

Advanced Master's Degree Comprehensive Sports Nutrition

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university





Advanced Master's Degree Comprehensive Sports Nutrition

- » Modality: online
- » Duration: 2 years
- » Certificate: TECH Global University
- » Credits: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/physiotherapy/advanced-master-degree/advanced-master-degree-comprehensive-sports-nutrition

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01

Introduction

Society is increasingly focused on adopting a healthy lifestyle, not only to improve physical appearance, but also health. As a result, many people have taken up sports without having the knowledge required to avoid possible injuries. In this sense, physiotherapists' offices are constantly visited by people seeking personalized advice on how to prevent or treat injuries, but which can be complemented, to be more effective, with nutritional recommendations that provide maximum benefits to athletes. This TECH program has been precisely designed to enhance professionals' training so that they can give a boost to their profession in a comfortable way and with the help of the main experts in the field.





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Physiotherapists specializing in sports nutrition will be better able to offer comprehensive advice to improve athletes' performance"

Athletes who visit physiotherapists, either as a preventive measure or because they have suffered an injury, demand professional and increasingly personalized advice that allows them to return quickly and safely to physical activity. Therefore, specialists in this field have realized the importance of expanding their field of knowledge to other related areas, and are currently seeking programs that help them improve their knowledge in sports nutrition, which is essential to complement the practice of physical exercise, since food provides the energy needed to carry it out.

For this reason, TECH has decided to bring together a high quality teaching team, with years of experience in the sector, who have compiled the most complete information available, so that students have immediate access to all the academic resources that will be useful to improve their skills and, therefore, the treatment provided to the clients who come to their offices. Accordingly, the program provides a global vision of sports nutrition, while focusing on the most important and innovative aspects: invisible training or proper diet for athletes, and nutrition before, during and after exercise. Additionally, it includes information related to professionals with different personal situations and different sports activities, specifying in each case the best dietary recommendations, with the objective that the physiotherapist has a complete knowledge that allows them to adapt to each user during the development of their daily practice.

TECH presents an innovative study method, in which practice is the key to learning, so it combines theoretical resources with a multitude of practical cases, which allows for contextual learning that will place students in real environments, as if they were facing day-to-day cases in their practice. And all this in a 100% online format, which will allow students to study from anywhere in the world, without having to make unnecessary trips to a physical classroom, which will allow them to self manage their study time as they wish.

A unique, indispensable study opportunity in the professional development of physiotherapists that will make a difference in their training, allowing them to excel in a highly competitive field that must also adapt to changes in society and nutritional trends. In short, a high quality Advanced Master's Degree for professionals seeking excellence.

This **Advanced Master's Degree in Comprehensive Sports Nutrition** contains the most complete and up to date scientific program on the market. The most important features include:

- ◆ The latest technology in online teaching software
- ◆ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ◆ Practical cases presented by practising experts
- ◆ State-of-the-art interactive video systems
- ◆ Teaching supported by remote training
- ◆ Continuous updating and retraining systems
- ◆ Autonomous learning: full compatibility with other occupations
- ◆ Practical exercises for self evaluation and learning verification
- ◆ Support groups and educational synergies: questions to the expert, debate and knowledge forums
- ◆ Communication with the teacher and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection
- ◆ Complementary resource banks that are permanently available



Expand your training with this sports nutrition program and advise your clients more effectively"

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A highly comprehensive program with a multitude of case studies that will make studying more understandable”

The teaching staff for this program is composed of practicing professionals. This way, TECH can fulfill the objective of academic updating that it has set for itself. A multidisciplinary staff of experienced professionals from a variety of environments, who will develop theoretical knowledge in an efficient manner, but above all, will put at the service of the students practical knowledge derived from their own experience.

This command of the subject is complemented by the effectiveness of the methodological design of this Grand Master. As such, it was developed by a multidisciplinary team of *e-learning* experts and integrates the latest advances in educational technology, allowing students to study with a range of convenient and versatile multimedia tools that will give them the operational skills they need for their training.

The design of this program is based on Problem Based Learning, an approach that conceives learning as a highly practical process. To achieve this remotely, TECH will use telepractice. With the help of an innovative interactive video system and *Learning from an Expert*, students will be able to acquire the knowledge as if they were facing the scenario they are currently learning. A concept that will allow students to integrate and memorize what they have learnt in a more realistic and permanent way.

Study with the latest educational technology available today.

Specializing in sports nutrition will allow physiotherapists to adapt exercises and diets to the particular needs of each athlete.



02 Objectives

This TECH program has been specifically designed for physiotherapists, who increasingly find the need to further their training in the field of sports nutrition in order to improve their counseling programs and make them more complete by unifying dietary advice with exercise. This way, professionals will be able to create work plans adapted to each athlete, taking into account their physical characteristics and the sporting goals they want to achieve.





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Be able to provide nutritional advice tailored to the needs of athletes thanks to this comprehensive program”



General Objectives

- ◆ Update the professional's knowledge of new trends in human nutrition.
- ◆ Promote work strategies based on the practical knowledge of the new trends in nutrition and their application to athletes
- ◆ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific training
- ◆ Encourage professional stimulation through continuous education and research
- ◆ Train the professional for research into patients with nutritional problems
- ◆ 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 and entrepreneurial spirit needed to launch projects related to nutrition in physical activity and sport
- ◆ Know how to incorporate the different scientific advances into one's own professional field
- ◆ Ability to work in a multidisciplinary environment
- ◆ Advanced understanding of the context in which their area of expertise is being developed
- ◆ 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 sports nutrition, both through the contacts established with professors and professionals in the program, as well as on their own
- ◆ Specialize in the structure of muscle tissue and its role in sports
- ◆ Know the energetic and nutritional needs of athletes in different pathophysiological situations
- ◆ Specialize in the energetic and nutritional needs of athletes in the different situations specific to age and gender
- ◆ Become a specialist in the dietary strategies for the prevention and treatment of injured athletes
- ◆ Specialize in the energetic and nutritional needs of child athletes
- ◆ Specialize in the energetic and nutritional needs of Paralympic athletes



