

# Internship Program

## Sports Nutrition



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Internship Program  
Sports Nutrition

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# 01 Introduction

The affectation of tissues, ligaments, muscles in athletes, whether elite or amateur, due to their daily physical activity requires work by professional physiotherapists that goes beyond the specific treatment of the area. This work requires a comprehensive assessment and guideline of the athlete, where nutrition acquires great relevance. In recent years, advances in the properties of foods, their use depending on the sporting modality and the physical characteristics to be enhanced make it essential for specialists to keep up to date. For this reason, TECH offers this practical incursion over 3 weeks in a reference company in Sports Nutrition with an excellent team of professionals.



*You will enter into a unique and effective practical experience, which will lead you to incorporate into your daily practice the most relevant advances in the area of Sports Nutrition”*







Nutrition and physiotherapy must be in tune with the athlete, since the results obtained in a competition or the most effective recovery from an injury depend to a large extent on it. In recent years, the increased awareness of athletes and scientific progress in the field of Nutrition have put in value this discipline and the need for professionals to be constantly updated. That is why TECH offers this program, where throughout 120 hours of professional practices they will be able, together with specialists in this field, to learn first hand the latest techniques and methods used.

An ideal scenario offered by this academic institution to all those physiotherapists who are interested in an update on everything that surrounds the field of nutritional adaptation depending on the sport modality, dietary planning or reducing psychological problems arising from food. Thanks to this Internship Program you will get a direct and new vision of Sports Nutrition from the perspective of Physiotherapy.

In this way, the professionals will have the opportunity to expand their skills and abilities through a 100% real experience with patients who require nutritional counseling and monitoring services. All this in a professional environment in a reference center in the field of sports nutrition. An Internship Program that responds and adapts to the real needs of specialists in this field. A unique opportunity that only TECH, the largest digital university in the world, can offer you.

# 02

## Why Study an Internship Program?

In an educational market with multiple programs, TECH has created an academic update aimed at responding to the real needs of physiotherapists professionals. Therefore, this Internship Program moves away from the theoretical framework, to immerse the graduates from the first day in an intensive practical stay in a prestigious clinical center. In this way, you will enter a real environment, guided by professionals of this entity, who will show you the most recent and innovative techniques and methods in Sports Nutrition. During 3 intensive weeks, students will be integrated into a team that will provide them with an exceptional renovation of the procedures and planning carried out for the nutritional care of the athlete. A unique opportunity that not only revolutionizes the pedagogical systems, but also puts the physiotherapists at the center of the equation to offer them a practice of real utility.



*You will enter a first class clinical space, where you will be able to update on the advances in Sports Nutrition"*

### 1. Updating from the latest technology available

New technologies have facilitated the work of physiotherapists in the approach to patients from a strictly physical point of view, but have also contributed to nutritional analysis and planning. Both points favor the athletes in their recovery phase. For this reason, and with the main objective of bringing the professionals closer to the most innovative and advanced technology, TECH presents this Internship Program, with which the physiotherapists will enter a cutting-edge clinical environment, accessing the latest generation tools and devices in the field of Sports Nutrition.

### 2. Gaining In-Depth Knowledge from the Experience of Top Specialists

In this period of Internship Program, the professionals will not be alone, since they will be tutored at all times by a specialized physiotherapist, who will show them the most recent advances in Sports Nutrition. This will allow them to work side by side with real experts in the field and integrate, in their daily practice, all the techniques and processes used in a center of the highest level.

### 3. Entering First-Class Clinical Environments

All the centers available for the Internship Program have been selected by TECH using a rigorous procedure. In this way, the professionals have guaranteed access to a prestigious clinical environment in the area of Sports Nutrition. In this way, they will be able to see, in situ, what day-to-day life is like in a specialized, rigorous and constantly updated area of work.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

Undoubtedly, in the current academic panorama there are few programs that take the professionals into practice from the first day with the main objective of updating their knowledge. Physiotherapists who already have a high level within their professional field, and who seek to update their knowledge in outstanding clinical environments. TECH responds to this need, so that the graduates from the first day will carry out practical activities that allow them to get in front of the latest procedures in Sports Nutrition.

#### **5. Expanding the Boundaries of Knowledge**

The Internship Program will be carried out in face-to-face stays of 3 weeks duration. An intensity, which will allow the students, in a short period of time, to be updated in the processes, methods and tools used by the best professionals in Sports Nutrition. All this in an outstanding center, which will allow the graduates to surround themselves during this period with the best and, therefore, incorporate the most recent procedures in their practice. A unique opportunity, that only TECH offers you.



*You will have full practical immersion at the center of your choice"*



# 03 Objectives

This Internship Program will take you for 3 weeks in a leading company in the field of Sports Nutrition, where you can acquire the latest knowledge on new food and supplementation for athletes in rehabilitation or sports preparation. Thanks to this information you will be able to apply the latest trends in your usual clinical practice and achieve optimal results with your patients.



