

Postgraduate Diploma

Nutrition in Aquatic Sports





Postgraduate Diploma Nutrition in Aquatic Sports

- » Modality: online
- » Duration: 6 months.
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-nutrition-aquatic-sports

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01

Introduction

Aquatic sports encompass a wide range of disciplines that require a high level of physical performance. From competitive swimming to water polo, athletes face specific demands in terms of nutrition and hydration to optimize both performance and recovery. In this regard, pharmacists play a key role as providers of information and advice on Nutritional Supplements or specific dietary strategies. Therefore, it is vital that these professionals keep abreast of the latest advances in nutritional products in order to help these users reach their maximum athletic potential while maintaining optimal health. To support them with this work, TECH presents a pioneering online program on the latest trends in this area.



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With this 100% online program, you will identify the nutritional needs of aquatic athletes and recommend the most cutting-edge Dietary Supplements to contribute to their muscle recovery”

The practice of sports during childhood and adolescence is crucial to maintain an active and healthy lifestyle. According to the World Health Organization, regular physical activity in this population contributes to prevent chronic diseases in adulthood (such as obesity, diabetes or cardiovascular pathologies). However, in order to reach their maximum sporting potential and maintain adequate health, child athletes must receive adequate nutrition to meet their specific energy and nutritional needs. In this scenario, pharmacists are more than authorized to advise parents on dietary supplements that contribute to optimize the recovery of children and prevent injuries.

In light of this reality, TECH presents a comprehensive and innovative program in Aquatic Sports Nutrition that will focus on the dietary needs of specific populations. The academic itinerary will explore the physiology of sport disciplines (such as canoeing, sailing or weightlifting) addressing factors such as energy metabolism, body composition or endurance. In this way, graduates will acquire an exhaustive knowledge of the specific dietary demands of athletes. Likewise, the didactic materials will delve into the most sophisticated ergogenic aids (among which Whey Protein stands out) aimed at optimizing physical performance and accelerating muscle recovery after intense exercise. It is worth mentioning that the program will include the participation of a renowned International Guest Director, who will help graduates to develop competencies to carry out individual nutritional evaluations and design personalized nutrition plans in different stages of competition.

This university program, completely online, will provide experts with the flexibility to do it from anywhere, with no time restrictions. The only thing pharmacists will need is an electronic device with Internet access to access the Virtual Campus. In addition, TECH's disruptive Relearning methodology will guarantee graduates a progressive, natural efficient update created by their knowledge and skills.

This **Postgraduate Diploma in Nutrition in Aquatic Sports** 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 4 exhaustive Masterclasses to bring you closer to the reality of a demanding and challenging profession”

“

You will delve into the importance of Hydration to support physical and mental performance during aquatic exercise”

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.

Looking to incorporate the latest trends in Sports Supplementation into your clinical practice? Achieve it with this program.

The characteristic Relearning system of this program will allow you to learn at your own pace without depending on external teaching conditions.



02 Objectives

Upon completion of this university program, pharmacy professionals will have a solid understanding of the specific needs of athletes participating in aquatic disciplines (considering factors such as duration and intensity of exercise). Similarly, graduates will develop skills to design personalized nutrition plans that optimize sports performance, recovery and health of athletes. In tune with this, specialists will be at the forefront of the most sophisticated and effective nutritional supplements to both accelerate muscle recovery and reduce the risk of injury.





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You will acquire advanced competencies to perform comprehensive nutritional assessments of aquatic athletes to identify their specific nutrient and energy needs”



General Objectives

- ◆ Handle advanced knowledge on nutritional planning in professional and non-professional athletes for the healthy performance of physical exercise
- ◆ Manage advanced knowledge on nutritional planning in professional athletes of various fields in order to achieve maximum sports performance
- ◆ Learn advanced knowledge about nutritional planning in professional athletes from team sports to achieve the highest sports performance
- ◆ Manage and consolidate the initiative, entrepreneurial spirit to implement projects related to nutrition in physical activity and sport
- ◆ Know how to incorporate the different scientific advances into one's own professional field
- ◆ Develop the ability to work in a multidisciplinary environment
- ◆ Manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities
- ◆ Manage the necessary skills through the teaching-learning process that will allow them to continue ways and learning in the field of sports nutrition, both through the contacts established with professors and professionals in the program, as well as on their own





Specific Objectives

Module 1. Aquatic Sports

- ◆ Delve into the most important characteristics of the main water sports
- ◆ Distinguish between the nutritional needs of different water sports

Module 2. Sports by Weight Category

- ◆ Understand in depth the different nutritional strategies for preparing the athlete for competition
- ◆ Optimize the improvement of body composition through nutritional approach

