

# Postgraduate Certificate

## Nutrition in Functional Rehabilitation and Recovery for Physiotherapists

Endorsed by the NBA





## Postgraduate Certificate Nutrition in Functional Rehabilitation and Recovery for Physiotherapists

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/physiotherapy/postgraduate-certificate/nutrition-functional-rehabilitation-recovery-physiotherapists](http://www.techtute.com/in/physiotherapy/postgraduate-certificate/nutrition-functional-rehabilitation-recovery-physiotherapists)

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# 01

# Introduction

For the effective recovery of sports injuries, it is important to carry out a multidisciplinary work that includes the appropriate therapeutic treatment at a physical level, but also an adequate nutritional intake. Therefore, with this training we want to specialize physiotherapists to know the most suitable foods for the functional recovery of sports injuries.



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*Knowing the most appropriate nutritional intake for each type of injury is essential to achieve effective recoveries in athletes”*

The body needs a series of nutrients, especially when performing physical exercises, which are essential to maintain a good state of health and, therefore, the physiotherapist not only has to be up to date on the main exercises for the readaptation of athletes after injuries, but also on the best nutritional advice. With this program, developed by a team of specialists in the field, students will be able to update their knowledge in this highly demanded field in sports physiotherapy, bringing great advances to their daily practice.

It is necessary to bear in mind that an adequate and proportionate intake of water and food will determine a better or worse state of health and, therefore, a greater or lesser regenerative capacity of the organism. To understand the importance of each food, this course will show the different types of carbohydrates (monosaccharides, disaccharides and polysaccharides), proteins (animal, vegetable, biological value), fats (monounsaturated, polyunsaturated, saturated, trans fats), vitamins (water-soluble and fat-soluble), minerals (macro and microminerals) and fiber (soluble and insoluble). All of these compounds are essential in readaptation and recovery.

One of the main advantages of this program for our students is that, as it is developed in a 100% online format, it is possible to study without any time constraints or travel to a physical space, offering the convenience of being able to train remotely, choosing where and when to do it.

This **Postgraduate Certificate in Nutrition in Functional Rehabilitation and Recovery for Physiotherapists** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of numerous case studies presented by specialists in sports rehabilitation
- ◆ The graphic, schematic and practical contents of the course are designed to provide all the essential information required for professional practice
- ◆ Exercises where the self-assessment process can be carried out to improve learning
- ◆ Algorithm-based interactive learning system for decision making
- ◆ Special emphasis on innovative methodologies in the application of nutrition for functional rehabilitation and readaptation
- ◆ 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



*Immerse yourself in the study of this high-level program and improve your skills in sports rehabilitation"*

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*This program is the best investment you can make in selecting a refresher program for two reasons: in addition to updating your knowledge in sports rehabilitation, you will earn a TECH degree"*