Acquire advanced knowledge of nutrition, and apply the most appropriate diets for each athlete"



Specific Objectives

- ◆ Analyze the different methods for assessing nutritional status
- ◆ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment
- ◆ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ◆ Describe the composition and utilities of new foods
- ◆ Explain the different techniques and products of basic and advanced nutritional support related to the athlete's nutrition
- ◆ Explain the correct use of ergogenic aids
- ◆ Explain the current anti-doping regulations
- ◆ Identify psychological disorders related to the practice of sport and nutrition.
- ◆ Gain an in-depth understanding of the structure of skeletal muscle
- ◆ Understand in depth the functioning of skeletal muscle
- ◆ Deepen understanding of the most important changes that occur in athletes
- ◆ To delve into the mechanisms of energy production based on the type of exercise performed
- ◆ Further understanding of the interaction between the different energy systems that make up the muscle energy metabolism
- ◆ Interpretation of biochemical factors to detect nutritional deficits or overtraining states
- ◆ Interpretation of the different types of body composition in order to optimize the appropriate weight and fat percentage for the sport being practised
- ◆ Monitoring of the athlete throughout the season

- ◆ Plan seasonal periods according to their requirements
- ◆ Deepen understanding of the most important characteristics of the principal watersports
- ◆ Understand the demands and requirements associated with sports activities in aquatic environments
- ◆ Distinguish between the nutritional needs of different watersports
- ◆ Differentiate between the main performance limiting factors caused by climate
- ◆ Develop an acclimatization plan appropriate to the situation given
- ◆ Deepen understanding of the physiological changes caused by high altitude
- ◆ Establish the correct individual hydration guidelines according to the climate
- ◆ Differentiate between the different types of vegetarian athletes
- ◆ Gain a 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 most effective tools to combine foods
- ◆ Establish the physiological and biochemical mechanism of diabetes both at rest and during exercise
- ◆ Deepen the understanding of how the different insulins or medications are used by diabetics
- ◆ Assess the nutritional requirements for people with diabetes both in their daily life and in exercise, to improve their health
- ◆ Deepen the knowledge necessary to plan nutrition for athletes of different disciplines with diabetes, in order to improve their health and performance
- ◆ Establish the current state of evidence on Performance Enhancing Drugs in diabetics





- ◆ Deepen understanding of the differences between the different categories of para athletes and their physiological-metabolic limitations
- ◆ Determine the nutritional requirements of the different para-sportsmen in order to establish a specific nutritional plan
- ◆ Further the knowledge necessary to establish interactions between the ingestion of pharmaceuticals in these athletes and nutrients, to avoid nutrient deficits
- ◆ Understand the body composition of para athletes in different sport categories
- ◆ Apply current scientific evidence on nutritional performance enhancing drugs
- ◆ Establish the different characteristics and needs within 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
- ◆ 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
- ◆ 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.

03 Skills

The growing popularity of physical exercise in recent times has led more and more people to seek the help of professionals to adjust their diet to their sports practice. Therefore, this specific Advanced Master's Degree for physiotherapists has become particularly relevant nowadays, since it allows them to specialize in an area of high demand, being able to combine their knowledge of physical and nutritional advice, offering a more global and personalized attention to athletes.





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The completion of this program will greatly benefit physiotherapists, as it will allow them to act with greater confidence in the field of sports nutrition"



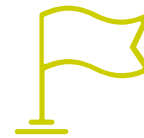
General Skills

- ◆ Apply new trends in nutrition in physical activity and sport to their patients
- ◆ Apply new trends in nutrition according to the individual's characteristics
- ◆ Investigate the nutritional problems of your patients

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Develops the skills required to provide adequate nutritional advice to athletes”





Specific Skills

- ◆ Assess the athlete's nutritional status
- ◆ Identify users' nutritional problems and apply the most accurate treatments and diets in each case
- ◆ Know food compositions, identify their utilities and add them to diets
- ◆ Know the anti-doping rules
- ◆ Seek help for patients with psychological disorders related to nutrition and the practice of sports
- ◆ Be up to date on food safety and be aware of potential food hazards
- ◆ Identify the benefits of the Mediterranean diet
- ◆ Identify athletes' energy needs and provide them with appropriate diets
- ◆ Manage and consolidate the initiative and entrepreneurial spirit needed to launch projects related to nutrition in physical activity and sport
- ◆ Manage advanced skills in the detection of possible signs of nutritional changes associated with sports activities
- ◆ Specialize in the structure of muscle tissue and its role in sports
- ◆ Know the energetic and nutritional needs of athletes in different pathophysiological situations
- ◆ Specialize in the energetic and nutritional needs of child athletes
- ◆ Specialize in the energetic and nutritional needs of Paralympic athletes

04

Course Management

This Advanced Master's Degree in Comprehensive Sports Nutrition brings together teachers with extensive experience, who have selected the most complete and innovative information to provide physiotherapists with advanced knowledge that is increasingly necessary today. Highly regarded professionals who understand the need for continuing education in order to stand out in a highly competitive sector that requires experts with extensive experience, who are able to meet the demands of athletes.





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TECH has selected a team of highly regarded teachers in this field"

International Guest Director

Jamie Meeks has proven throughout her career her dedication to Sports Nutrition. After graduating from Louisiana State University with a degree in Sports Nutrition, he 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 bachelor's degree, Jamie Meeks continued her education at the University of Arkansas, where she completed her internship in Dietetics. She then went on to obtain 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 Collegiate and Professional Sports Dietitians.



