

# Postgraduate Certificate Sports Nutrition in the Injury Period of the Athlete for Physiotherapists

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate Sports Nutrition in the Injury Period of the Athlete 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/postgradute-certificate/sports-nutrition-injury-period-athlete-physiotherapy](http://www.techtute.com/in/physiotherapy/postgradute-certificate/sports-nutrition-injury-period-athlete-physiotherapy)

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01

# Introduction

Nutrition can play a very important role in injury prevention. Therefore, it is essential that the physiotherapist has advanced knowledge in sports nutrition, which complements the physiotherapeutic treatment for better results. A unique opportunity to specialize in a sector with high demand for professionals.



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*The Postgraduate Certificate provides simulated environments, that provide immersive learning programmed to train in real situations”*

There are foods, vitamins and nutrients that help athletes recover and protect themselves from possible injuries during physical activity. The nutritionist must be up to date with the latest developments in Sports Nutrition to develop a diet according to the physical characteristics of each patient.

If there is a complicated stretch in an athlete's season, it will be the injury period. Athletes by nature need to compete and finding themselves out of competition can be frustrating. Once the athletes are already injured, it will be very important to control this nutrition in order to accelerate the recovery process so that they can return to competition as soon as possible and, most importantly, so that they do not relapse from the injury.

Within this program we can find a teaching staff of the highest level, made up of professionals closely related to Sports Nutrition, outstanding in their field and who lead lines of research and field work, as well as recognized specialists from leading societies and prestigious universities. The teachers of this Postgraduate Certificate are professionals who seek excellence in their teaching and work, teaching in university centers and working with athletes to maximize their performance.

The Postgraduate Certificate has multimedia content that helps to acquire the knowledge that is taught, developed with the latest educational technology. At the same time, it will allow the students a contextual and situated learning, within a simulated environment that provides an education focused on solving real problems.

As it is an online course, the student is not restricted by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

This **Postgraduate Certificate in Sports Nutrition in the Injury Period of the Athlete for Physiotherapists** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ 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
- ◆ An algorithm-based interactive learning system, designed for decision making for patients with nutritional challenges
- ◆ 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



*Learn the most suitable diets for each type of athlete and you will be able to give more personalized advice"*

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*This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Sports Nutrition, you will obtain a certificate from the leading online university: TECH”*

It includes in its teaching staff professionals belonging to the field of Sports Nutrition in the Injury Period of the Athlete for Physiotherapists, who pour into this program the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

Its multimedia content, elaborated with the latest educational technology, will allow physiotherapists a situated and contextual learning, that is, a simulated environment that will provide immersive information programmed to prepare them for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the physiotherapists specialized in Sports Nutrition in the Injured Period of the Athlete for Physiotherapists will have the help of an innovative interactive video system made by recognized experts in the field of Sports Nutrition in the Injured Period of the Athlete and with great experience.

*This course allows training in simulated environments, which provide immersive learning programmed to train for real situations.*

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



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the sports science professional can master in a practical and rigorous way the study of Sports Nutrition in Special Populations.





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*This refresher program will provide you with a sense of confidence in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ◆ 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 to 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 of this training, as well as in an autonomous way
- ◆ 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 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 energy and nutritional needs of paralympic athletes



## Specific Objectives

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- ◆ 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



*Take the step to get up to date on the latest developments in Sports Nutrition in the Athlete Injury Period for Physiotherapists"*

03

# Course Management

Our teachers, made up of experts in Sports Nutrition, are well known in the profession and are professionals with years of teaching experience who have come together to help you boost your career. To this end, they have developed this Postgraduate Certificate with recent innovations in the subject that will allow you to train and improve your skills in this sector.





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

## Management



### Dr. Marhuenda Hernández, Javier

- ♦ Responsible for the sports nutrition area of Albacete Balompié
- ♦ Responsible for the sports nutrition area of UCAM Murcia de Fútbol
- ♦ Scientific advisor at Nutrium
- ♦ Nutritional advisor at Centro Impulso
- ♦ Teacher and coordinator of postgraduate studies
- ♦ Ph.D. in Nutrition and Food Safety by UCAM
- ♦ Graduate in Human Nutrition and Dietetics by the UCAM
- ♦ Professional Master's Degree in Clinical Nutrition from UCAM
- ♦ Full member of the Spanish Academy of Nutrition and Dietetics



## Professors

### **Ms. Montoya Castaño, Johana**

- ◆ Nutritionist at the Ministry of Sports of Colombia.
- ◆ Scientific advisor at Bionutrition Medellín
- ◆ Teacher in educational courses on Sports Nutrition and in university studies
- ◆ Nutritionist and Dietician from the University of Antioquia
- ◆ Professional Master's Degree in Nutrition in Physical Activity and Sport by the UCAM
- ◆ Member of the DBSS Network, G-SE Research and Associates of the Exercise and Sport Nutrition Laboratory of the Health and Kinesiology Department, Texas A&M University