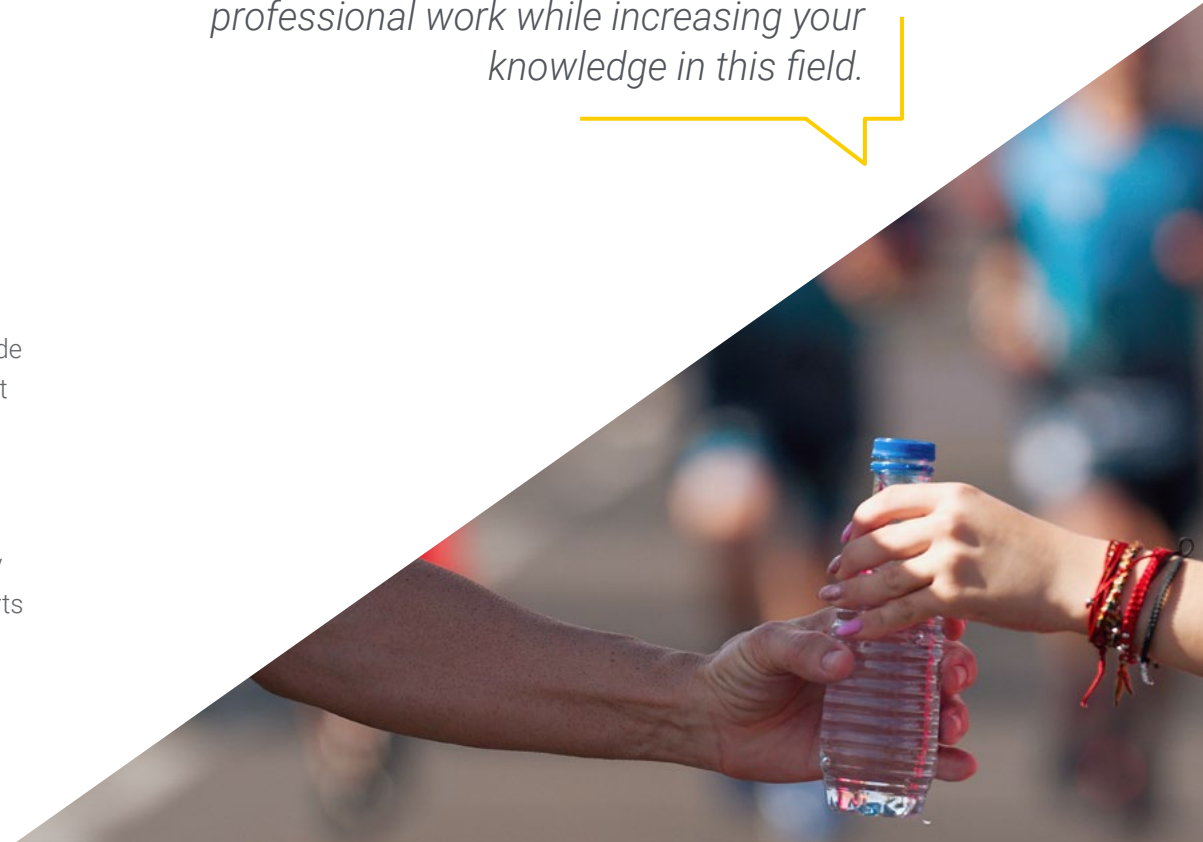
*This program offers training in simulated environments, which provides an immersive learning experience designed to train for real-life situations.*

*This 100% online course will allow you to combine your studies with your professional work while increasing your knowledge in this field.*

Its teaching staff includes professionals belonging to the field of physiotherapy, who bring to this specialization the experience of their work, as well as recognized specialists from prestigious societies and universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, whereby the physiotherapist must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts in nutrition for readaptation and functional recovery.



# 02

# Objectives

The main objective of this program is the development of theoretical and practical learning, so that the physiotherapist can master in a practical and rigorous way the nutrition in the functional rehabilitation and recovery.







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*Our goal is to achieve academic excellence and help you achieve professional success. Don't hesitate any longer and join us”*



## General Objectives

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- ◆ Acquire specialized knowledge in sports rehabilitation, injury prevention and functional rehabilitation
- ◆ Assess the athlete from the point of view of physical, functional and biomechanical condition to detect aspects that hinder recovery or favor relapses in the injury
- ◆ Design both specific readaptation and recovery work, as well as individualized integral work
- ◆ Assess the subject's nutritional needs and make nutritional recommendations and nutritional supplements to support the recovery process
- ◆ Evaluate and monitor the evolutionary process of recovery and/or rehabilitation of an athlete's or user's injury
- ◆ Acquire skills and abilities in readaptation, prevention and recovery of sports injuries
- ◆ Differentiate from an anatomical point of view the different parts and structures of the human body
- ◆ Improve the injured athlete's physical condition as part of the integral work with the objective of achieving a better and more efficient recovery after the injury





## Specific Objectives

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- ◆ Approach the concept of integral nutrition as a key element in the process of readaptation and functional rehabilitation
- ◆ Distinguish the different structures and properties of both macronutrients and micronutrients
- ◆ Prioritize the importance of both water intake and hydration in the recovery process
- ◆ Analyze the different types of phytochemicals and their essential role in improving the state of health and regeneration of the organism

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*The sports field requires prepared professionals and we give you the keys to position yourself among the professional elite"*

03

# Course Management

Our teaching team, experts in sports rehabilitation, have a wide prestige in the profession and are professionals with years of teaching experience who have come together to help you give a boost to your profession. To this end, they have developed this program with the latest developments in the field that will allow you to specialize and increase your skills in this sector.



