

Postgraduate Certificate

Vegetarianism and Veganism in Physical Activity and Sports





Postgraduate Certificate Vegetarianism and Veganism in Physical Activity and Sports

- » 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/vegetarianism-veganism-physical-activity-sports

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01

Introduction

Vegetarianism and veganism have become increasingly popular dietary choices worldwide. Among the main reasons for this are ethical, environmental and health concerns. However, concerns persist in the sports community as to whether these plant-based diets can provide the nutrients needed to support athletic performance. Against this backdrop, pharmacists play an essential role in this matter by providing athletes with nutritional strategies aimed at muscle and metabolic health, as well as injury prevention. For this reason, TECH implements a cutting-edge university and 100% online program that will delve into the scientific evidence available on the effects of these diets on athletic performance.





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Through this 100% online program, you will provide individualized advice to athletes who choose vegetarian or vegan diets, adapting the recommendations to their specific needs"

The World Health Organization states that vegetarian dietary patterns have significant health benefits for athletes. For example, they reduce the risk of suffering from cardiovascular diseases, diabetes and even certain types of cancer. In this regard, athletes should pay careful attention to the adequate intake of key nutrients such as Protein, Omega 3 or Iron. In this framework, pharmacists need to understand how these dietary preferences can influence both the performance and health of athletes. Only then will they be able to offer the most affective nutritional recommendations to meet their specific needs.

Aware of this, TECH is developing an innovative program in Vegetarianism and Veganism in Physical Activity and Sports for Pharmacists. The syllabus will analyze in detail the essential nutrients required by athletes, such as Vitamin B12, Calcium or Protein. In this regard, the syllabus will delve into the most common conditions in this specific population, among which Anemia and Sarcopenia stand out. On the other hand, the teaching materials will offer graduates the most sophisticated Ergogenic Aids to promote muscle recovery (including Creatine and Vegetable Protein). In addition, the program will include the participation of a renowned International Guest Director, who will introduce students to the reality of a profession full of challenges.

It should be noted that the only thing the specialists will need to complete this university program will be an electronic device with an Internet connection. In this way, pharmacists will have access to the most rigorous academic content, without being bound by hermetic schedules or inflexible evaluation chronograms. At the same time, the qualification will have an unparalleled teaching methodology: Relearning. With this innovative method, of which TECH is a pioneer, it will be possible the global assimilation of the contents through the gradual reiteration of key concepts.

This **Postgraduate Certificate in Vegetarianism and Veganism in Physical Activity and Sports** 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 a profitable Masteclass to delve into the latest trends in Ergogenic Aids”

“

You will delve into the importance of B12 Supplementation to produce red blood cells, maintain efficient energy metabolism and reduce fatigue"

The program's teaching staff includes professionals from the sector who bring their work experience into this specialization, as well as recognized specialists of reference 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.

You will gain skills to promote the adoption of vegetarian and vegan diets among the sports community, highlighting their benefits for both health and athletic performance.

A program based on the revolutionary Relearning methodology, which will allow you to consolidate complex concepts with efficiency and immediacy.



02

Objectives

Upon completion of this program, pharmacists will have a thorough understanding of the principles of Veganism and Vegetarianism in relation to sports practice. In this sense, specialists will acquire skills to evaluate the nutritional status of athletes and detect possible deficiencies or areas for improvement. In this way, professionals will be highly qualified to offer personalized advice to athletes following vegetarian and vegan diets, tailoring nutritional recommendations to their specific needs.