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*The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"*

04

# Structure and Content

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







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*This Postgraduate Certificate in Sports Nutrition in the Injury Period of the Athlete for Physiotherapists contains the most complete and updated scientific program in the market”*

## Module 1. The Injury Period

- 1.1. Introduction
- 1.2. Prevention of Injuries in Athletes
  - 1.2.1. Relative Energy Availability in Sport
  - 1.2.2. Oral Health and Injury Implications
  - 1.2.3. Fatigue, Nutrition and Injuries
  - 1.2.4. Sleep, Nutrition and Injuries
- 1.3. Phases of Injury
  - 1.3.1. Immobilization Phase. Inflammation and Changes Occurring during this Phase
  - 1.3.2. Return of Activity Phase
- 1.4. Energy Intake during the Period of Injury
- 1.5. Macronutrient Intake during the Period of Injury
  - 1.5.1. Carbohydrate Intake
  - 1.5.2. Fat Intake
  - 1.5.3. Protein Intake
- 1.6. Intake of Micronutrients of Special Interest during Injury
- 1.7. Sports Supplements with Evidence during the Period of Injury
  - 1.7.1. Creatine
  - 1.7.2. Omega 3
  - 1.7.3. Others
- 1.8. Tendon and Ligament Injuries
  - 1.8.1. Introduction to Tendon and Ligament Injuries. Tendon Structure
  - 1.8.2. Collagen, Gelatin and Vitamin C. Can they Help?
  - 1.8.3. Other Nutrients Involved in Collagen Synthesis
- 1.9. The Return to Competition
  - 1.9.1. Nutritional Considerations in the Return to Competition
- 1.10. Interesting Case Studies in Scientific Injury Literature





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*A unique, key, and decisive training 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.





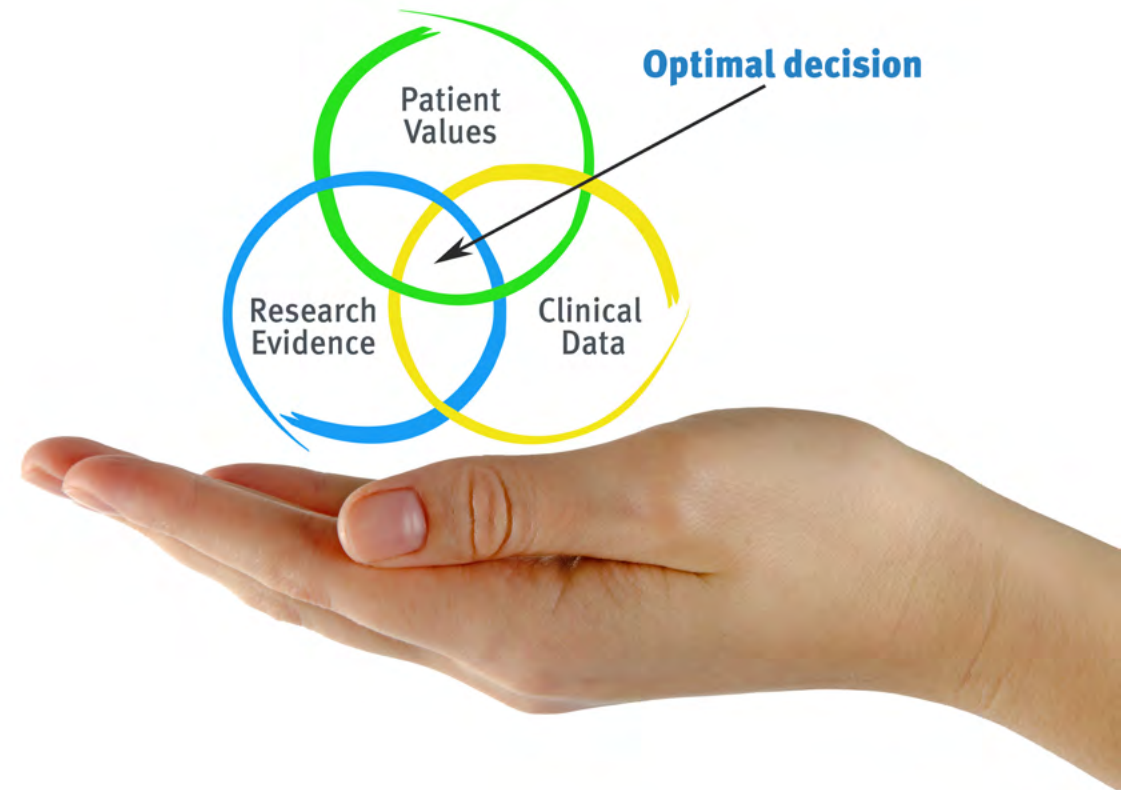
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