Module 3. Different Stages or Specific Population Groups

- ◆ 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



You will achieve your objectives with the support of TECH's didactic tools, including explanatory videos and interactive summaries"

03

Course Management

In accordance with its philosophy of making available to anyone the most complete and renewed university degrees in the academic panorama, TECH carries out a meticulous process to form its teaching staff. For this Postgraduate Diploma, it brings together prestigious professionals in the field of Nutrition, who have extensive work experience in areas such as diet in Aquatic Sports. Thanks to this, these specialists have developed teaching materials of the highest quality and full applicability to the demands of today's labor market. Undoubtedly, a high intensity experience that will significantly raise the professional horizons of the graduates.





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You will have the support of a teaching staff formed by authentic references in the field of Nutrition and Dietetics”

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. Ramírez Munuera, Marta

- ◆ Sports Nutritionist expert in strength sports
- ◆ Nutritionist. M10 Health and Fitness. Health and Sports Center
- ◆ Nutritionist. Mario Ortiz Nutrition
- ◆ Courses and workshops on Sports Nutrition Trainer
- ◆ Speaker at conferences and seminars on Sports Nutrition
- ◆ Degree in Human Nutrition and Dietetics. San Antonio Murcia Catholic University
- ◆ Master in Nutrition in Physical Activity and Sport. San Antonio Murcia Catholic University

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



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

The academic itinerary will examine the physiology of the main Aquatic Sports (such as Water Polo, Swimming or Surfing) focusing on factors such as energy metabolism, strength or endurance. The curriculum will also emphasize the importance of carbohydrate intake during pre-competition to ensure that users have energy for exercise. The program will also focus on sports practices by Weight Categories, providing graduates with the most advanced ergogenic aids to optimize athletic performance. In addition, materials will analyze the dietary needs of specific populations including pregnant athletes and children.





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You will be able to address specific nutritional challenges in Aquatic Sport, such as cramp prevention, body temperature management or adaptation to water pressure”

Module 1. Watersports

- 1.1. History of Watersports
 - 1.1.1. Olympics and Major Tournaments
 - 1.1.2. Watersports Today
- 1.2. Performance Limitations
 - 1.2.1. Aquatic Sports in the Water (Swimming, Water Polo, etc.)
 - 1.2.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing, etc.)
- 1.3. Basic Characteristics of Aquatic Sports
 - 1.3.1. Aquatic Sports in the Water (Swimming, Water polo, etc.)
 - 1.3.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing, etc.)
- 1.4. Physiology from Aquatic Sports
 - 1.4.1. Energy Metabolism
 - 1.4.2. Athlete Biotype
- 1.5. Education
 - 1.5.1. Strength
 - 1.5.2. Resistance
- 1.6. Body Composition
 - 1.6.1. Swimming
 - 1.6.2. Water Polo
- 1.7. Precompetition
 - 1.7.1. Hours Before
 - 1.7.2. Hours Before
- 1.8. Precompetition
 - 1.8.1. Carbohydrates
 - 1.8.2. Hydration
- 1.9. Post-Competition
 - 1.9.1. Hydration
 - 1.9.2. Protein
- 1.10. Ergogenic Aids
 - 1.10.1. Creatine
 - 1.10.2. Caffeine





Module 2. Sports by Weight Category

- 2.1. Characteristics of the Main Sports by Weight Category
 - 2.1.1. Regulation
 - 2.1.2. Categories
- 2.2. Programming of the Season
 - 2.2.1. Competitions
 - 2.2.2. Macrocycle
- 2.3. Body Composition
 - 2.3.1. Combat Sports
 - 2.3.2. Weightlifting
- 2.4. Stages of Muscle Mass Gain
 - 2.4.1. Body Fat Percentage
 - 2.4.2. Programming
- 2.5. Definition Stages
 - 2.5.1. Carbohydrates
 - 2.5.2. Protein
- 2.6. Precompetition
 - 2.6.1. Peak Weak
 - 2.6.2. Before Weighing
- 2.7. Precompetition
 - 2.7.1. Practical Applications
 - 2.7.2. Timing
- 2.8. Post-Competition
 - 2.8.1. Hydration
 - 2.8.2. Protein
- 2.9. Ergogenic Aids
 - 2.9.1. Creatine
 - 2.9.2. Whey Protein

