

Postgraduate Certificate Nutritional Assessment of Athletes

Endorsed by the NBA





Postgraduate Certificate Nutritional Assessment of Athletes

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

Website: www.techtitute.com/us/physiotherapy/postgraduate-certificate/nutritional-assessment-athletes

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01

Introduction

The Nutritional Assessment of athletes is an essential aspect in the comprehensive care of athletes, as it influences the prevention of injuries and long-term health. Likewise, the International Olympic Committee recognizes that optimizing nutrition improves physical activity performance by up to 15%. In this scenario, physical therapists play a key role in the assessment and monitoring of nutritional status. Therefore, they need to update their knowledge regularly to handle the most sophisticated tools in order to assess aspects such as dietary intake, body composition and energy needs. In view of this, TECH implements an innovative online university program dedicated to the Assessment of Athletes at different times of the season.

The background of the slide features a close-up, slightly blurred image of a ruler and a scale. The ruler is positioned diagonally from the top right towards the bottom left. The scale is visible below the ruler, showing markings and numbers. The overall image is in soft focus, with a white background and a blue diagonal shape in the bottom left corner.
$$\underline{BMI} = \frac{\text{Weight}}{\text{Height}}$$

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Through this Postgraduate Certificate, based on Relearning, you will master the basics of Sports Nutrition and design personalized food programs to meet the specific needs of athletes”

In the field of Sports Physiotherapy, Sports Nutrition Assessment has become an emerging and increasingly relevant field for companies. It is an essential tool in the clinical practice of specialists, allowing the identification of nutritional imbalances, specific deficiencies and individual needs of athletes. In this way, physiotherapists are able to plan personalized nutritional interventions that contribute significantly to optimizing sports performance and preventing sports injuries. However, in order to provide a comprehensive approach, specialists need to have comprehensive knowledge of the principles of nutrition and its connection to sports performance.

In view of this reality, TECH launches a pioneering and very complete Postgraduate Certificate in Nutritional Assessment of Athletes. The syllabus will address issues ranging from Anthropometric Assessment or Body Composition to the Monitoring of athletes. In this way, graduates will effectively evaluate the dietary intake of athletes and detect possible areas for improvement. In line with this, the didactic materials will delve into the importance of ensuring caloric and protein intake to meet both energy and recovery needs during training or competition. Thanks to this, professionals will design individualized nutrition plans to optimize the well-being of their clients. In addition, the program will feature the participation of a prestigious International Guest Director, who will provide recent innovations in areas such as Monitoring or Basal Status of users.

On the other hand, TECH offers a 100% online educational environment to suit the needs of physiotherapists. Through the Relearning teaching system, based on the repetition of key concepts to fix knowledge and facilitate learning, flexibility is combined with a robust pedagogical approach. Specialists will also find a wide range of additional resources (such as case studies or specialized readings) on the Virtual Campus.

This **Postgraduate Certificate in Nutritional Assessment of Athletes** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Sports Nutrition in Specific Populations
- ♦ The graphic, schematic and practical contents with which it is conceived provide scientific and practical information on those disciplines that are essential 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 renowned International Guest Director will give a thorough Masterclass to show you the latest advances in the Nutritional Assessment of Athletes”

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You will delve into the particularities of the Wada List and ensure that your interventions scrupulously comply with anti-doping regulations”

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.

