

Postgraduate Certificate

Sports Nutrition in Specific Populations





Postgraduate Certificate Sports Nutrition in Specific Populations

- » 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-specific-populations

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01

Introduction

According to the World Health Organization, 60% of the factors related to athletes' health are determined by diet-related behaviors. In this sense, Sports Nutrition is a key component in the well-being of athletes, which goes beyond energy intake. A balanced diet is essential to optimize athletic performance, promote recovery after competitions and reduce the risk of injury or illness. Faced with this, pharmacists have the task of offering personalized nutritional recommendations that contribute to improving the quality of life of athletes. For this reason, TECH is launching a revolutionary online university program that will focus on the dietary needs of different Specific Populations.



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Through this program, based on Relearning, you will provide excellent advice on the most appropriate Nutritional Supplements to optimize sports performance”

Sports Nutrition is a constantly evolving field, which plays a crucial role in the performance and recovery of athletes. However, the application of nutritional principles can vary significantly among different athlete populations, influenced by factors such as age, gender and specific medical conditions. In this context, pharmacists face the challenge of adapting their nutritional strategies to meet the specific needs of each athlete, from female or young to veteran athletes.

To support them in this task, TECH implements a complete and innovative program in Sports Nutrition in Specific Populations. Designed by experts in this field, the curriculum will analyze the specific requirements of specific groups of athletes, including pregnant women, children and elderly athletes. In this way, graduates will detect possible dietary deficiencies in these individuals and will be able to provide them with appropriate nutritional advice to optimize both their performance and health. In line with this, the syllabus will delve into the relevance of micronutrient intake (such as Iron, Calcium or Vitamin D) for energy production, protein synthesis and tissue repair. In addition, a renowned International Guest Director will offer an enriching master class to delve into the latest trends in Supplementation.

On the other hand, it is noteworthy that the approach of this program reinforces its innovative character. In this line, TECH offers a 100% online educational environment, tailored to the needs of busy professionals who want to advance their careers. In addition, through the Relearning methodology, based on the repetition of key concepts to fix knowledge and facilitate learning, flexibility is combined with a robust pedagogical approach. Furthermore, access to an extensive library of multimedia resources is guaranteed. All pharmacists will need is an electronic device with an Internet connection to access the Virtual Campus.

This **Postgraduate Certificate in Sports Nutrition in Specific Populations** 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 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



A prestigious International Guest Director will offer a rigorous Masterclass to examine the latest advances in Sports Nutrition in Specific Populations"

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You will address the main health problems affecting senior athletes, including cardiovascular pathologies and joint disorders”

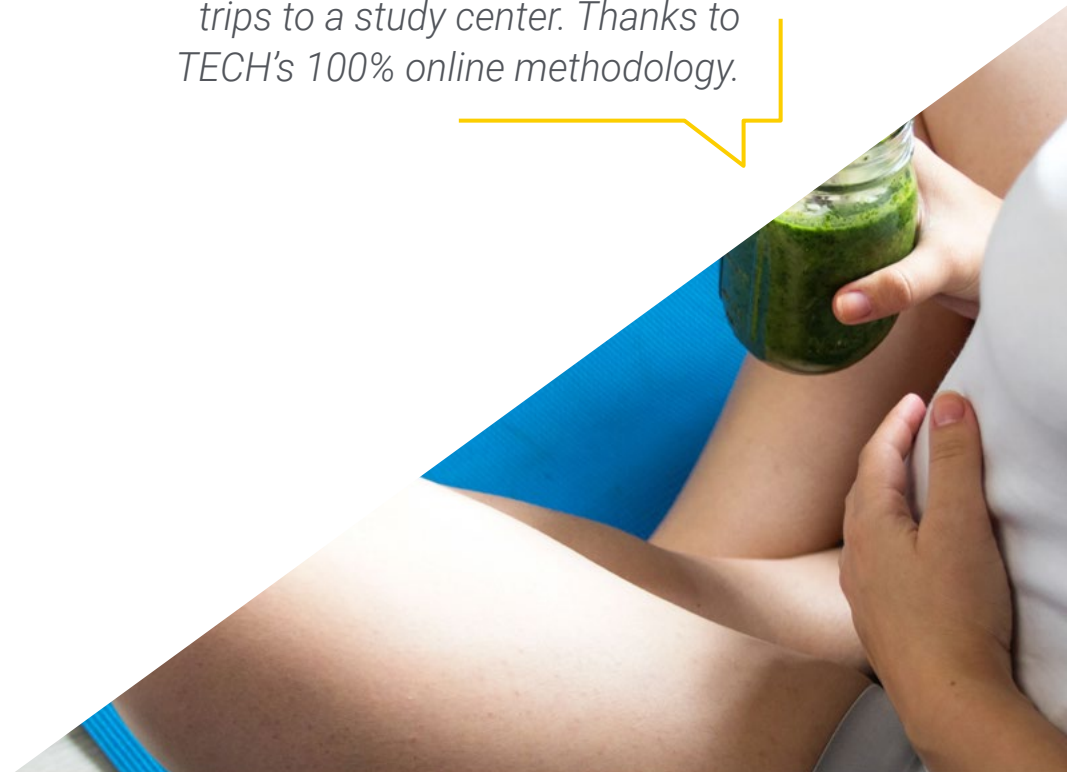
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

Looking to stay on top of the most innovative Nutritional Supplementation to support muscle recovery? Get it with this program in only 180 hours.