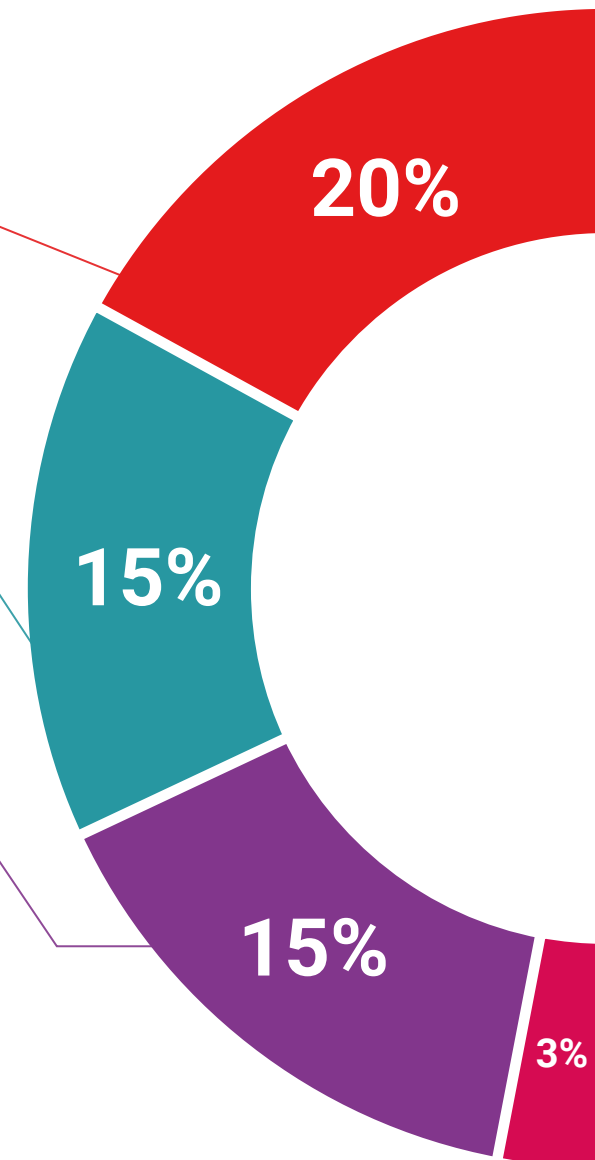
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

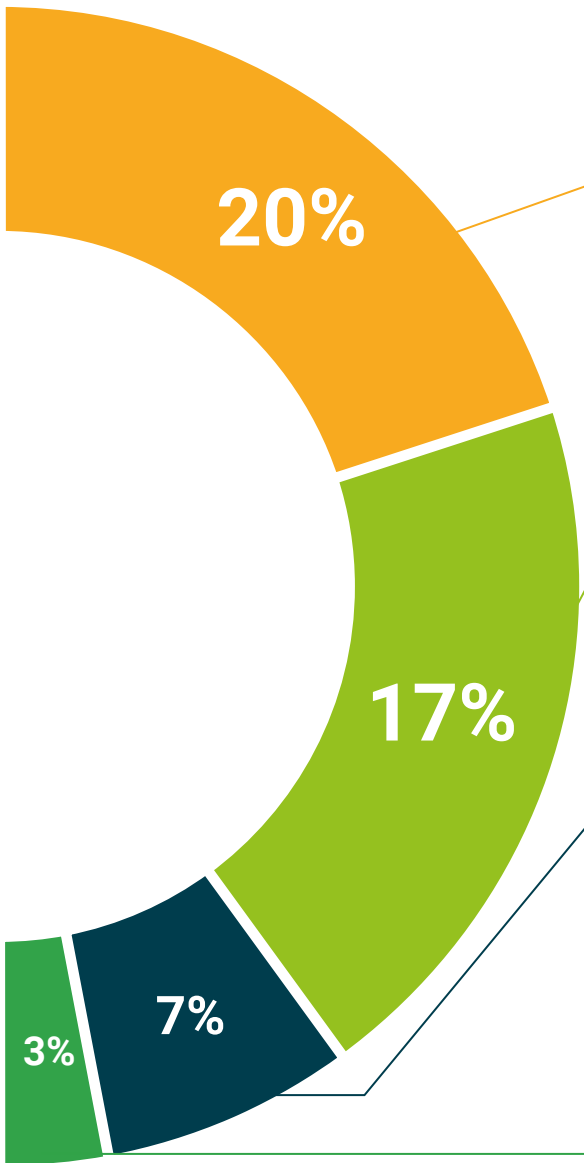
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Sports Nutrition in the Injury Period of the Athlete 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 Sports Nutrition in the Injury Period of the Athlete 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 Sports Nutrition in the Injury Period of the Athlete 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

**tech** technological  
university

personalized service innovation

knowledge present  
online training  
development languages  
virtual classroom

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