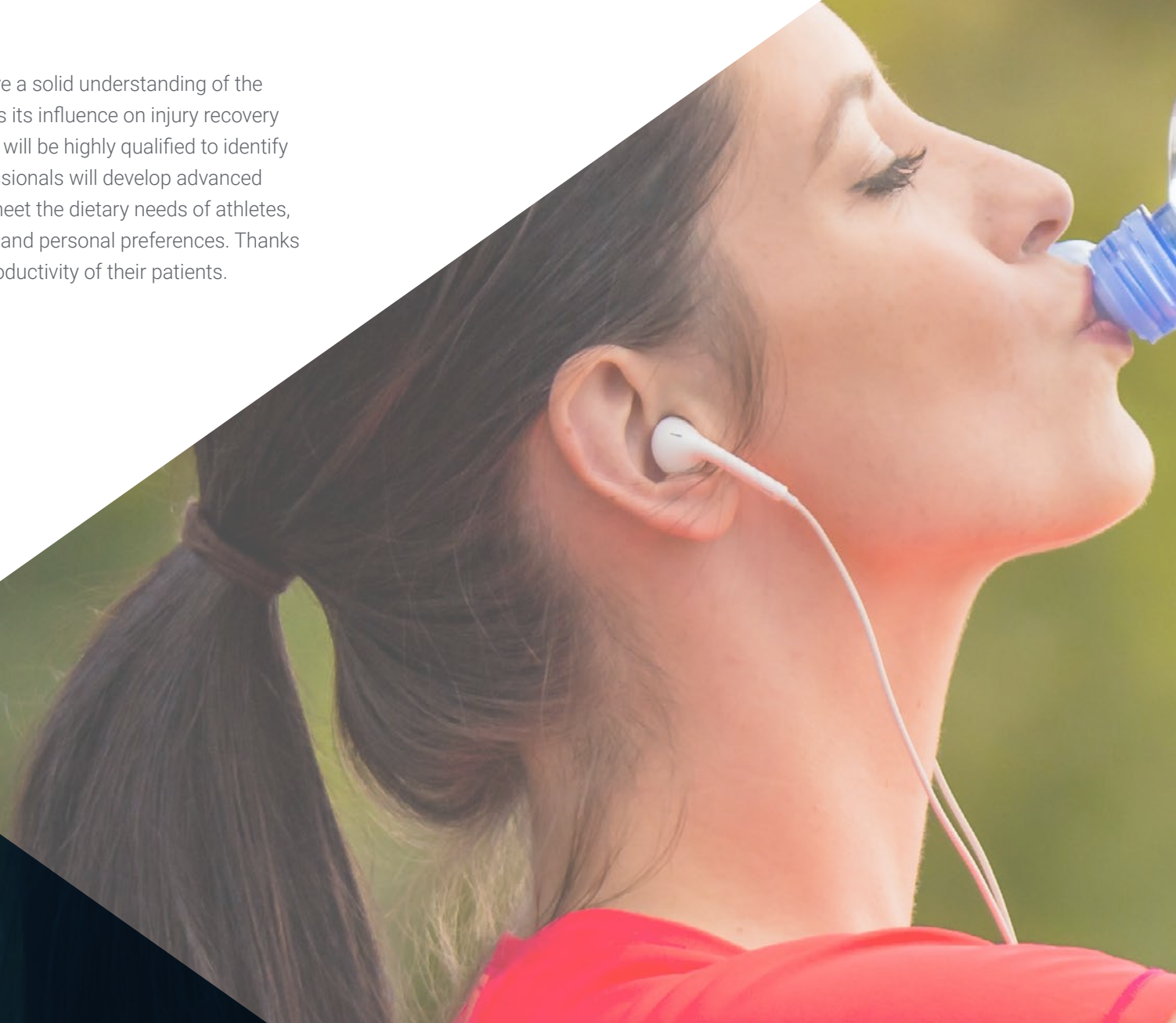
Looking to incorporate the most innovative techniques for Athlete Monitoring into your practice? Master them with this revolutionary program in just 6 weeks.

You will position yourself in the job market thanks to this 100% online university program, which adapts to your needs and allows for immersive learning.



02 Objectives

Through 180 teaching hours, physical therapists will have a solid understanding of the importance of nutrition in sports performance, as well as its influence on injury recovery and prevention of exercise-related diseases. Specialists will be highly qualified to identify nutritional deficiencies in their clients. In this way, professionals will develop advanced competencies to design individualized food plans that meet the dietary needs of athletes, taking into account the type of sport, training schedules and personal preferences. Thanks to this, graduates will optimize both the recovery and productivity of their patients.