Module 3. Different Stages or Specific Population Groups

- 3.1. Nutrition in the Female Athlete
 - 3.1.1. Limiting Factors
 - 3.1.2. Requirements
- 3.2. Menstrual Cycle
 - 3.2.1. Luteal Phase
 - 3.2.2. Follicular Phase
- 3.3. Triad
 - 3.3.1. Amenorrhea
 - 3.3.2. Osteoporosis
- 3.4. Nutrition in the Pregnant Female Athlete
 - 3.4.1. Energy Requirements
 - 3.4.2. Micronutrients
- 3.5. The Effects of Physical Exercise on the Child Athlete
 - 3.5.1. Strength Training
 - 3.5.2. Endurance Training
- 3.6. Nutritional Education in the Child Athlete
 - 3.6.1. Sugar
 - 3.6.2. Eating Disorders
- 3.7. Nutritional Requirements in the Child Athlete
 - 3.7.1. Carbohydrates
 - 3.7.2. Proteins
- 3.8. Changes Associated with Aging
 - 3.8.1. Body Fat Percentage
 - 3.8.2. Muscle Mass
- 3.9. Main Problems in the Older Athlete
 - 3.9.1. Joints
 - 3.9.2. Cardiovascular Health
- 3.10. Interesting Supplements for Older Athletes
 - 3.10.1. *Whey Protein*
 - 3.10.2. Creatine





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This program gives you the opportunity to update your knowledge in real scenarios, with the maximum scientific rigor of an institution at the forefront of technology. 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.





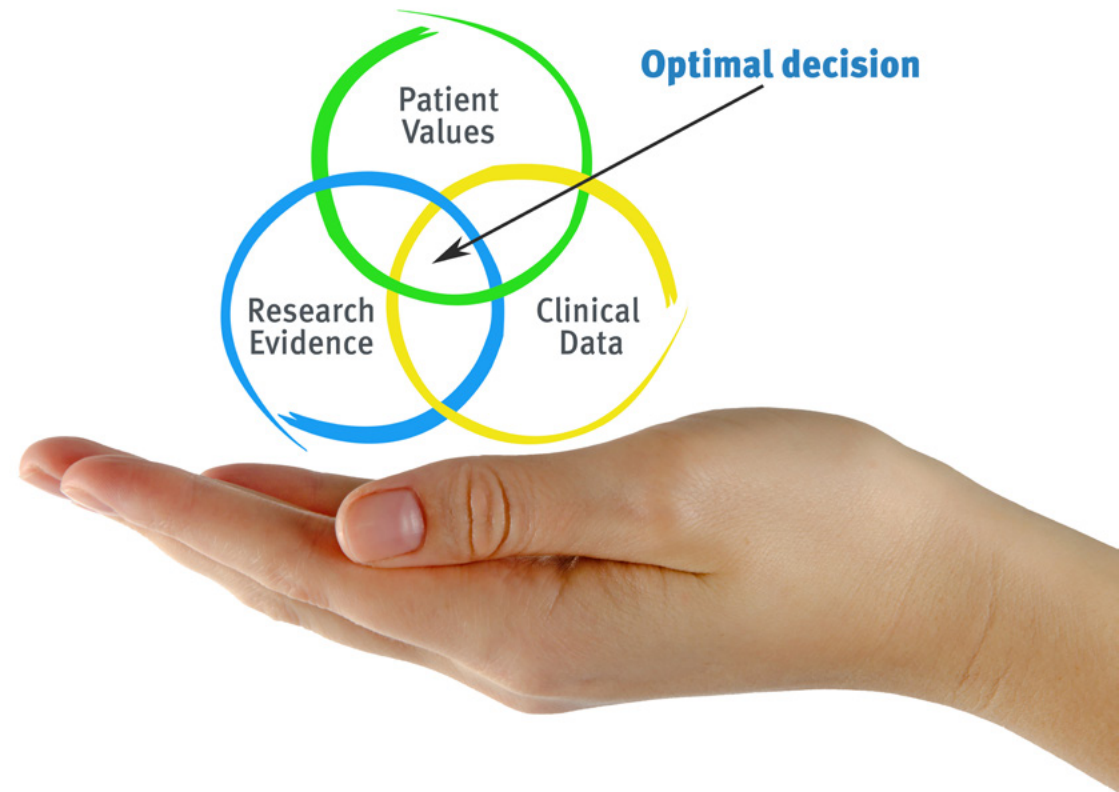
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

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.