Dr. Meeks, Jamie

- Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, United States
- Coordinator of Sports Nutrition at Louisiana State University
- Registered Dietitian by the Academy of Nutrition and Dietetics
- Certified Specialist in Sports Dietetics
- Master's Degree in Kinesiology with a specialization in Exercise Physiology from Louisiana State University
- Graduate in Dietetics from Louisiana State University
- Member of: Louisiana Dietetic Association, Association of Collegiate and Professional Sports Dietitians, Cardiovascular and Wellness Sports Nutrition Dietetic Practice Group



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

Management



Dr. Marhuenda Hernández, Javier

- ◆ Full Member of the Spanish Academy of Human Nutrition and Dietetics. Professor and researcher at UCAM
- ◆ Ph.D. in Nutrition
- ◆ Master's Degree in Clinical Nutrition
- ◆ Graduate in Nutrition



Dr. Pérez de Ayala, Enrique

- ◆ Head of the Sports Medicine Department at Policlínica Gipuzkoa
- ◆ Degree in Medicine from the Autonomous University of Barcelona
- ◆ Specialist in Physical Education and Sports Medicine
- ◆ Honorary Member of the AEMEF
- ◆ Former head of the Sports Medicine Department of the Real Sociedad de Fútbol

Professors

Ms. Aldalur Mancisidor, Ane

- ◆ Part of the dietetics office and the Basque Health Service
- ◆ Degree in Nursing
- ◆ Degree in Dietetics
- ◆ Expert in Eating Disorders and Sports Nutrition

Ms. Ramírez, Marta

- ◆ Graduate in Human Nutrition and Dietetics
- ◆ Professional Master's Degree in Nutrition in Physical Activity and Sport
- ◆ Anthropometrist ISAK level 1
- ◆ Extensive professional experience, both in the clinical and sports fields, where she works with athletes in triathlon, athletics, bodybuilding, CrossFit, powerlifting, among others, specializing in strength sports
- ◆ Experience as a instructor and speaker giving seminars, courses, workshops and conferences on Sports Nutrition for Dietitians-Nutritionists, Students of Health Sciences and the general population, in addition to a continual training in nutrition and sport in international congresses, courses and conferences

Ms. Montoya Castaño, Johana

- ◆ Nutritionist and Dietician from the University of Antioquia.
- ◆ Master's Degree in Nutrition in Physical Activity and Sports from UCAM
- ◆ Sports Nutrition from the University of Barcelona
- ◆ Member of the DBSS Network, G-SE Y Research and Associates of the Exercise and Sport Nutrition Laboratory of the Health and Kinesiology, Texas A&M University

D. Arcusa, Raúl

- ◆ Graduate in Human Nutrition and Dietetics
- ◆ Master's Degree in Nutrition in Physical Activity and Sport
- ◆ Anthropometrist ISAK level 1
- ◆ Currently a Doctoral student in the Department of Pharmacy of the UCAM, researching Nutrition and Oxidative Stress, in addition to his work as a Nutritionist in the Youth Team of C.D. Castellón
- ◆ Possesses experience in different soccer teams in the Valencian community, as well as extensive experience in face to face clinical consultation

05

Structure and Content

This intensive TECH program aims to provide physiotherapists with the most comprehensive information on sports nutrition. Consequently, they will be able to offer their clients more comprehensive advice, which not only includes the most suitable exercises for their physical conditions, but also the necessary nutritional guidance to provide them with the maximum possible benefit. Undoubtedly, a high quality academic Advanced Master's Degree that will represent an additional skill in your training.





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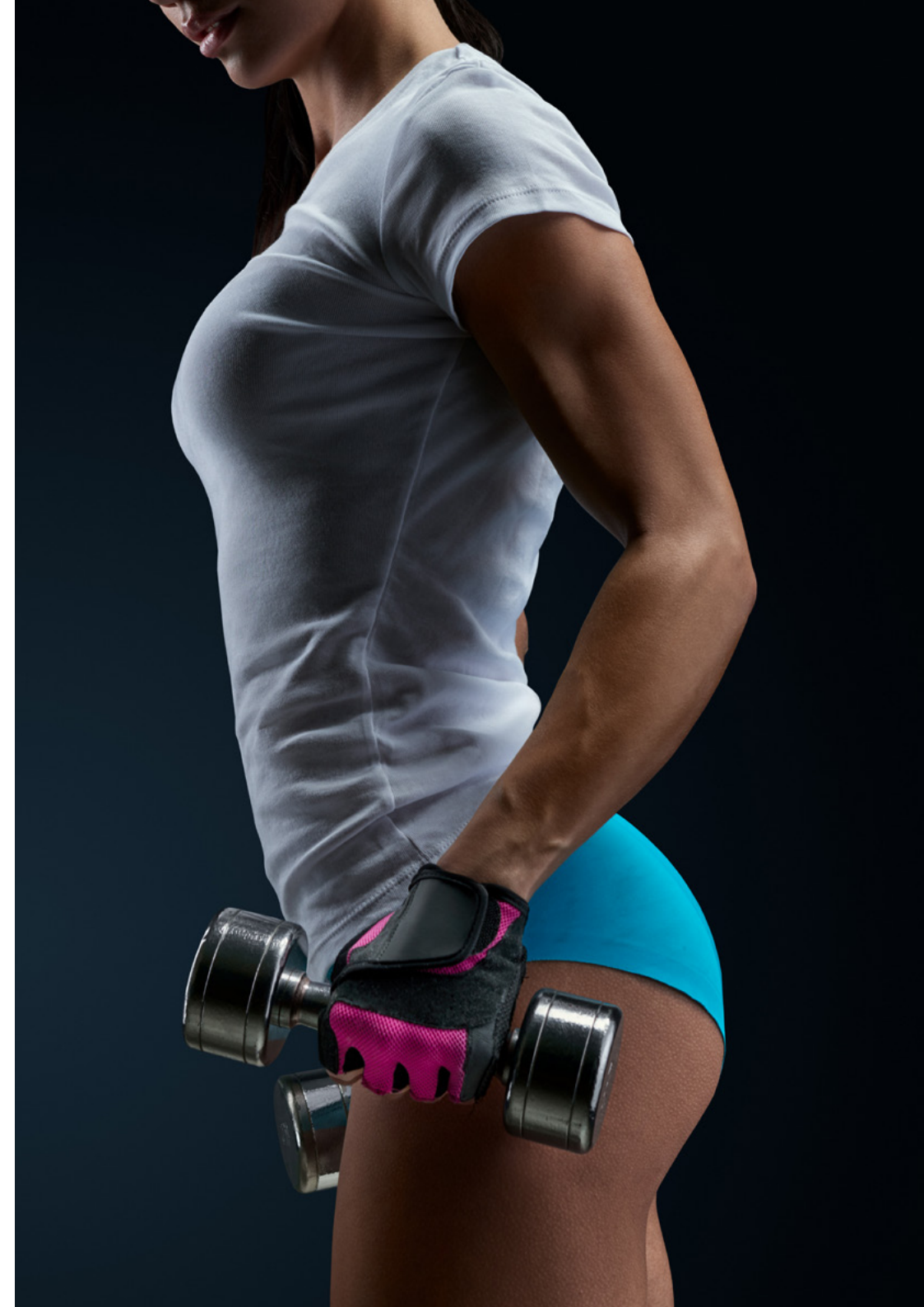
A very well structured program for a comprehensive study of sports nutrition"

Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
 - 1.5.1. Functional Nutrients and Bioactive Compounds
 - 1.5.2. Probiotics, Prebiotics, and Synbiotics
 - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
 - 1.9.1. Physical Hazards
 - 1.9.2. Chemical Hazards
 - 1.9.3. Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
 - 2.2.1. Fundamentals
 - 2.2.2. Methods
- 2.3. Immunonutrition
 - 2.3.1. Nutrition-Immunity Interactions
 - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding, Appetite and Satiety
- 2.5. Psychology and Nutrition
- 2.6. Nutrition and Sleep
- 2.7. Update on Nutritional Objectives and Recommended Intakes
- 2.8. New Evidence on the Mediterranean Diet



Module 3. Assessment of Nutritional Status and Diet. Practical Application

- 3.1. Bioenergy and Nutrition
 - 3.1.1. Energy Needs
 - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
 - 3.2.1. Body Composition Analysis
 - 3.2.2. Clinical Diagnosis. Symptoms and Signs
 - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
 - 3.3.1. Methods for Analyzing Food and Nutrient Intake
 - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult. Objectives and Guidelines. Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

Module 4. Sports Nutrition

- 4.1. Physiology of Exercise
- 4.2. Physiological Adaptation to Different Types of Exercise
- 4.3. Metabolic Adaptation to Exercise. Regulation and Control
- 4.4. Assessing Athletes' Energy Needs and Nutritional Status
- 4.5. Assessing Athletes' Physical Ability
- 4.6. Nutrition in the Different Phases of Sports Practice
 - 4.6.1. Pre-Competition
 - 4.6.2. During
 - 4.6.3. Post-Competition
- 4.7. Hydration
 - 4.7.1. Regulation and Needs
 - 4.7.2. Types of Beverages
- 4.8. Dietary Planning Adapted to Different Sports
- 4.9. Ergogenic Aids and Current Anti-Doping Regulations
 - 4.9.1. AMA and AEPSAD Recommendations
- 4.10. Nutrition in Sports Injury Recovery

- 4.11. Psychological Disorders Related to Practising Sport
 - 4.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
 - 4.11.2. Fatigue Caused by Overtraining
 - 4.11.3. The Female Athlete Triad
- 4.12. The Role of the *Coach* in Sports Performance

Module 5. Muscle and Metabolic Physiology Associated with Exercise

- 5.1. Cardiovascular Adaptations Related to Exercise
 - 5.1.1. Increased Systolic Volume
 - 5.1.2. Decreased Heart Rate
- 5.2. Ventilatory Adaptations Related to Exercise
 - 5.2.1. Changes in the Ventilatory Volume
 - 5.2.2. Changes in Oxygen Consumption
- 5.3. Hormonal Adaptations Related to Exercise
 - 5.3.1. Cortisol
 - 5.3.2. Testosterone
- 5.4. Muscle Structure and Types of Muscle Fibers
 - 5.4.1. Muscle Fiber
 - 5.4.2. Type I Muscle Fiber
 - 5.4.3. Type II Muscle Fibers
- 5.5. The Concept of Lactic Threshold
- 5.6. ATP and Phosphagen Metabolism
 - 5.6.1. Metabolic Pathways for ATP Resynthesis during Exercise
 - 5.6.2. Phosphagen Metabolism
- 5.7. Carbohydrate Metabolism
 - 5.7.1. Carbohydrate Mobilization during Exercise
 - 5.7.2. Types of Glycolysis
- 5.8. Lipid Metabolism
 - 5.8.1. Lipolysis
 - 5.8.2. Fat Oxidation during Exercise
 - 5.8.3. Ketone Bodies

- 5.9. Protein Metabolism
 - 5.9.1. Ammonium Metabolism
 - 5.9.2. Amino Acid Oxidation
- 5.10. Mixed Bioenergetics of Muscle Fibers
 - 5.10.1. Energy Sources and their Relation to Exercise
 - 5.10.2. Factors Determining the Use of One or Another Energy Source during Exercise

Module 6. The Evaluation of the Athlete at Different Moments of the Season

- 6.1. Biochemical Evaluation
 - 6.1.1. Blood count
 - 6.1.2. Overtraining Markers
- 6.2. Anthropometric Evaluation
 - 6.2.1. Body Composition
 - 6.2.2. ISAK Profile
- 6.3. Preseason
 - 6.3.1. High Workload
 - 6.3.2. Assuring Caloric and Protein Intake
- 6.4. Competitive Season
 - 6.4.1. Sports Performance
 - 6.4.2. Recovery between Games
- 6.5. Transition Period
 - 6.5.1. Vacation Period
 - 6.5.2. Changes in Body Composition
- 6.6. Travel
 - 6.6.1. Tournaments during the Season
 - 6.6.2. Off-season Tournaments (World Cups, European Cups and The Olympic Games)
- 6.7. Athlete Monitoring
 - 6.7.1. Basal Athlete Status
 - 6.7.2. Evolution during the Season
- 6.8. Sweat Rate Calculation
 - 6.8.1. Hydric losses
 - 6.8.2. Calculation Protocol