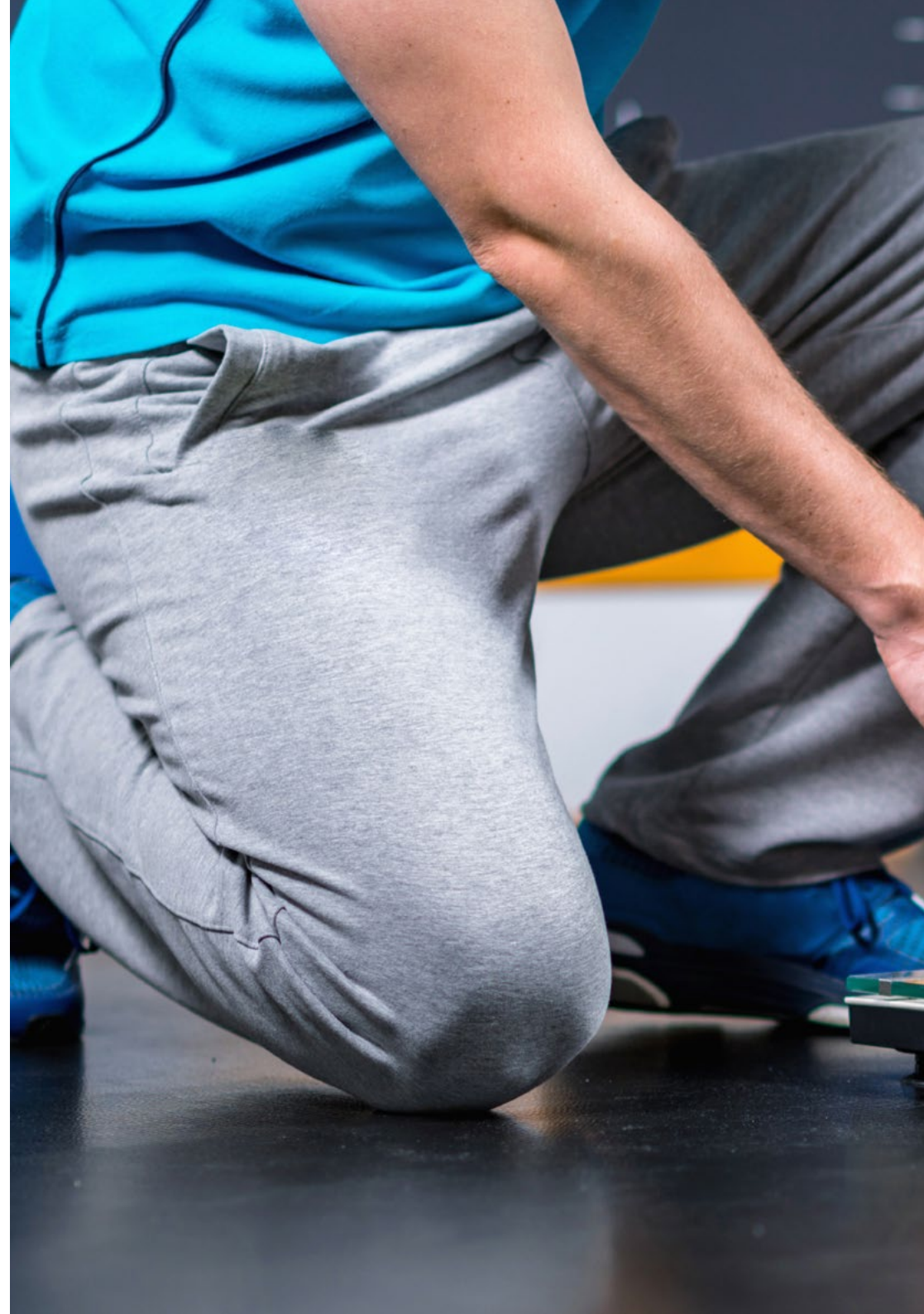
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You will perform a holistic nutrition assessment of athletes that includes factors such as dietary intake, hydration status, body composition or energy needs”



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
- ♦ Acquire skills to work in a multidisciplinary environment
- ♦ Gain an advanced understanding of the context in which the area of their specialty is 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 specializing and learning in the field of Nutrition in sports, both through the contacts established with teachers and professionals of the Master's Degree as well as independently
- ♦ Specialize in the structure of muscle tissue and its role in sports
- ♦ Gain knowledge about the energetic and nutritional needs of athletes in different pathophysiological situations
- ♦ Specialize in the energy and nutritional needs of athletes in different age and gender specific situations
- ♦ Specialize in dietary strategies for the prevention and treatment of the injured athlete
- ♦ Specialize in the energetic and nutritional needs of child athletes