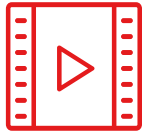
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

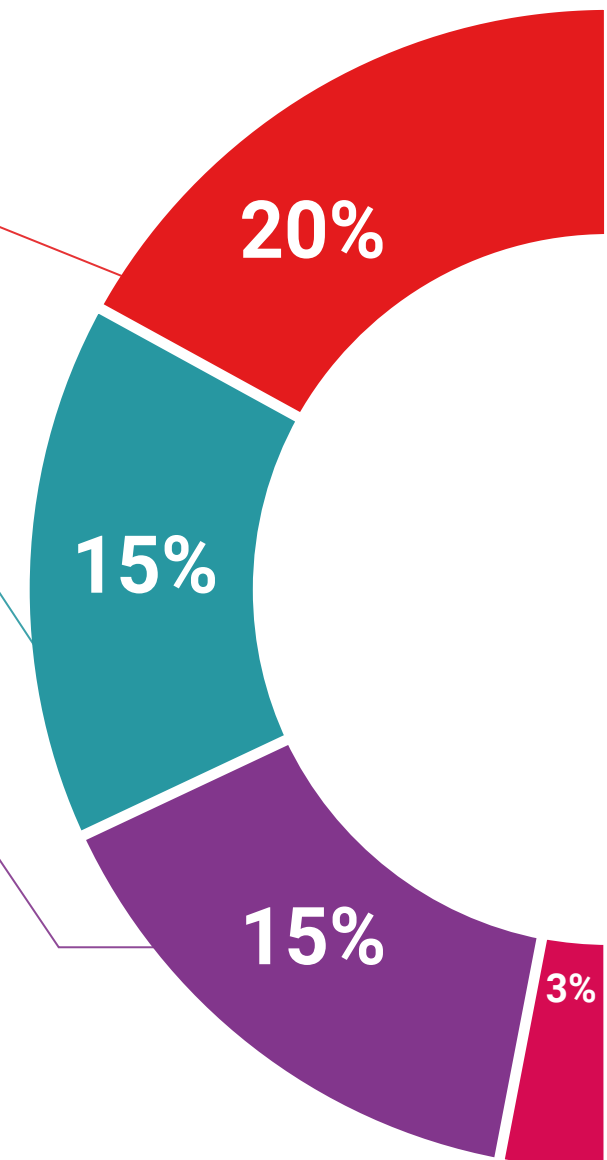
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

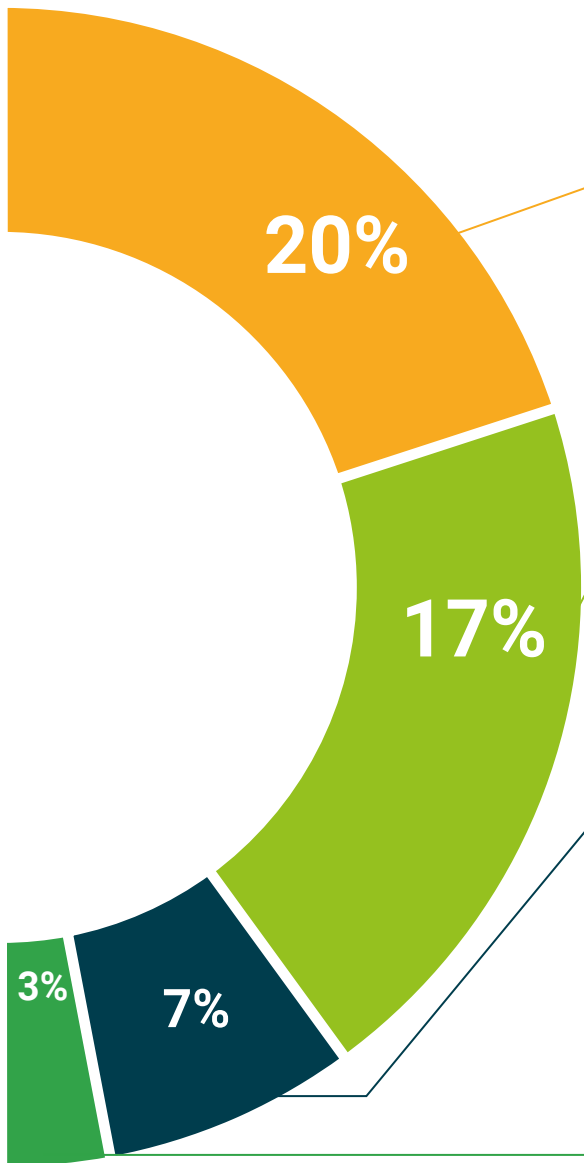
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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

The Postgraduate Diploma in Nutrition in Aquatic Sports 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 Diploma in Nutrition in Aquatic 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 Diploma in Nutrition in Aquatic Sports**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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 present
online training
development language
virtual classroom



Postgraduate Diploma Nutrition in Aquatic Sports

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Postgraduate Diploma

Nutrition in Aquatic Sports