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You will implement into your practice the most advanced strategies for recommending nutritional supplements to athletes based on factors such as age, gender and exercise intensity”



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 training and learning in the field of Nutrition in sport, both through the contacts established with professors and professionals of the Professional Master's Degree, as well as in an autonomous way





Specific Objectives

- ◆ Differentiate between the different types of vegetarian athletes
- ◆ Gain an in-depth understanding of the main mistakes made
- ◆ Treat the notable nutritional deficiencies of sportsmen and sportswomen
- ◆ Manage skills to provide the athlete with the best tools when combining foods

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TECH puts at your disposal the best multimedia resources to enrich your learning and put what you have studied into practice in a much easier way”

03

Course Management

In line with its philosophy of providing the most complete university programs adapted to the demands of the labor market, TECH makes an effort to shape its teaching staff. Thanks to this, the present Postgraduate Certificate has the participation of reference professionals in the field of Nutrition and Dietetics. These experts have an extensive work experience, where they have optimized both the general welfare and athletic performance of multiple athletes. In this way, they bring to the teaching materials all the knowledge that pharmacists require to experience a significant leap in quality in their professional careers.





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A teaching group specialized in Nutrition and Dietetics will guide you throughout the learning process, resolving any doubts you may have"

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

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

Management



Dr. Marhuenda Hernández, Javier

- ♦ Professional Soccer Clubs Nutritionist
- ♦ Head of Sports Nutrition. Albacete Balompie SAD Club
- ♦ 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 Spanish Academy of Nutrition and Dietetics (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. Arcusa Saura, Raúl

- ◆ Nutritionist. Sport Club Castellón
- ◆ Nutritionist in several semi-professional clubs in Castellón.
- ◆ Researcher. San Antonio Murcia Catholic University
- ◆ Undergraduate and Graduate Faculty
- ◆ Graduate in Human Nutrition and Dietetics
- ◆ Master's Degree in Nutrition in Physical Activity and Sport

04

Structure and Content

Through this program, pharmacists will have a comprehensive understanding of the fundamentals of Vegetarianism and Veganism in relation to sports practice. The academic itinerary will delve into the most common errors in athletes who do not consume animal products, including protein or Vitamin B12 deficiency. Likewise, the syllabus will delve into the benefits of the consumption of Spirulina algae for muscle repair. In tune with this, the program will provide graduates with the most sophisticated ergogenic aids for muscle growth (among which Vegetable Protein and Creatine stand out).



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You will be able to analyze the nutritional status of athletes following vegetarian and vegan diets, identifying possible nutritional deficiencies”

Module 1. Vegetarianism and Veganism

- 1.1. Vegetarianism and Veganism in the History of Sport
 - 1.1.1. The Beginnings of Veganism in Sport
 - 1.1.2. Vegetarian Athletes Today
- 1.2. Different Types of Vegetarian Food
 - 1.2.1. The Vegan Athlete
 - 1.2.2. The Vegetarian Athlete
- 1.3. Common Errors in the Vegan Athlete
 - 1.3.1. Energy Balance
 - 1.3.2. Protein Consumption
- 1.4. Vitamin B12
 - 1.4.1. B12 Supplementation
 - 1.4.2. Bioavailability of Spirulina Algae
- 1.5. Protein Sources in the Vegan/Vegetarian Diet
 - 1.5.1. Protein Quality
 - 1.5.2. Environmental Sustainability
- 1.6. Other Key Nutrients in Vegans
 - 1.6.1. Conversion of ALA to EPA/DHA
 - 1.6.2. Fe, Ca, Vit-D and Zn
- 1.7. Biochemical Assessment/Nutritional Deficiencies
 - 1.7.1. Anemia
 - 1.7.2. Sarcopenia
- 1.8. Vegan vs. Omnivorous Food
 - 1.8.1. Evolutionary Food
 - 1.8.2. Current Food
- 1.9. Ergogenic Aids
 - 1.9.1. Creatine
 - 1.9.2. Vegetable Protein
- 1.10. Factors that Decrease Nutrient Absorption
 - 1.10.1. High Fiber Intake
 - 1.10.2. Oxalates





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You are looking at a university program that is flexible and compatible with your daily responsibilities. What are you waiting for to enroll?"

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.