Specific Objectives

- Perform biochemical interpretation to detect nutritional deficits or overtraining states
- Perform the interpretation of the different methods of body composition, to optimize the weight and fat percentage appropriate to the sport practiced
- Perform the monitoring of the athlete throughout the season
- Plan the periods of the season according to their requirements



The university program will incorporate case studies that will bring you closer to the most avant-garde methodologies used in the Nutritional Assessment of Athletes”

03

Course Management

For the delivery of this Postgraduate Certificate, TECH has acquired the services of authentic references in the field of Sports Nutrition. These professionals, who make up the teaching staff, have an extensive professional background where they have contributed to optimize the sports performance and well-being of multiple athletes. Thanks to this, they have designed didactic contents characterized by their excellent quality, as well as by their adaptation to the needs of the current labor market. In this way, students have the guarantees they demand to access a program that will allow them to experience a leap in quality in their careers.



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Throughout the program you will have the advice of the teaching team, made up of specialists with extensive experience in Nutritional Assessment of Athletes”

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 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 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 Collegiate and Professional Sports Dietitians.



Ms. Meeks, Jamie

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

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

Management



Dr. Marhuenda Hernández, Javier

- ♦ Professional soccer clubs Nutritionist
- ♦ Head of Sports Nutrition. 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

Mr. Arcusa Saura, Raúl

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



04

Structure and Content

With this university program, physical therapists will have a comprehensive vision of the principles of Nutrition and its importance for both sports performance and injury recovery. The academic itinerary will deepen in Biochemical Assessment, taking into account aspects such as Hemogram and Overtraining Markers. Also, the syllabus will analyze issues such as changes in body composition after periods of transition, monitoring of athletes or the calculation of the rate of sweating. Therefore, graduates will design nutritional supplementation strategies based on the specific needs of each athlete and the training objectives.





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Effectively interpret the results of the Nutritional Assessment and will design the most appropriate dietary or supplementation plans for each of your clients”

Module 1. Evaluation of Athletes at Different Times of the Season

- 1.1. Biochemical Evaluation
 - 1.1.1. Blood Count:
 - 1.1.2. Overtraining Markers
- 1.2. Anthropometric Assessment
 - 1.2.1. Body Composition
 - 1.2.2. ISAK Profile
- 1.3. Preseason
 - 1.3.1. High Workload
 - 1.3.2. Assuring Caloric and Protein Intake
- 1.4. Competitive Season
 - 1.4.1. Sports Performance
 - 1.4.2. Recovery between Games
- 1.5. Transition Period
 - 1.5.1. Vacation Period
 - 1.5.2. Changes in Body Composition
- 1.6. Travel
 - 1.6.1. Tournaments during the Season
 - 1.6.2. Off-Season Tournaments (World Cups, European Cups and The Olympic Games)
- 1.7. Athlete Monitoring
 - 1.7.1. Basal Athlete Status
 - 1.7.2. Evolution during the Season
- 1.8. Sweat Rate Calculation
 - 1.8.1. Hydric Losses
 - 1.8.2. Calculation Protocol
- 1.9. Multidisciplinary Work
 - 1.9.1. The Role of the Nutritionist in the Athlete's Environment
 - 1.9.2. Communication with the Rest of the Areas
- 1.10. Doping
 - 1.10.1. WADA List
 - 1.10.2. Anti-doping Tests





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You will reach your full potential as a Physical Therapist in the field of Nutritional Assessment of Athletes through the most pragmatic and comprehensive teaching materials on the academic market. Enroll now!"