- 6.9. Multidisciplinary Work
 - 6.9.1. The Role of the Nutritionist in the Athlete's Environment
 - 6.9.2. Communication with the Rest of the Areas
- 6.10. Doping
 - 6.10.1. WADA List
 - 6.10.2. Anti-doping Tests

Module 7. Watersports

- 7.1. History of Watersports
 - 7.1.1. Olympics and Major Tournaments
 - 7.1.2. Watersports Today
- 7.2. Performance Limitations
 - 7.2.1. Aquatic Sports in the Water (Swimming, Water Polo, etc.)
 - 7.2.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing, etc.)
- 7.3. The Basic Characteristics of Water Sports
 - 7.3.1. Aquatic Sports in the Water (Swimming, Water polo, etc.)
 - 7.3.2. Aquatic Sports on the Water (Surfing, Sailing, Canoeing, etc.)
- 7.4. Aquatic Sports Physiology
 - 7.4.1. Energy Metabolism
 - 7.4.2. Athlete Biotype
- 7.5. Training
 - 7.5.1. Strength
 - 7.5.2. Resistance
- 7.6. Body Composition
 - 7.6.1. Swimming
 - 7.6.2. Water polo
- 7.7. Pre-competition
 - 7.7.1. 3 Hours Before
 - 7.7.2. 1 Hour Before
- 7.8. Per Competition
 - 7.8.1. Carbohydrates
 - 7.8.2. Hydration

- 7.9. After the Competition
 - 7.9.1. Hydration
 - 7.9.2. Protein
- 7.10. Ergogenic Aids
 - 7.10.1. Creatine
 - 7.10.2. Caffeine

Module 8. Adverse Conditions

- 8.1. The History of Sport in Extreme Conditions
 - 8.1.1. Winter Competitions throughout History
 - 8.1.2. Competitions in Hot Environments Today
- 8.2. Performance Limitations in Hot Climates
 - 8.2.1. Dehydration
 - 8.2.2. Fatigue
- 8.3. Basic Characteristics in Hot Climates
 - 8.3.1. High Temperature and Humidity
 - 8.3.2. Acclimatization
- 8.4. Nutrition and Hydration in Hot Climates
 - 8.4.1. Hydration and Electrolytes
 - 8.4.2. Carbohydrates
- 8.5. Performance Limitations in Cold Climates
 - 8.5.1. Fatigue
 - 8.5.2. Bulky Clothing
- 8.6. Basic Characteristics in Cold Climates
 - 8.6.1. Extreme Cold
 - 8.6.2. Reduced V_Omax
- 8.7. Nutrition and Hydration in Cold Climates
 - 8.7.1. Hydration
 - 8.7.2. Carbohydrates

Module 9. Vegetarianism and Veganism

- 9.1. Vegetarianism and Veganism in the History of Sport
 - 9.1.1. The Beginnings of Veganism in Sport
 - 9.1.2. Vegetarian Athletes Today
- 9.2. Different Types of Vegan Food
 - 9.2.1. The Vegan Athlete
 - 9.2.2. The Vegetarian Athlete
- 9.3. Common Errors in the Vegan Athlete
 - 9.3.1. Energy Balance.
 - 9.3.2. Protein Consumption
- 9.4. Vitamin B12
 - 9.4.1. B12 Supplementation
 - 9.4.2. Bioavailability of Spirulina Algae
- 9.5. Protein Sources in the Vegan/Vegetarian Diet
 - 9.5.1. Protein Quality
 - 9.5.2. Environmental Sustainability
- 9.6. Other Key Nutrients in Vegans
 - 9.6.1. Conversion of ALA to EPA/DHA
 - 9.6.2. Fe, Ca, Vit-D and Zn
- 9.7. Biochemical Assessment/Nutritional Deficiencies
 - 9.7.1. Anaemia
 - 9.7.2. Sarcopenia
- 9.8. Vegan Diet vs. Omnivorous Diet
 - 9.8.1. Evolutionary Food
 - 9.8.2. Current Food
- 9.9. Ergogenic Aids
 - 9.9.1. Creatine
 - 9.9.2. Vegetable Protein
- 9.10. Factors that Decrease Nutrient Absorption
 - 9.10.1. High Fiber Intake
 - 9.10.2. Oxalates

Module 10. The Type 1 Diabetic Athlete

- 10.1. Knowing about Diabetes and its Pathology
 - 10.1.1. The Incidence of Diabetes
 - 10.1.2. Pathophysiology of Diabetes
 - 10.1.3. The Consequences of Diabetes
- 10.2. Exercise Physiology in People with Diabetes
 - 10.2.1. Maximal, Submaximal Exercise and Muscle Metabolism during Exercise
 - 10.2.2. Differences in the Metabolic Level during Exercise in People with Diabetes
- 10.3. Exercise in People with Type 1 Diabetes
 - 10.3.1. Exercise in People with Type 1 Diabetes
 - 10.3.2. Exercise Duration and Carbohydrate Intake
- 10.4. Exercise in People with Type 2 Diabetes. Blood Sugar Control
 - 10.4.1. Risks of Physical Activity in People with Type 2 Diabetes
 - 10.4.2. Benefits of Exercise in People with Type 2 Diabetes
- 10.5. Exercise in Children and Adolescents with Diabetes
 - 10.5.1. Metabolic Effects of Exercise
 - 10.5.2. Precautions during Exercise
- 10.6. Insulin Therapy and Exercise
 - 10.6.1. Insulin Infusion Pump
 - 10.6.2. Types of Insulins
- 10.7. Nutritional Strategies during Sport and Exercise in Type 1 Diabetes
 - 10.7.1. From Theory to Practice
 - 10.7.2. Carbohydrate Intake Before, During and After Physical Exercise
 - 10.7.3. Hydration Before, During and After Physical Exercise
- 10.8. Nutritional Planning in Endurance Sports
 - 10.8.1. Marathon
 - 10.8.2. Cycling
- 10.9. Nutritional Planning in Team Sports
 - 10.9.1. Soccer
 - 10.9.2. Rugby
- 10.10. Sports Supplements and Diabetes
 - 10.10.1. Potentially Beneficial Supplements for Athletes with Diabetes