You will achieve your academic goals in a comfortable way, without making unnecessary trips to a study center. Thanks to TECH's 100% online methodology.



02

Objectives

After 180 hours of training, pharmacists will excel in their comprehensive knowledge of how sports nutrition influences the physical performance and recovery process in different groups of athletes. Likewise, graduates will develop advanced skills to recognize the nutritional needs of specific populations such as female athletes, children or elderly athletes. Therefore, professionals will provide top quality individualized dietary advice, recommending supplements based on scientific evidence and current regulations.





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You will plan balanced diets that maximize athletic performance and support recovery for athletes based on their personal characteristics”



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





Specific Objectives

- ♦ Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- ♦ Understand in depth the external and internal factors that influence the nutritional approach to these groups



This university program will provide you with a wide range of multimedia resources such as explanatory videos or interactive summaries, allowing you to learn more dynamically”

03

Course Management

In line with its priority to offer the most comprehensive and renewed university programs in the academic panorama, TECH carefully selects the members of its teaching staff. For this Postgraduate Certificate, TECH brings together leading specialists in the field of Nutrition and Dietetics. These professionals have accumulated extensive work experience, where they have contributed to optimizing the general well-being of athletes of various kinds by recommending the most appropriate nutritional supplements. In this way, these experts have elaborated didactic contents defined by their excellent quality and applicability to the demands of the current labor market.



• 1/4 cup blueberries

A.M. Snack (84 calories)

• 5 dried apricots

Lunch (335 calories)

Chickpea & Veggie Salad

• 2 cups mixed greens

• 3/4 cup veggies of your choice (try cucumbers and tomatoes)

• 1/2 cup chickpeas, rinsed

• 1/2 Tbsp. chopped walnuts

Combine ingredients and top salad with 1 Tbsp. each balsamic vinegar and olive oil.

1. Snack (70 calories)

lemons
or oranges

(34 calories)

Squash & Red Lentil Curry

with brown rice

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A teaching team highly specialized in Nutrition and Dietetics will provide you with all the knowledge you need to experience a high quality in your career as a Pharmacist”

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
- ◆ Postgraduate Certificate in Human Nutrition and Dietetics at the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Nutrition and Food Safety at the Catholic University San Antonio of Murcia

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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

With this program, pharmacists will have a solid understanding of how sports nutrition affects the physical performance and recovery of different groups of athletes. The academic pathway will analyze in detail the nutritional demands of specific populations such as pregnant athletes, children or senior athletes. In line with this, the didactic materials will delve into the energy requirements of each sector, emphasizing the importance of carbohydrate, protein and micronutrient intake. In this way, graduates will acquire the skills to identify the specific nutritional needs of each athlete and develop personalized dietary plans according to their particularities.



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You will be highly qualified to identify the particular nutritional needs of different demographic groups in the sports context, bearing in mind aspects such as age or gender”

Module 1. Different Stages or Specific Population Groups

- 1.1. Nutrition in the Female Athlete
 - 1.1.1. Limiting Factors
 - 1.2.2. Requirements
- 1.2. Menstrual Cycle
 - 1.2.1. Luteal Phase
 - 1.2.2. The Follicular Phase
- 1.3. Triad
 - 1.3.1. Amenorrhea
 - 1.3.2. Osteoporosis
- 1.4. Nutrition in the Pregnant Female Athlete
 - 1.4.1. Energy Requirements
 - 1.4.2. Micronutrients
- 1.5. The Effects of Physical Exercise on the Child Athlete
 - 1.5.1. Strength Training
 - 1.5.2. Endurance Training
- 1.6. Nutritional Education in the Child Athlete
 - 1.6.1. Sugar
 - 1.6.2. Eating Disorders
- 1.7. Nutritional Requirements in the Child Athlete
 - 1.7.1. Carbohydrates
 - 1.7.2. Proteins
- 1.8. Changes Associated with Aging
 - 1.8.1. % Body Fat
 - 1.8.2. Muscle Mass
- 1.9. Main Problems in Older Athletes
 - 1.9.1. Joints
 - 1.9.2. Cardiovascular Health
- 1.10. Interesting Supplements for Older Athletes
 - 1.10.1. *Whey Protein*
 - 1.10.2. Creatine





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The curriculum will include real case studies that will bring you closer to Nutritional Assessment in different population groups. 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.