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

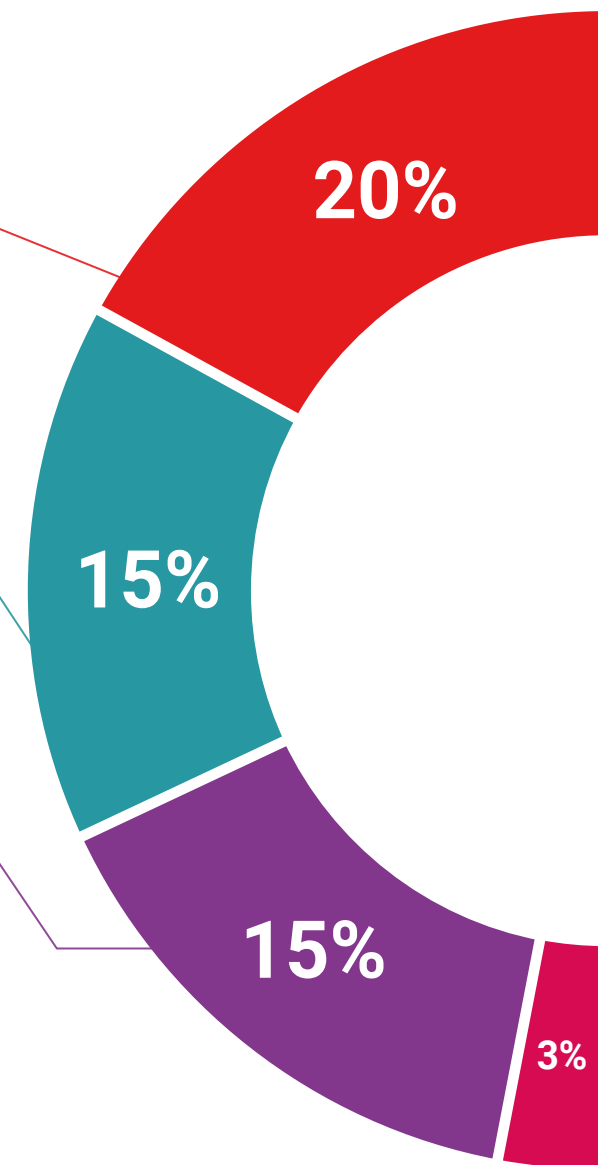
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

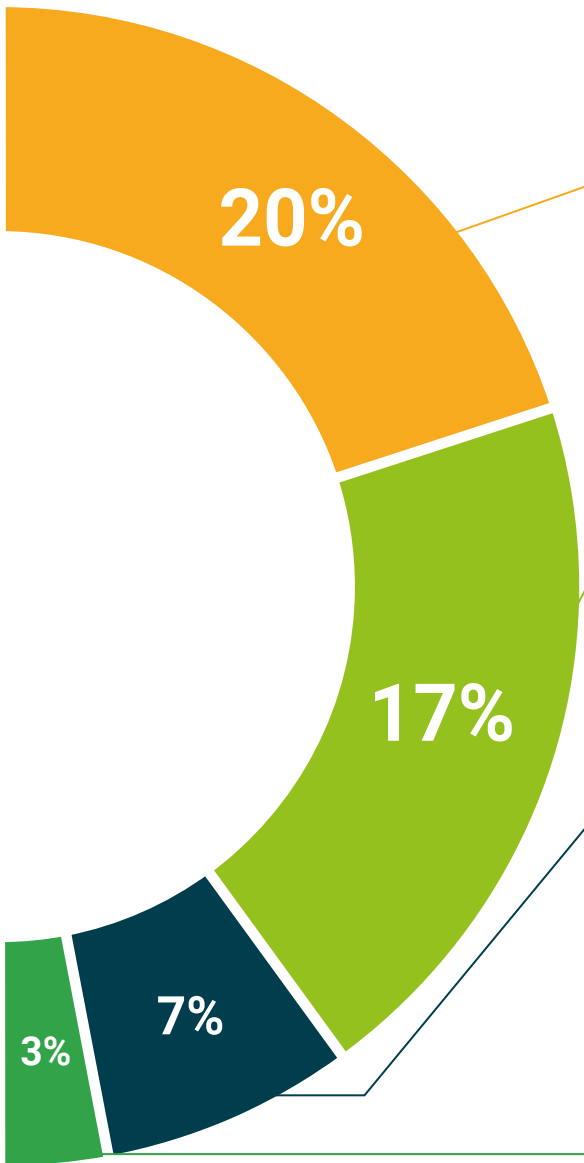
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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 Nutritional Assessment of Athletes guarantees, in addition to the most rigorous and updated knowledge, access to a Postgraduate Certificate issued by TECH Global University



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

This program will allow you to obtain a **Postgraduate Certificate in Nutritional Assessment of Athletes** endorsed by **TECH Global University**, the largest digital university in the world.

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

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

Title: **Postgraduate Certificate in Nutritional Assessment of Athletes**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



Postgraduate Certificate Nutritional Assessment of Athletes

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