

Postgraduate Certificate Sports Nutrition for Parathletes

Endorsed by the NBA





Postgraduate Certificate Sports Nutrition for Parathletes

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

Website: www.techtute.com/us/physiotherapy/postgraduate-certificate/sports-nutrition-parathletes

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01

Introduction

Sports Nutrition plays a fundamental role in sports performance and health of athletes. This importance also extends to Parathletes, who face unique challenges due to their physical or mental disabilities. In this context, Physiotherapy professionals are tasked with optimizing diet to help these individuals overcome such barriers and reach their full potential both in sport and in their daily lives. To do this, they require advanced skills to assess the dietary needs of individuals, bearing in mind their conditions, level of physical activity, sporting goals and any relevant medical conditions. In view of this, TECH is launching an innovative online university program focused on nutritional planning for these athletes.



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Thanks to this program, supported by Relearning, you will design individualized food plans that meet the nutritional needs of Parathletes, taking into account their limitations and preferences”

The World Health Organization estimates that around 1 billion people in the world live with some kind of disability, of which a high percentage participate in adapted or Paralympic sports activities. In this sense, Sports Nutrition plays an essential role in contributing to both optimal sports performance and good health. However, these individuals face unique challenges in optimizing their diet because of their physical and metabolic limitations. Faced with this situation, physiotherapists must provide them with comprehensive care to improve their efficiency at the sports level, while preventing possible injuries.

In this context, TECH presents a complete and revolutionary program in Sports Nutrition for Parathletes. Conceived by specialists in this field, the academic itinerary will address the energy and hydration requirements of these athletes, as well as highly beneficial supplements. Likewise, the didactic materials will delve into the most common nutritional problems in the different categories of these individuals according to their pathology or anomaly (among which are included intellectual deficiencies, Down Syndrome or Autism). In this way, graduates will acquire advanced skills to evaluate the nutritional requirements of their patients and design food plans that meet their individual nutritional needs. In addition, a well-versed International Guest Director will offer a master class that will considerably optimize the clinical practice of physiotherapists.

Furthermore, the methodology of this university program reinforces its innovative character. TECH offers a 100% online educational environment, adapted to the needs of busy professionals seeking to advance their careers. It also relies on the Relearning methodology, based on the repetition of key concepts to fix knowledge and facilitate learning. The only thing specialists will need is an electronic device with Internet access (such as a cell phone, computer or tablet) to access the Virtual Campus and enjoy the most dynamic academic materials on the market.

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

- ♦ The development of practical cases presented by experts in Sports Nutrition in Specific Populations
- ♦ The graphic, schematic and practical contents with which it is conceived gather scientific and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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 prestigious International Guest Director will give a comprehensive Masterclass to provide you with the most effective nutritional strategies to optimize sports performance”

“*You will delve into the Body Composition of Parathletes to identify muscular imbalances and develop strategies to prevent possible injuries”*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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.

You will delve into how pharmacology can affect both nutrition and athletic performance in order to adapt athletes' sports performance, in order to adapt diets efficiently.

Study from the comfort of your home thanks to the 100% online methodology of TECH, the world's largest digital university.



02 Objectives

Through this program, Physiotherapy professionals will have a high knowledge of the specific nutritional needs of Parathletes (considering factors such as type of disability, level of physical activity and sports goals). In this way, specialists will recognize the factors that may affect the dietary intake of these users and develop personalized dietary plans to improve their overall health. Therefore, physiotherapists will contribute to optimizing the quality of life of their clients significantly.





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You will improve the sports performance of Parathletes through specific nutritional strategies that support recovery and adaptation to training”



General Objectives

- ♦ Manage 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 Sports Nutrition, 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 energetic and nutritional needs of athletes in different situations specific to age and gender
- ♦ Specialize in dietary strategies for the prevention and treatment of the injured athlete
- ♦ Specialize in the energetic and nutritional needs of Paralympic athletes



Specific Objectives

- Delve into the differences between the various categories of parathletes and their physiological-metabolic limitations
- Determine the nutritional needs of the different para-sportsmen and women in order to establish a precise nutritional plan
- Understand the body composition of para-athletes in different sport categories.
- Apply current scientific evidence on nutritional ergogenic aids

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The university program will include real case studies and exercises to bring the development of the program closer to the clinical practice of physiotherapists”

03

Course Management

TECH's priority is to make available to anyone the most complete and updated academic itineraries in the academic market. For this reason, it carries out a careful selection process to form its teaching staff. Thanks to this, the present program has the participation of reference professionals in the field of Sports Nutrition. In their commitment to teaching, these specialists have developed high quality teaching materials that include the latest advances in subjects such as potentially beneficial supplements for Parathletes. In this way, graduates will have access to an immersive experience that will expand their work horizons significantly.