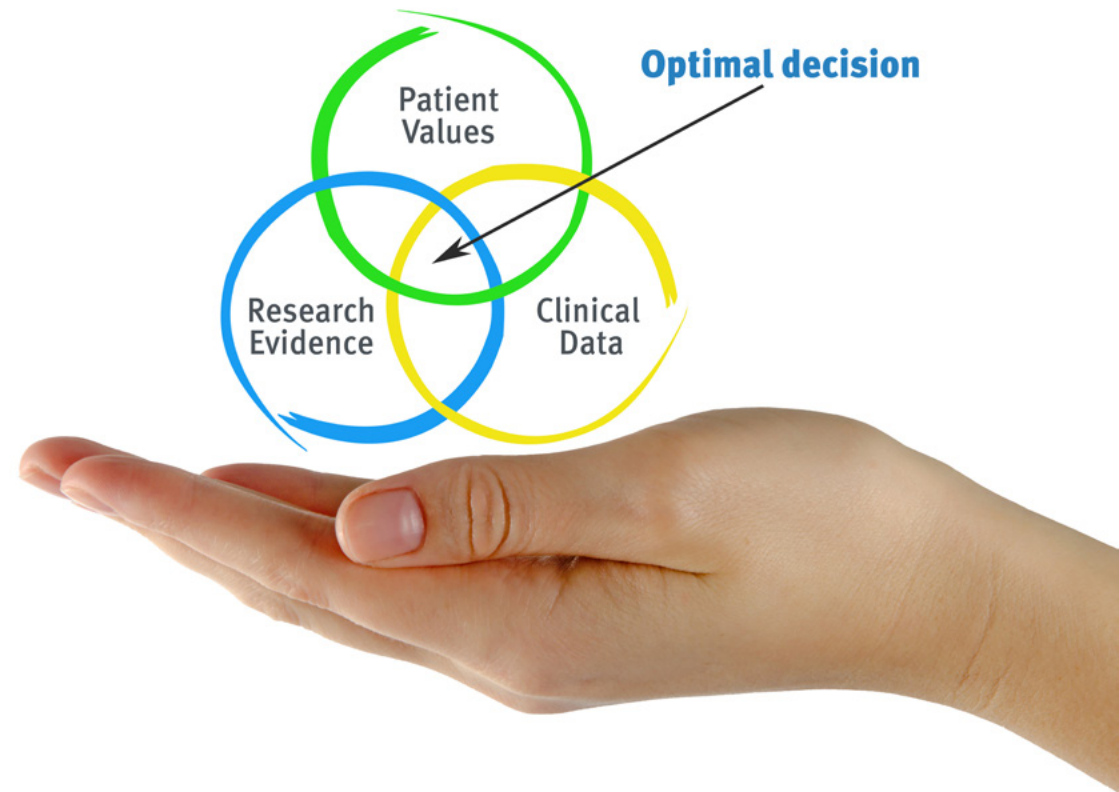
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



The nurse 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 we have trained more than 175,000 nurses with unprecedented success in all specialties regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

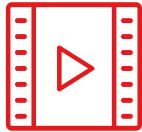
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

These contents are then adapted in 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.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

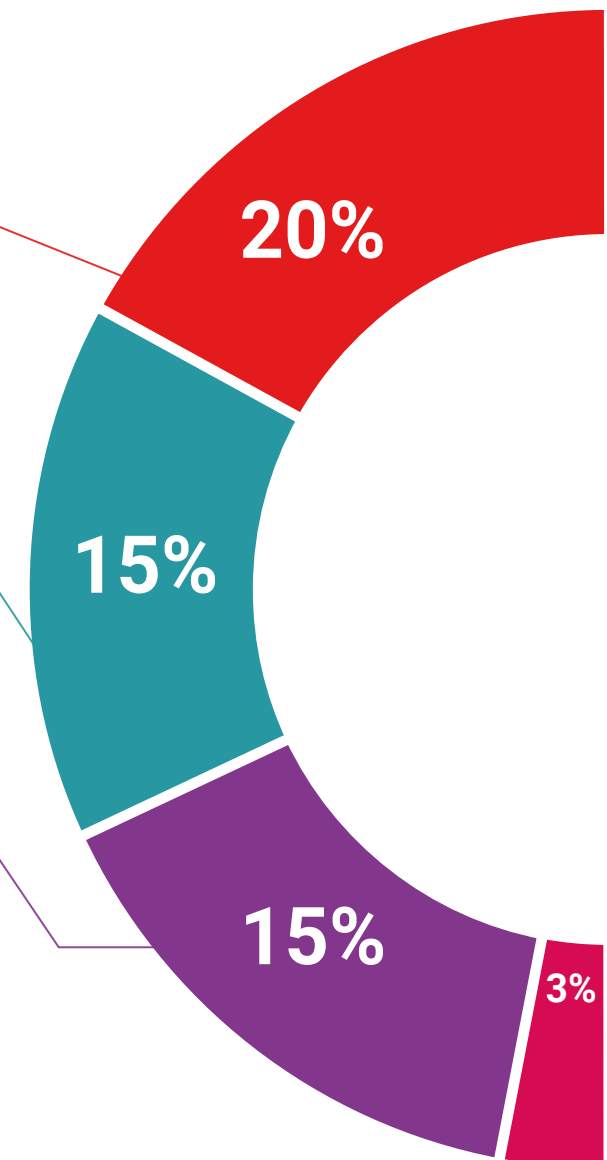
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