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*Learn from the best professionals and become a successful professional yourself”*

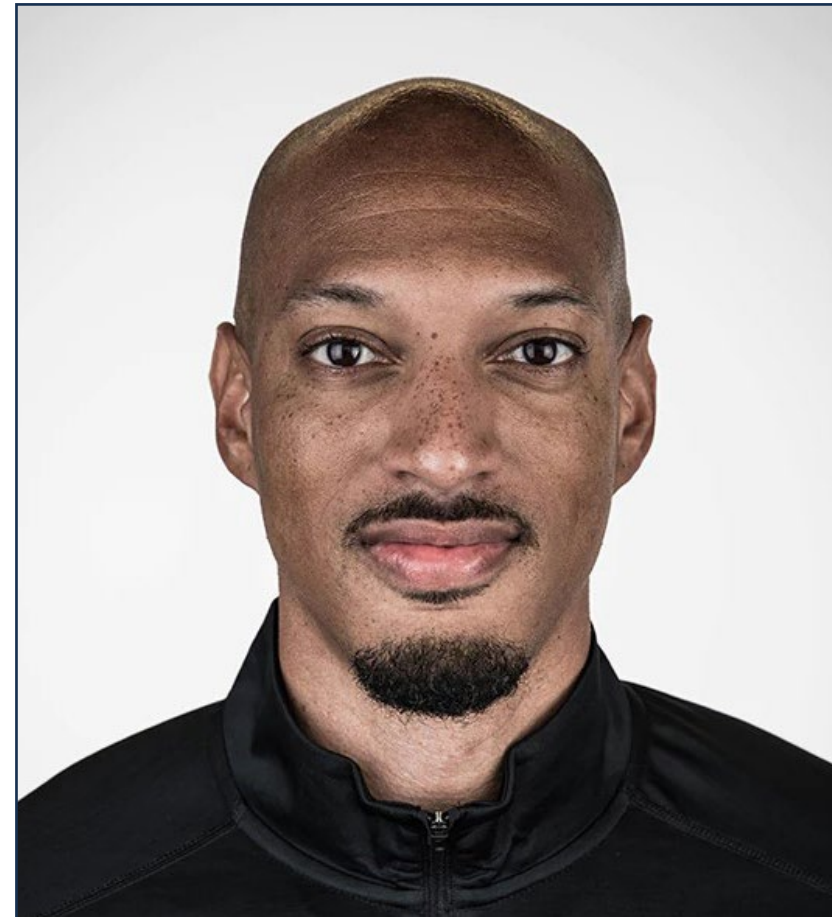
## International Guest Director

Charles Loftis, M.D., is a renowned specialist who serves as a sports performance therapist for the Portland Trail Blazers in the NBA. His impact on the world's premier basketball league has been significant, bringing distinguished expertise in creating strength and conditioning programs.

Prior to joining the Trail Blazers, he was the head strength and conditioning coach for the Iowa Wolves, implementing and overseeing the development of a comprehensive program for the players. In fact, his experience in the field of sports performance began with the establishment of XCEL Performance and Fitness, of which he was founder and head coach. There, Dr. Charles Loftis worked with a wide range of athletes to develop strength and conditioning programs, as well as work **on sports injury prevention and rehabilitation.**

His academic background in the field of chemistry and biology provides him with a unique perspective on the science behind sports performance and physical therapy. As such, he holds CSCS and RSCC designations from the National Strength and Conditioning Association (NSCA), which recognize his knowledge and skills in the field. He is also certified in PES (Performance Enhancement Specialist), CES (Corrective Exercise Specialist) and dry needling.

With all of this, Dr. Charles Loftis is a vital member of the NBA community, working directly with both the strength and performance of elite athletes and the necessary prevention and rehabilitation of various types of sports injuries.



## Dr. Charles Loftis

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- ♦ Sports Performance Specialist with the Portland Trail Blazers - Oregon, United States
- ♦ Head strength and conditioning coach for the Iowa Wolves
- ♦ Founder and head trainer at XCEL Performance and Fitness
- ♦ Head performance coach for the Oklahoma Christian University men's basketball team
- ♦ Physical Therapist at Mercy
- ♦ Dr. in Physical Therapy from Langston University
- ♦ B.Sc. in Chemistry and Biology from Langston University

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

## International Guest Director

Isaiah Covington is a highly skilled performance coach with extensive experience in treating and addressing various injuries in elite athletes. In fact, his professional career has been directed towards the **NBA**, one of the most important sports leagues in the world. He is the performance coach of the Bolton Celtics, one of the top teams in the Eastern Conference and one of the most promising teams in the United States.