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The teaching team will provide you with the most sophisticated techniques for measuring the nutritional status 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 undergraduate 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 Chartered 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 Football Club 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 Spanish Academy of Nutrition and Dietetics (AEND)



Professors

Dr. Martínez Noguera, Francisco Javier

- ◆ Sports nutritionist at CIARD-UCAM
- ◆ Sports nutritionist at Jorge Lledó Physiotherapy Clinic
- ◆ Research assistant at CIARD-UCAM
- ◆ Sports nutritionist at UCAM Murcia Football Club
- ◆ Nutritionist at SANO Center
- ◆ Sports nutritionist at UCAM Murcia Basketball Club
- ◆ PhD in Sports Science from the Catholic University San Antonio de Murcia
- ◆ Graduate in Human Nutrition and Dietetics from the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Nutrition and Food Safety from the Catholic University San Antonio of Murcia

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A unique, crucial and decisive learning experience to boost your professional development”

04

Structure and Content

Through this program, physiotherapists will have a solid understanding of the specific nutritional needs of Parathletes. The syllabus will delve into issues such as metabolism, physiology, energy requirements and hydration in these athletes. Likewise, the syllabus will analyze in detail the main nutritional problems that affect these people (such as spinal cord injuries, cerebral palsy or amputations). In this sense, the didactic materials will delve into the most appropriate dietary planning for each condition, taking into account pharmacology and nutritional supplements. Therefore, graduates will develop nutritional plans adapted to the individual needs of each user.





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You will identify the factors that affect the dietary intake of Parathletes, such as mobility limitations, alterations in gastrointestinal function or medical conditions associated with disability”

Module 1. Parathletes

- 1.1. Classification and Categories in Parathletes
 - 1.1.1. What is a Parathlete?
 - 1.1.2. How are Parathletes Classified?
- 1.2. Sports Science in Parathletes
 - 1.2.1. Metabolism and Physiology
 - 1.2.2. Biomechanics
 - 1.2.3. Psychology
- 1.3. Energy Requirements and Hydration in Parathletes
 - 1.3.1. Optimal Energy Demands for Training
 - 1.3.2. Hydration Planning before, during and after Training and Competitions
- 1.4. Nutritional Problems in the Different Categories of Para Athletes According to Pathology or Anomaly
 - 1.4.1. Spinal Cord Injuries
 - 1.4.2. Cerebral Palsy and Acquired Brain Injuries
 - 1.4.3. Amputees
 - 1.4.4. Vision and Hearing Impairment
 - 1.4.5. Intellectual Impairments
- 1.5. Nutritional Planning in Parathletes with Spinal Cord Injury and Cerebral Palsy and Acquired Brain Injury
 - 1.5.1. Nutritional Requirements (Macro and Micronutrients)
 - 1.5.2. Sweating and Fluid Replacement during Exercise
- 1.6. Nutritional Planning in Amputee Parathletes
 - 1.6.1. Energy Requirements
 - 1.6.2. Macronutrients
 - 1.6.3. Thermoregulation and Hydration
 - 1.6.4. Nutritional Issues Related to Prosthetics
- 1.7. Planning and Nutritional Problems in Parathletes with Vision - Hearing Impairment and Intellectual Impairment
 - 1.7.1. Sports Nutrition Problems With Vision Impairment: Retinitis Pigmentosa, Diabetic Retinopathy, Albinism, Stargardt's Disease and Hearing Pathologies
 - 1.7.2. Sports Nutrition Problems in Para-Athletes with Intellectual Deficiencies: Down Syndrome, Autism and Asperger's and Phenylketonuria





- 1.8. Body Composition in Parathletes
 - 1.8.1. Measurement Techniques
 - 1.8.2. Factors Influencing the Reliability of Different Measurement Methods
- 1.9. Pharmacology and Nutrient Interactions
 - 1.9.1. Different Types of Drugs Taken by Parathletes
 - 1.9.2. Micronutrient Deficiencies in Parathletes
- 1.10. Ergogenic Aids
 - 1.10.1. Potentially Beneficial Supplements for Parathletes
 - 1.10.2. Adverse Effects on Health and Contamination and Doping Problems Due to the Intake of Ergogenic Aids



TECH is an institution at the forefront of technology, which puts all its resources at your disposal to help you achieve success in your career as a Physiotherapist. 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. 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.