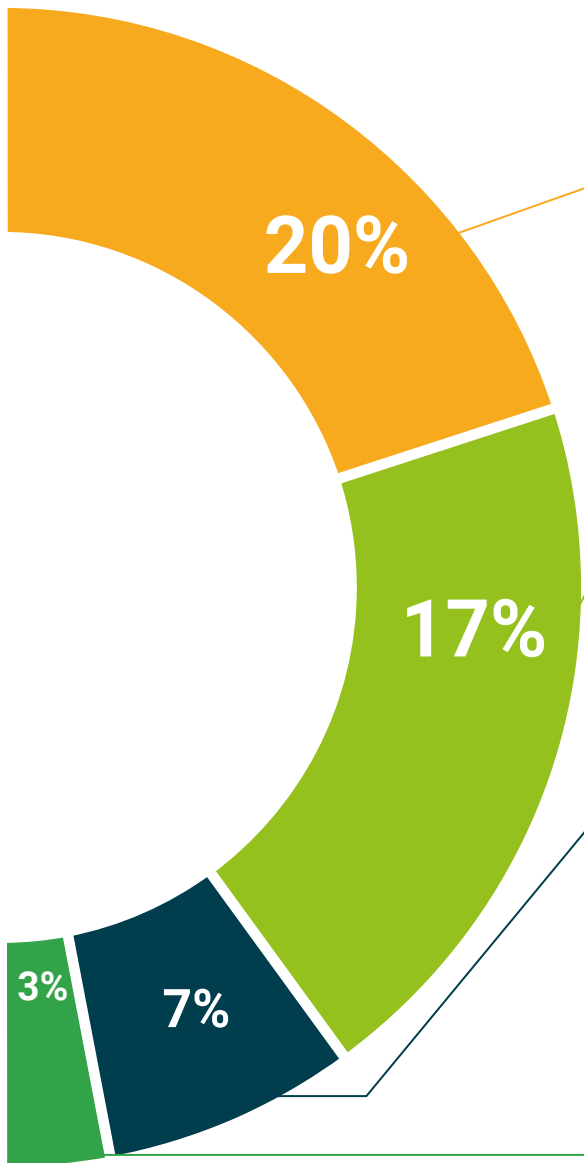
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of achieving their goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence 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

This Postgraduate Certificate in Vegetarianism and Veganism in Physical Activity and Sports 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 a **Postgraduate Certificate in Vegetarianism and Veganism in Physical Activity and Sports** endorsed by TECH Global University, the world's largest online university.

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

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

Title: **Postgraduate Certificate in Vegetarianism and Veganism in Physical Activity and Sports**

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

tech global
university

personalized service innovation

knowledge present
online training

development languages

virtual classroom

Postgraduate Certificate Vegetarianism and Veganism in Physical Activity and Sports

- » Modality: online
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Postgraduate Certificate

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