## General Objectives

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- Update the technical and methodological knowledge used for the analysis and nutritional planning of athletes
- Incorporate the most effective procedures and approaches to daily work, endorsed by a team of prestigious experts in the area of Sports Nutrition
- Update on basic and advanced nutritional support products related to patient nutrition







## Specific Objectives

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- ♦ 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 assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods
- ♦ Update the different techniques and products of basic and advanced nutritional support related to patient nutrition
- ♦ Correct use of ergogenic aids
- ♦ Identify psychological disorders related to the practice of sport and nutrition



*You will have access to a professional internship where you will get the latest information on the integration of advanced nutritional products”*

# 04

## Educational Plan

This Internship Program is developed over 120 teaching hours in a reference company in the Sports Nutrition sector. During 3 weeks, from Monday to Friday with 8 consecutive hours, the professional physiotherapist will be able to acquire the most current knowledge in this sector from the hand of a specialized team with experience in providing nutritional services to athletes.

A scenario where the professionals will be able to develop at all times accompanied by a tutor, who will show the latest techniques and methods used for planning a diet according to the needs of each athlete, whether in recovery from an injury or after an intense physical activity of competition.

This stay, therefore, allows them to absorb in this period the latest and most recent information on nutrition and supplementation taking into account the characteristics of each sport and the patients themselves. An ideal scenario for those professionals who seek to be aware of everything that surrounds Sports Nutrition and enhance their skills and abilities in this field.

In this training proposal, of a completely practical nature, the activities are aimed at the development and improvement of the competencies necessary for the provision of health care in areas and conditions that require a high level of qualification, and which are oriented to the specific training for the exercise of the activity, in an environment where experienced professionals are in demand.

The practical teaching will be carried out with the active participation of the students performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competences for the praxis of physiotherapy (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*



| Module   | Practical Activity  |
|--|---|
| <b>New feeding methods in Sports Nutrition</b>   | Evaluate the recommendation of new foods, taking into account their composition to improve the athlete's performance                |
|  | Adapt the athlete's diet with organic foods as a method of injury prevention  |
|  | Indicate the consumption of transgenic foods in the athlete   |
|  | Inform the athlete of the benefits and disadvantages of the consumption of certain foods according to their nutritional composition |
| <b>Application of new trends in Sports Nutrition</b>   | Apply nutrigenetic principles to improve the athlete's performance  |
|  | Use nutrigenomic techniques to avoid the appearance of diseases related to poor nutrition   |
|  | Indicate the diet to reinforce the athlete's immune system through nutrition  |
|  | Guide foods to obtain the physiological regulation of the athlete   |
|  | Analyze the emotional relationship of the athletes with their food intake   |
| <b>Assessing the nutritional status and diet of the athlete</b>                                      | Indicate a diet that favors sleep regulation  |
|  | Participate in the analysis of bioenergetics and nutrition  |
|  | Checking the nutritional status of the patient at different age stages  |
|  | Assessing the patient's daily intake and making any necessary dietary adjustments as needed   |
| <b>Sports Nutrition</b>  | Assess nutrition in the healthy adult and in menopausal women   |
|  | Verify physiological and metabolic adaptation to different types of exercise  |
|  | Participate in the assessment of energy needs and nutritional status of the athlete   |
|  | Accompany the specialist in the assessment of the athlete's physical capacity   |
|  | Apply analysis of nutrition and hydration in the different phases of the sports practice  |
| Collaborate in the dietary planning adapted to the sports modalities and in the recovery of injuries |   |



# 05 Where Can I Do the Internship Program?

Thanks to the rigorous selection made by TECH in the incorporation of companies to carry out the Internship Program, the professionals will be able to access reference centers with experienced professionals in the field of Sports Nutrition. This will ensure that the specialists will be able to update their knowledge in this field in the most optimal way and in a 100% real scenario in the nutritional care of athletes.



*You will be able to keep up to date with the latest developments in Sports Nutrition thanks to a 3-week incursion in a reference company in the sector"*







The student will be able to do this program at the following centers:



### **Policlínico HM Moraleja**

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Rehabilitation Medicine in Acquired Brain Injury Management



### **Policlínico HM Matogrande**

|         |           |
|---------|-----------|
| Country | City      |
| Spain   | La Coruña |

Address: R. Enrique Mariñas Romero, 32G, 2º, 15009, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Sports Physiotherapy
- Neurodegenerative Diseases



### **Prosystem Nutrición**

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: C. Fresno, 23, 28522 Rivas-Vaciamadrid, Madrid

Clinic focused on physical activity and nutritional planning.