His work in such a demanding league has made him specialize in maximizing the physical and mental potential of players. Key to this has been his past experience with other teams, such as the Golden State Warriors and the Santa Cruz Warriors. This has allowed him to work also in the field of sports injuries, deepening in the **prevention and rehabilitation** of the most frequent injuries in elite athletes.

In academia, his interests have been in the fields of kinesiology, exercise science and high performance sport. All of this has led him to excel prolifically in the NBA, working day in and day out with some of the most important basketball players and coaching staffs in the world.





## Mr. Isaiah Covington

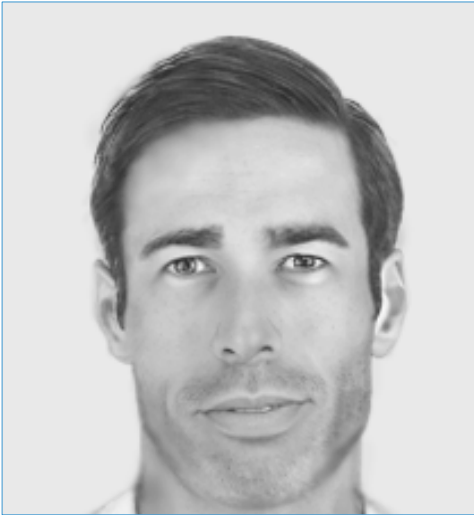
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- Boston Celtics Performance Coach - Massachusetts, U.S.A
- Golden State Warriors Performance Coach
- Santa Cruz Warriors Head Performance Coach
- Performance Coach at Pacers Sports & Entertainment
- B.S. in Kinesiology and Exercise Science from the University of Delaware
- Specialization in Training Management
- Master's Degree in Kinesiology and Exercise Science, Long Island University
- Master's Degree in High Performance Sport from the Catholic University of Australia

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*A unique, key, and decisive educational experience to boost your professional development”*

## Management



### Dr. Pedro José González Matarín

- ◆ Health Science Researcher and professor
- ◆ Technical researcher of Health Education in Murcia
- ◆ Teacher and researcher at the University of Almeria
- ◆ Teacher and researcher at the University of Almeria
- ◆ High Performance Coach
- ◆ Doctor in Health Sciences
- ◆ Graduate in Physical Education
- ◆ Master's Degree in Functional Recovery in Physical Activity and Sport
- ◆ Master's Degree in Regeneration Medicine
- ◆ Master's Degree in Physical Activity and Health
- ◆ Master in Dietetics and Diet Therapy
- ◆ Member of: SEEDO, AEEM



04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable of the implications in daily practice, aware of the relevance of the current relevance of quality in the field of sports rehabilitation; and committed to quality teaching through new educational technologies.





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*We have the most complete and up-to-date scientific program on the market. We want to provide you with the best specialization"*

## Module 1. Nutrition in Functional Recovery and Rehabilitation

- 1.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
- 1.2. Carbohydrates
- 1.3. Proteins
- 1.4. Fats
  - 1.4.1. Saturation
  - 1.4.2. Unsaturated
    - 1.4.2.1. Monounsaturated
    - 1.4.2.2. Polyunsaturated
- 1.5. Vitamins
  - 1.5.1. Water soluble
  - 1.5.2. Fat soluble
- 1.6. Minerals
  - 1.6.1. Macrominerals
  - 1.6.2. Microminerals
- 1.7. Fibre
- 1.8. Water:
- 1.9. Phytochemicals
  - 1.9.1. Phenols
  - 1.9.2. Tioles
  - 1.9.3. Terpenes
- 1.10. Food Supplements for Prevention and Functional Recovery





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*A unique, key, and decisive educational experience to boost your professional development”*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will 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. 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, 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.



# 06 Certificate

The Postgraduate Certificate in Nutrition in Functional Rehabilitation and Recovery for Physiotherapists guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Nutrition in Functional Rehabilitation and Recovery for Physiotherapists** contains the most complete and up-to-date scientific on the market.

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

The certificate issued by TECH Technological University will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Nutrition in Functional Rehabilitation and Recovery for Physiotherapists**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION 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  
development language  
virtual classroom



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**tech** technological  
university