Module 11. Para-Athletes

- 11.1. Classification and Categories in Para-Athletes
 - 11.1.1. What is a Para Athlete?
 - 11.1.2. How are Para Athletes Classified?
- 11.2. Sports Science in Para Athletes
 - 11.2.1. Metabolism and Physiology
 - 11.2.2. Biomechanics
 - 11.2.3. Psychology
- 11.3. Energy Requirements and Hydration in Para-Athletes
 - 11.3.1. Optimal Energy Demands for Training
 - 11.3.2. Hydration Planning before, during and after Training and Competitions
- 11.4. Nutritional Problems in the Different Categories of Para Athletes According to Pathology or Anomaly
 - 11.4.1. Spinal Cord Injuries
 - 11.4.2. Cerebral Palsy and Acquired Brain Injuries
 - 11.4.3. Amputees
 - 11.4.4. Vision and Hearing Impairment
 - 11.4.5. Intellectual Impairments
- 11.5. Nutritional Planning in Para Athletes with Spinal Cord Injury and Cerebral Palsy and Acquired Brain Injuries
 - 11.5.1. Nutritional Requirements (Macro and Micronutrients)
 - 11.5.2. Sweating and Fluid Replacement during Exercise
- 11.6. Nutritional Planning in Amputee Para Athletes
 - 11.6.1. Energy Requirements
 - 11.6.2. Macronutrients
 - 11.6.3. Thermoregulation and Hydration
 - 11.6.4. Nutritional Issues Related to Prosthetics
- 11.7. Planning and Nutritional Problems in Para Athletes with Vision-Hearing Impairment and Intellectual Impairment
 - 11.7.1. Sports Nutrition Problems with Visual Impairment: Retinitis Pigmentosa, Diabetic Retinopathy, Albinism, *Stagardt's* Disease and Hearing Pathologies
 - 11.7.2. Sports Nutrition Problems in Para-Athletes with Intellectual Deficiencies: Down Syndrome, Autism and Asperger's and Phenylketonuria

- 11.8. Body Composition in Para Athletes
 - 11.8.1. Measurement Techniques
 - 11.8.2. Factors Influencing the Reliability of Different Measurement Methods
- 11.9. Pharmacology and Nutrient Interactions
 - 11.9.1. Different Types of Drugs Taken by Para Athletes
 - 11.9.2. Micronutrient Deficiencies in Para Athletes
- 11.10. Ergogenic Aids
 - 11.10.1. Potentially Beneficial Supplements for Para Athletes
 - 11.10.2. Adverse Effects on Health and Contamination and Doping Problems Due to the Intake of Performance Enhancing drugs

Module 12. Sports by Weight Category

- 12.1. Characteristics of the Main Sports by Weight Category
 - 12.1.1. Regulation
 - 12.1.2. Categories
- 12.2. Programming of the Season
 - 12.2.1. Competitions
 - 12.2.2. Macrocycle
- 12.3. Body composition
 - 12.3.1. Combat Sports
 - 12.3.2. Weightlifting
- 12.4. Stages of Muscle Mass Gain
 - 12.4.1. % Body Fat
 - 12.4.2. Programming
- 12.5. Definition Stages
 - 12.5.1. Carbohydrates
 - 12.5.2. Protein
- 12.6. Pre-competition
 - 12.6.1. *Peek Week*
 - 12.6.2. Before Weighing
- 12.7. Per Competition
 - 12.7.1. Practical Applications
 - 12.7.2. *Timing*

- 12.8. After the Competition
 - 12.8.1. Hydration
 - 12.8.2. Protein
- 12.9. Ergogenic Aids
 - 12.9.1. Creatine
 - 12.9.2. *Whey Protein*

Module 13. Different Stages or Specific Population Groups

- 13.1. Nutrition in the Female Athlete
 - 13.1.1. Limiting Factors
 - 13.1.2. Requirements
- 13.2. Menstrual Cycle
 - 13.2.1. The Luteal Phase
 - 13.2.2. The Follicular Phase
- 13.3. Triad
 - 13.3.1. Amenorrhea
 - 13.3.2. Osteoporosis
- 13.4. Nutrition in the Pregnant Female Athlete
 - 13.4.1. Energy Requirements
 - 13.4.2. Micronutrients
- 13.5. The Effects of Physical Exercise on the Child Athlete
 - 13.5.1. Strength Training
 - 13.5.2. Endurance Training
- 13.6. Nutritional Education in the Child Athlete
 - 13.6.1. Sugar
 - 13.6.2. Eating Disorders
- 13.7. Nutritional Requirements in the Child Athlete
 - 13.7.1. Carbohydrates
 - 13.7.2. Proteins
- 13.8. Changes Associated with Aging
 - 13.8.1. % Body Fat
 - 13.8.2. Muscle Mass

- 13.9. Main Problems in the Older Athlete
 - 13.9.1. Joints
 - 13.9.2. Cardiovascular Health
- 13.10. Interesting Supplements for Older Athletes
 - 13.10.1. *Whey Protein*
 - 13.10.2. Creatine