**Related internship programs:**

- Sports Nutrition
- Sports Nutrition for Nursing



### **Sabier Fisiomedic**

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: C. María Zambrano, 3, Local 8-9, 28522 Rivas-Vaciamadrid, Madrid

Center specialized in Physiotherapy, Osteopathy, Aesthetic Medicine, Podiatry, Biomechanics, Facial and Body Aesthetics.

**Related internship programs:**

- Diagnosis in Physiotherapy
- Sports Physiotherapy



### Nutriperformance

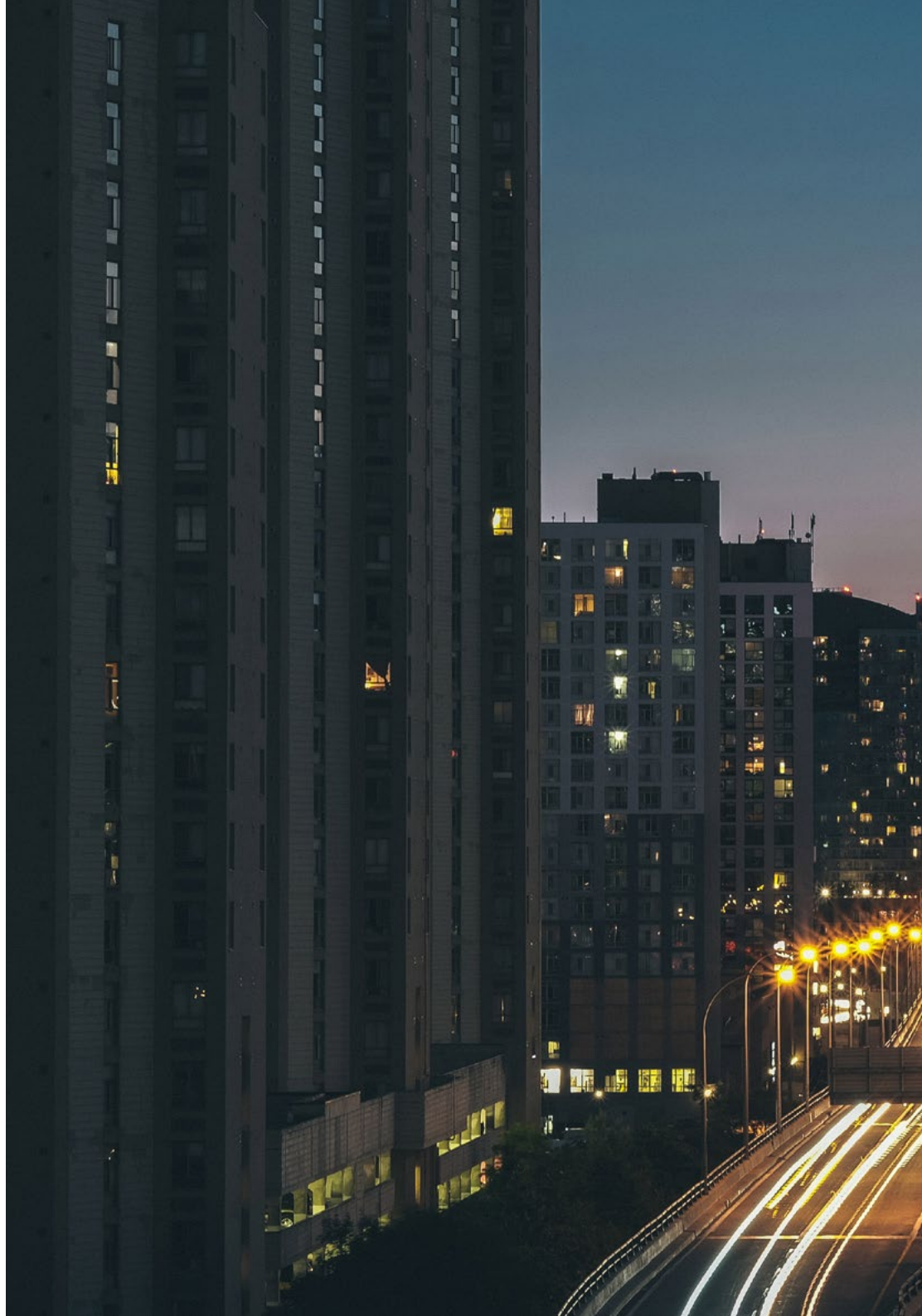
|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Av. Toluca 585-Local 6,  
Olivar de los Padres, Álvaro Obregón, 01780  
Ciudad de México, CDMX

Team of specialist nutritionists with extensive experience in  
a wide range of sports fields.

**Related internship programs:**

- Sports Nutrition for Physiotherapists
- Sports Nutrition







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*Enroll now and advance practically  
in your field of work”*

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.





## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Sports Nutrition** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Sports Nutrition**

Duration: **3 weeks**

Course Modality: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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