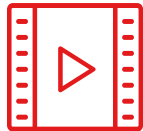
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

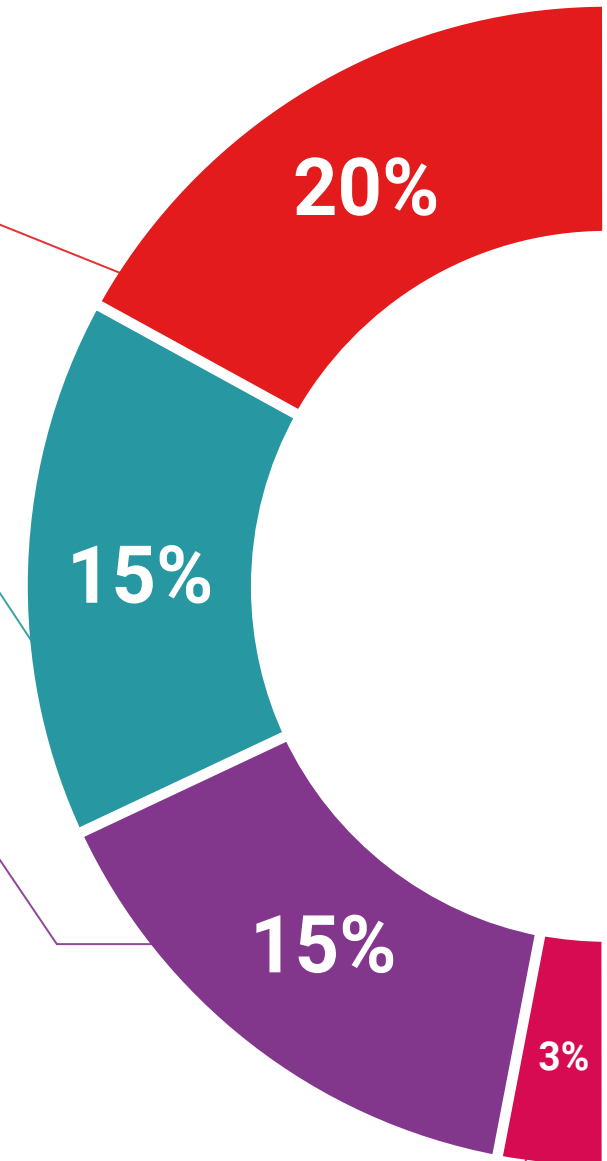
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

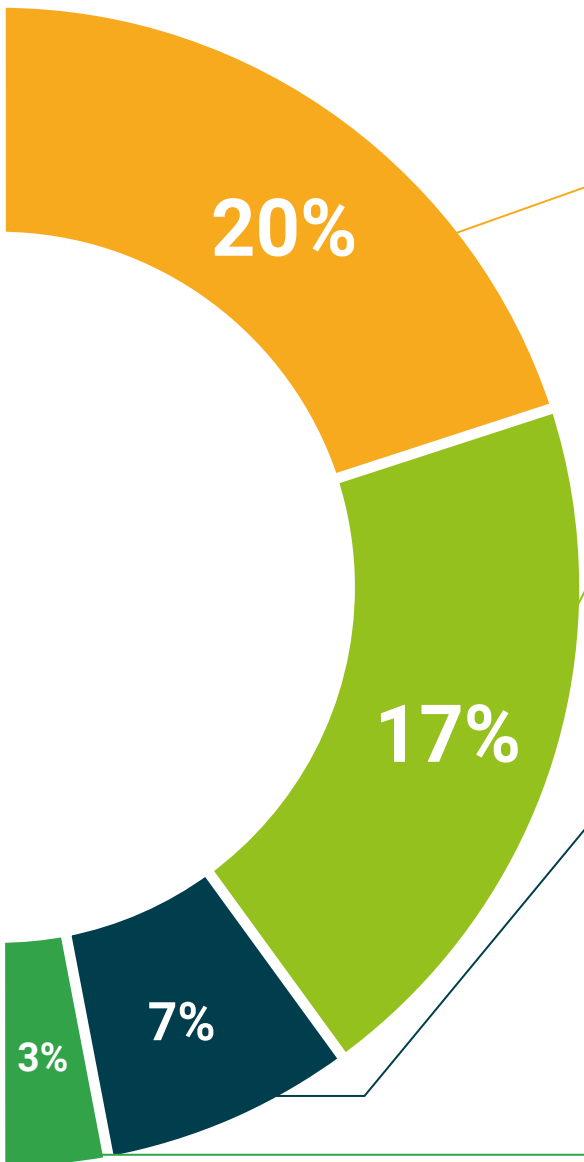
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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 Sports Nutrition in Specific Populations 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 private qualification will allow you to obtain a **Postgraduate Certificate in Sports Nutrition in Specific Populations** 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 Specific Populations**

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
development languages
virtual classroom



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Postgraduate Certificate

Sports Nutrition in Specific Populations