Module 14. The Injury Period

- 14.1. Introduction
- 14.2. Prevention of Injuries in Athletes
 - 14.2.1. Relative Energy Availability in Sport
 - 14.2.2. Oral Health and Injury Implications
 - 14.2.3. Fatigue, Nutrition and Injuries
 - 14.2.4. Sleep, Nutrition and Injuries
- 14.3. Phases of Injury
 - 14.3.1. Immobilization Phase. Inflammation and Changes Occurring during this Phase
 - 14.3.2. Return of Activity Phase
- 14.4. Energy Intake during the Period of Injury
- 14.5. Macronutrient Intake during the Period of Injury
 - 14.5.1. Carbohydrate Intake
 - 14.5.2. Fat Intake
 - 14.5.3. Protein Intake
- 14.6. Intake of Micronutrients of Special Interest during Injury
- 14.7. Sports Supplements with Evidence during the Period of Injury
 - 14.7.1. Creatine
 - 14.7.2. Omega 3
 - 14.7.3. Others



- 14.8. Tendon and Ligament Injuries
 - 14.8.1. Introduction to Tendon and Ligament Injuries. Tendon Structure
 - 14.8.2. Collagen, Gelatin and Vitamin C. Can they Help?
 - 14.8.3. Other Nutrients Involved in Collagen Synthesis
- 14.9. The Return to Competition
 - 14.9.1. Nutritional Considerations in the Return to Competition
- 14.10. Interesting Case Studies in Scientific Injury Literature

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*A fundamental academic
experience for physiotherapists”*



06

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.





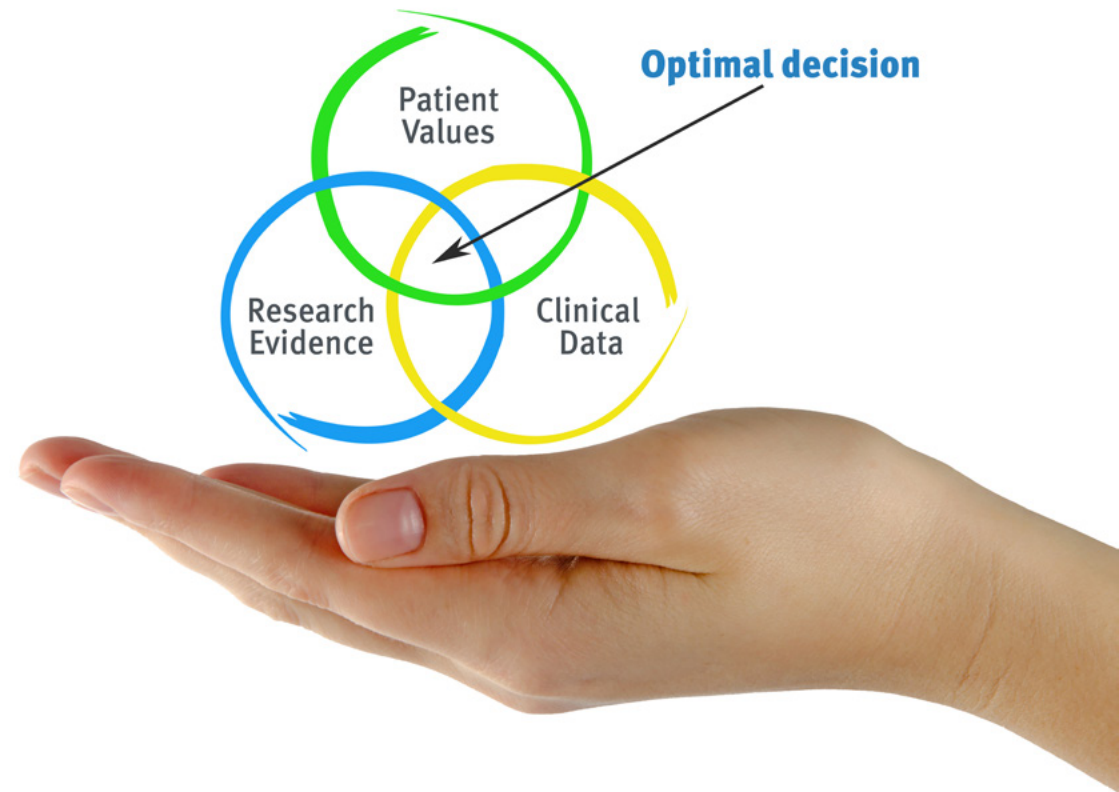
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will 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. Physiotherapists/kinesiologists learn better, faster, 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, trying to recreate the real conditions of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist 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.

This 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, a real revolution with respect to the mere study and analysis of cases.



The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 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.



Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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

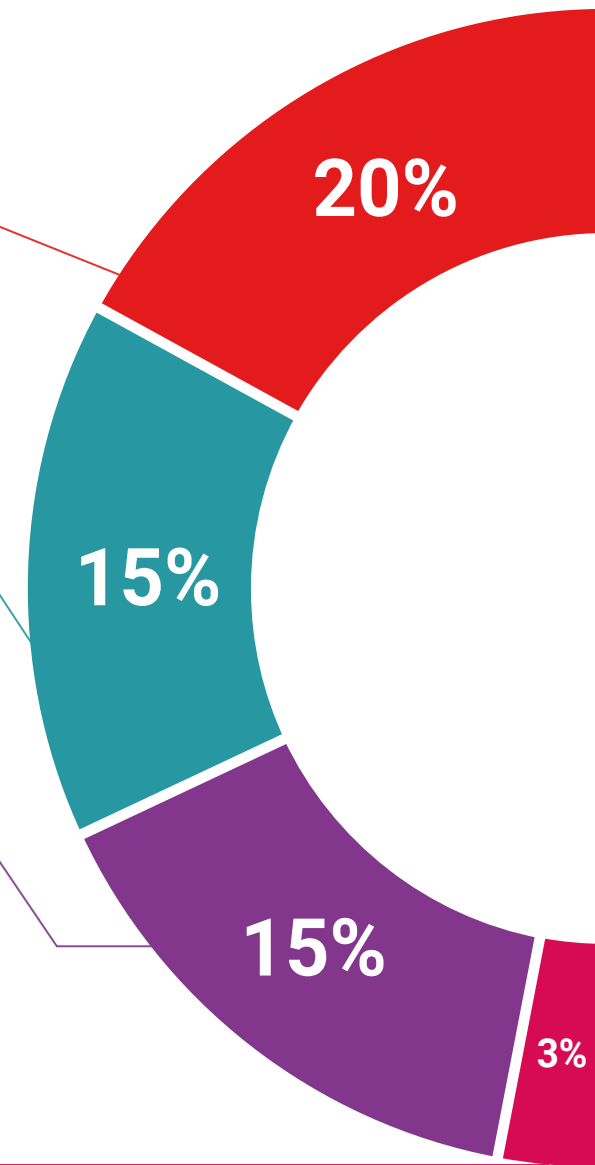
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

