat Intake
 - 1.5.3. Protein Intake
- 1.6. Intake of Micronutrients of Special Interest during Injury
- 1.7. Sports Supplements with Evidence during the Period of Injury
 - 1.7.1. Creatine
 - 1.7.2. Omega 3
 - 1.7.3. Others
- 1.8. Tendon and Ligament Injuries
 - 1.8.1. Introduction to Tendon and Ligament Injuries. Tendon Structure
 - 1.8.2. Collagen, Gelatin and Vitamin C. Can they Help?
 - 1.8.3. Other Nutrients Involved in Collagen Synthesis
- 1.9. The Return to Competition
 - 1.9.1. Nutritional Considerations in the Return to Competition
- 1.10. Interesting Case Studies in Scientific Injury Literature





“

You will reach your full potential as a Pharmacist by specializing in Sports Nutrition in the Injured Athlete. 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.



“

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.

“

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

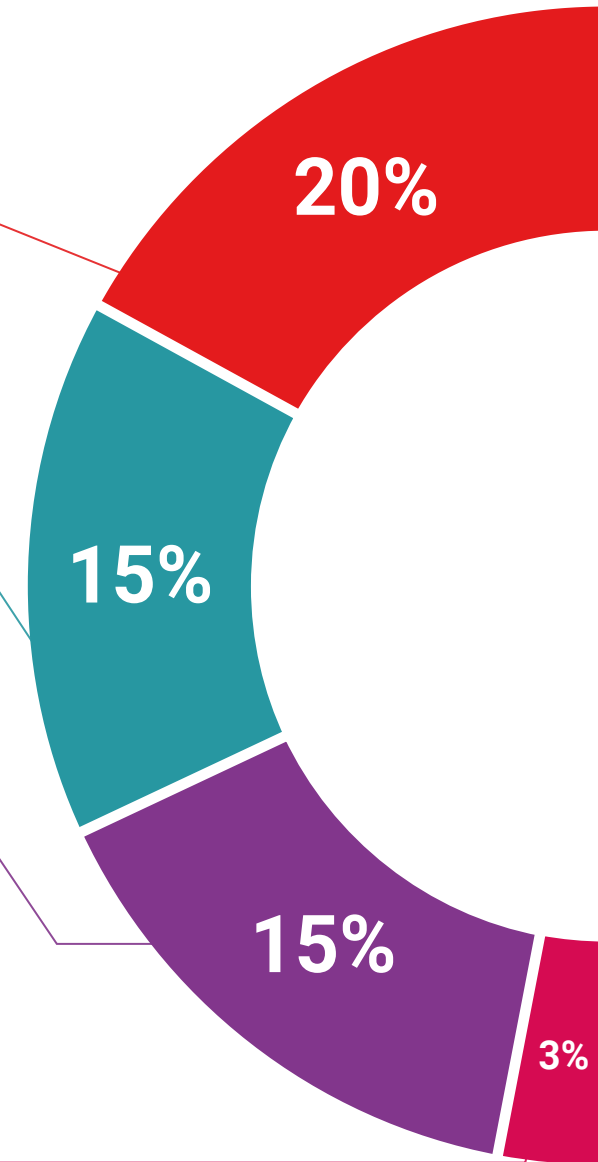
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

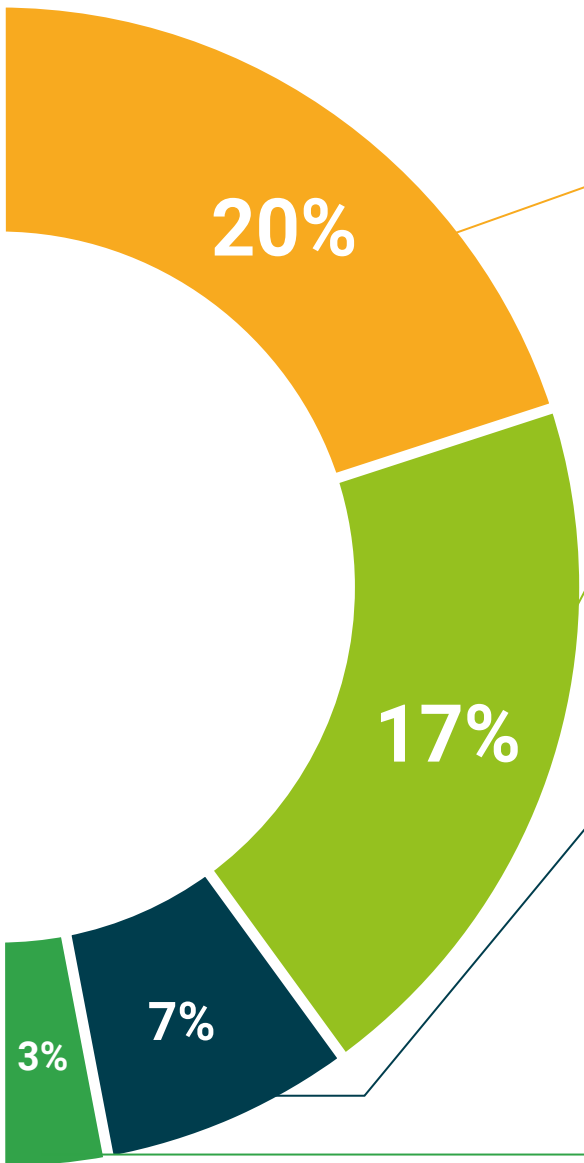
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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 Sports Nutrition in the Injured Athlete guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 **Postgraduate Certificate in Sports Nutrition in the Injured 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** 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 Sports Nutrition in the Injured Athlete**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





Postgraduate Certificate
Sports Nutrition in
the Injured Athlete

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

Postgraduate Certificate

Sports Nutrition in the Injured Athlete



tech global
university