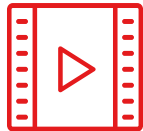
Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

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

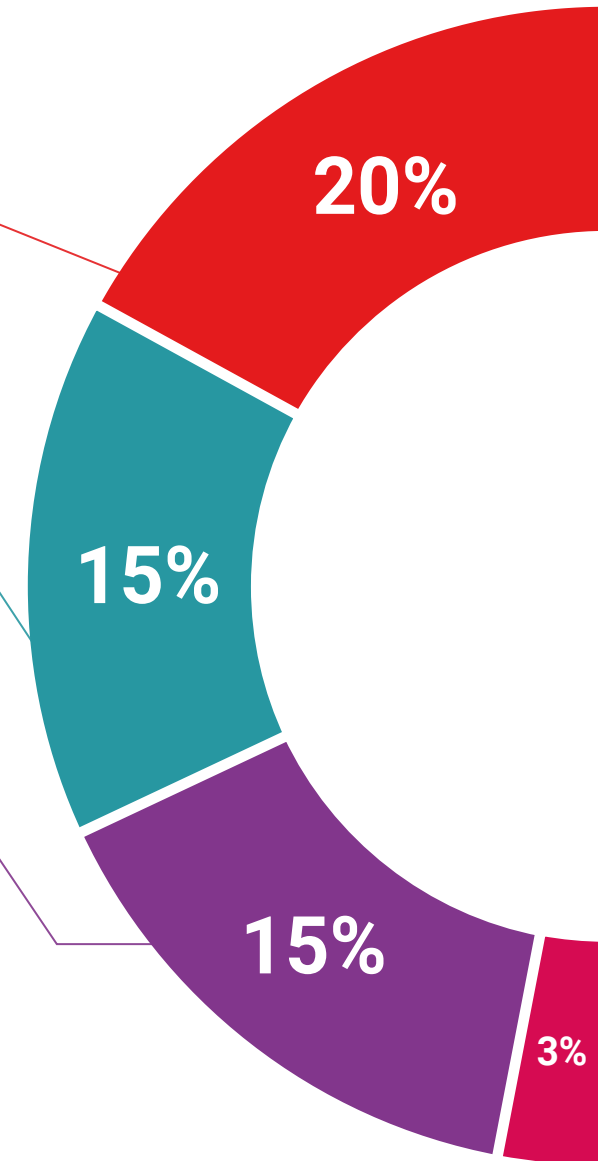
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

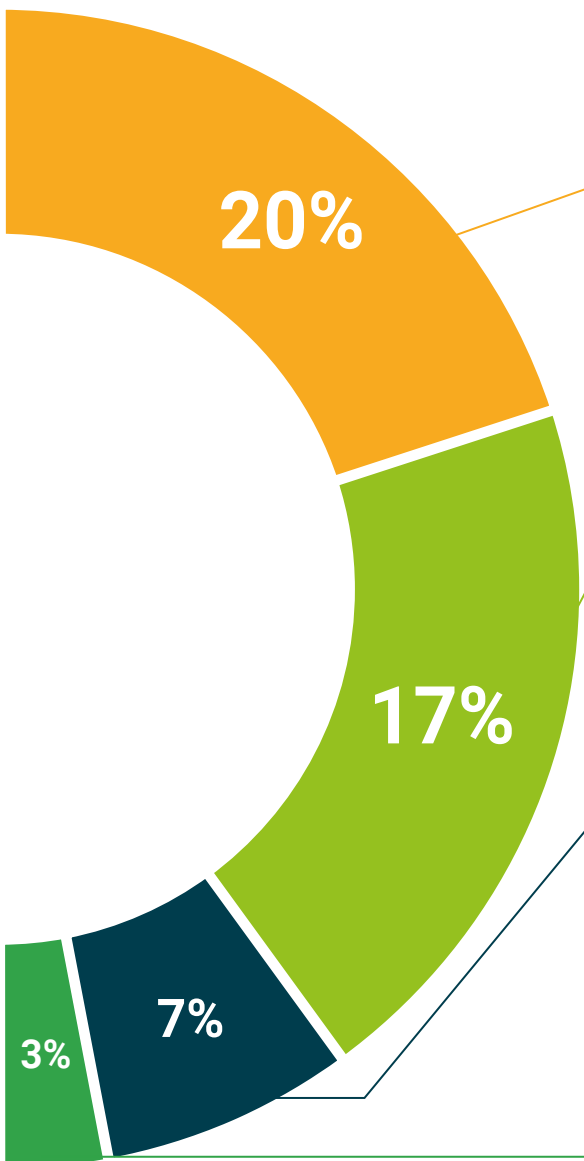
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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.



06 Certificate

The Postgraduate Certificate in Sports Nutrition for Parathletes guarantees students, in addition to the most rigorous and up-to-date education, 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 Sports Nutrition for Parathletes** 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 Sports Nutrition for Parathletes**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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.



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