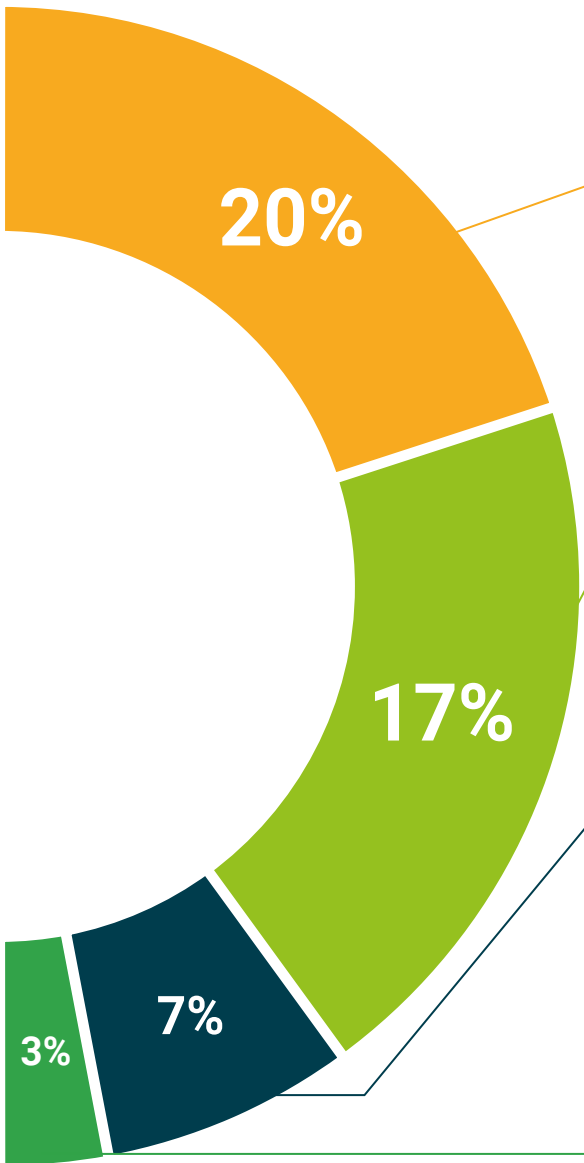
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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, 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

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.



07 Certificate

The Advanced Master's Degree in Comprehensive Sports Nutrition guarantees students, in addition to the most rigorous and up to date training, access to an Advanced Master's Degree's degree issued by TECH Global University.



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*Successfully complete this training program
and receive your university certificate
without travel or laborious paperwork”*

This private qualification will allow you to obtain a **Advanced Master's Degree diploma in Comprehensive Sports Nutrition** 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.

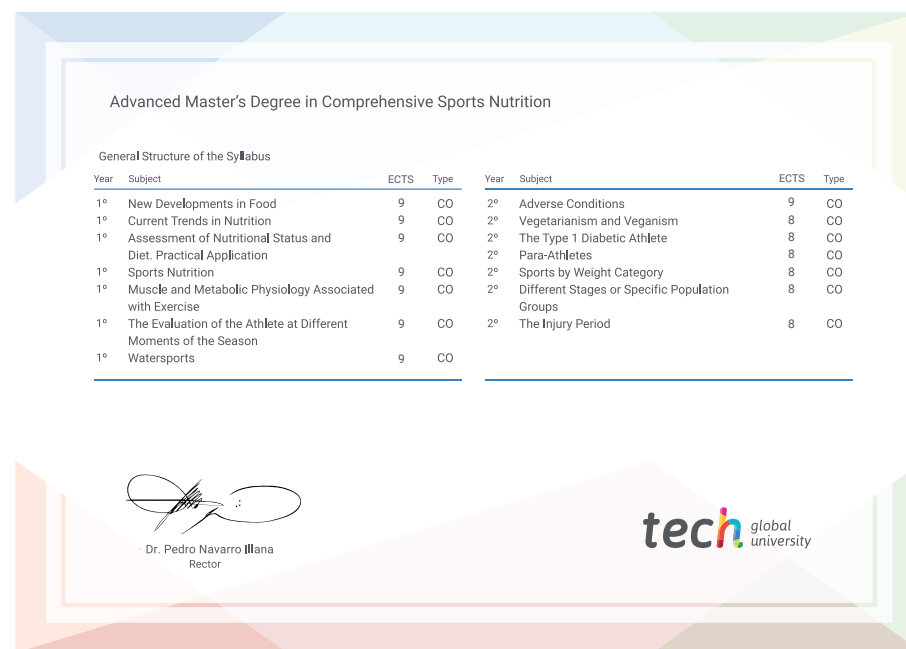
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Advanced Master's Degree in Comprehensive Sports Nutrition**

Modality: **online**

Duration: **2 years**

Accreditation: **120 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
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education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development language
virtual classroom



Advanced Master's
Degree
Comprehensive
Sports Nutrition

- » Modality: online
- » Duration: 2 years
- » Certificate: TECH Global University
- » Credits: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

Advanced Master's Degree Comprehensive Sports Nutrition

Endorsed by the NBA

