

# Postgraduate Certificate

## Sports Nutrition in Specific Populations



## Postgraduate Certificate Sports Nutrition in Specific Populations

- » 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-specific-populations](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/sports-nutrition-specific-populations)

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# 01

# Introduction

Sports Nutrition plays a crucial role in the health and performance of athletes, having a more significant importance in Specific Populations such as children. According to recent epidemiological studies, it is estimated that approximately 70% of adolescents do not meet the daily recommendations for calcium intake, which can negatively affect bone health and athletic performance. Faced with this situation, Physiotherapy professionals have an important role to play in assessing the nutritional status of minors and designing dietary programs that promote an adequate balance between carbohydrates and proteins. In this context, TECH launches a cutting-edge online university program on nutritional requirements in young athletes.



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*With this 100% online Postgraduate Certificate, you will perform nutritional status assessments of various athletes and design individualized dietary plans to meet their specific energy needs”*

In the clinical practice of Physical Therapy, Sports Nutrition is gaining more and more significant attention. Among the reasons for this is its impact on athletic performance, recovery and injury prevention in athletes of all ages and skill levels. In this regard, specialists need to acquire a comprehensive approach to the specific needs of each athlete population. Only then will physical therapists be able to develop the most appropriate nutritional strategies to optimize performance, improve recovery and prevent injuries in each group of athletes.

In order to support them in this task, TECH creates an innovative Postgraduate Certificate in Sports Nutrition in Specific Populations. The academic itinerary will delve into the specificities of the diet of pregnant female athletes, taking into account their energy requirements and the importance of micronutrient intake to promote optimal fetal development. Likewise, the didactic materials will delve into the main difficulties affecting older athletes (such as cardiovascular pathologies or joint problems). Along these lines, the syllabus will offer graduates the most advanced nutritional supplementation to optimize the performance of these users (including creatine). It should be noted that a renowned International Guest Director will give an intensive Masterclass that will optimize the skills of specialists and enable them to plan balanced diets to meet the nutritional needs of all their clients.

As for the methodology of the program, it is a reflection of the need for flexibility and adaptation to contemporary professional demands.

With a 100% online format, it will allow physiotherapists to advance their learning without compromising their work responsibilities. In addition, the application of the Relearning system, based on the reiteration of key concepts, ensures a deep and lasting understanding. In addition, this pedagogical approach reinforces the ability of professionals to effectively apply the knowledge acquired in their daily clinical practice.

This **Postgraduate Certificate in Sports Nutrition in Specific Populations**

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 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 prestigious International Guest Director will offer a rigorous Masterclass to delve into the latest advances in the field of Nutritional Assessment of athletes”*

“

*You will be able to provide dietary advice tailored to the individual needs of different Sporting Populations, respecting their dietary preferences and restrictions”*

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.

*You will delve into the most effective and advanced nutritional supplementation for senior athletes.*

*A syllabus, based on TECH's disruptive Relearning method, that will allow you to consolidate complex concepts with maximum efficiency.*



# 02 Objectives

Upon completion of this university program, Physiotherapy professionals will stand out for their in-depth knowledge of how nutrition affects sports performance, muscle restoration and injury prevention. Likewise, specialists will acquire skills aimed at evaluating the specific nutritional needs of each athlete. As a result, graduates will develop advanced competencies to design personalized food plans that meet the dietary needs of different users (taking into account factors such as age, gender, type of sport and individual goals).







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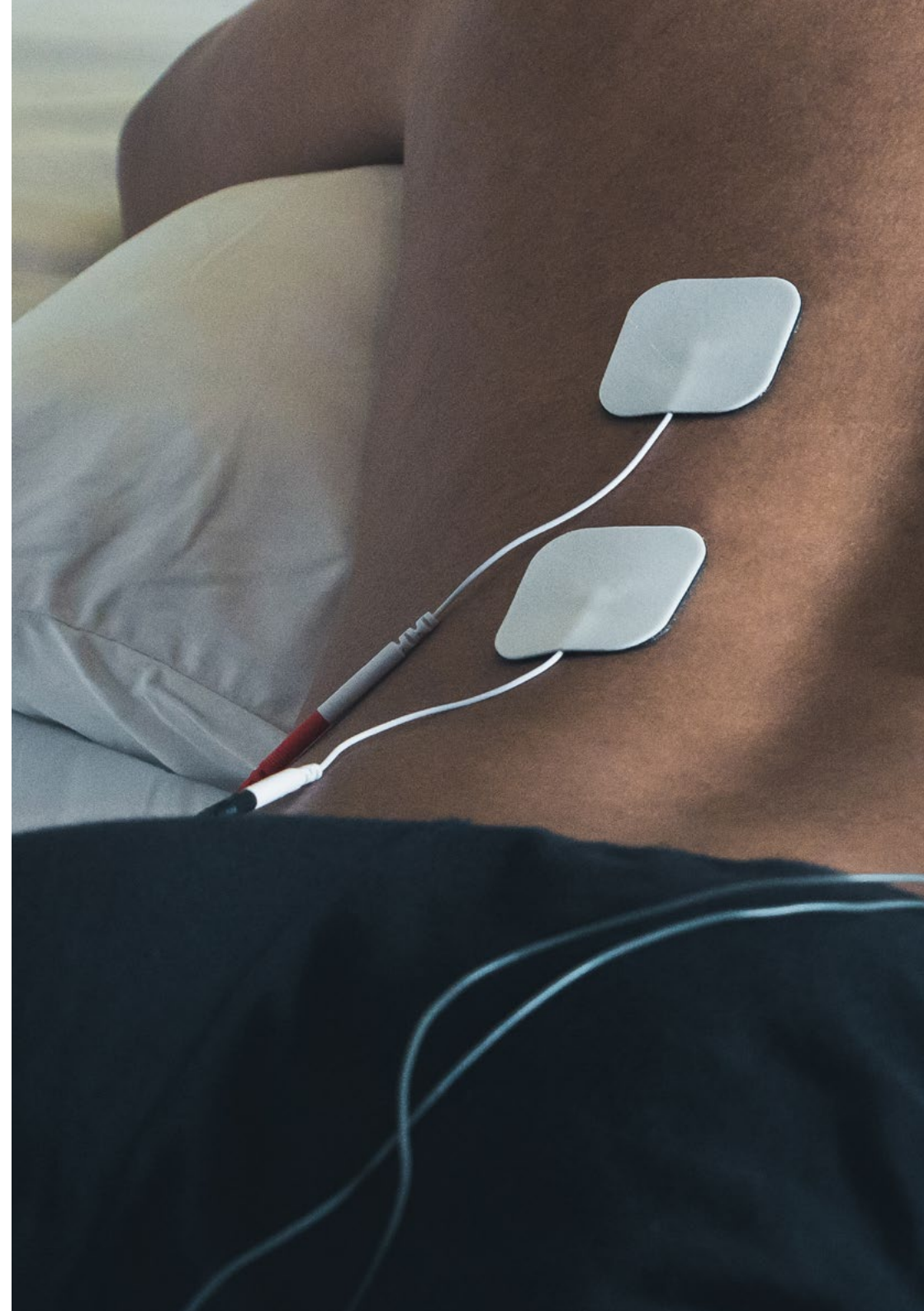
*You will have a comprehensive prism on how Sports Nutrition influences the performance of different athletes, as well as muscle recovery or injury prevention”*



## 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, 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

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- Explain the specific physiological characteristics to be taken into account in the nutritional approach of different groups
- Understand in depth the external and internal factors that influence the nutritional approach to these groups

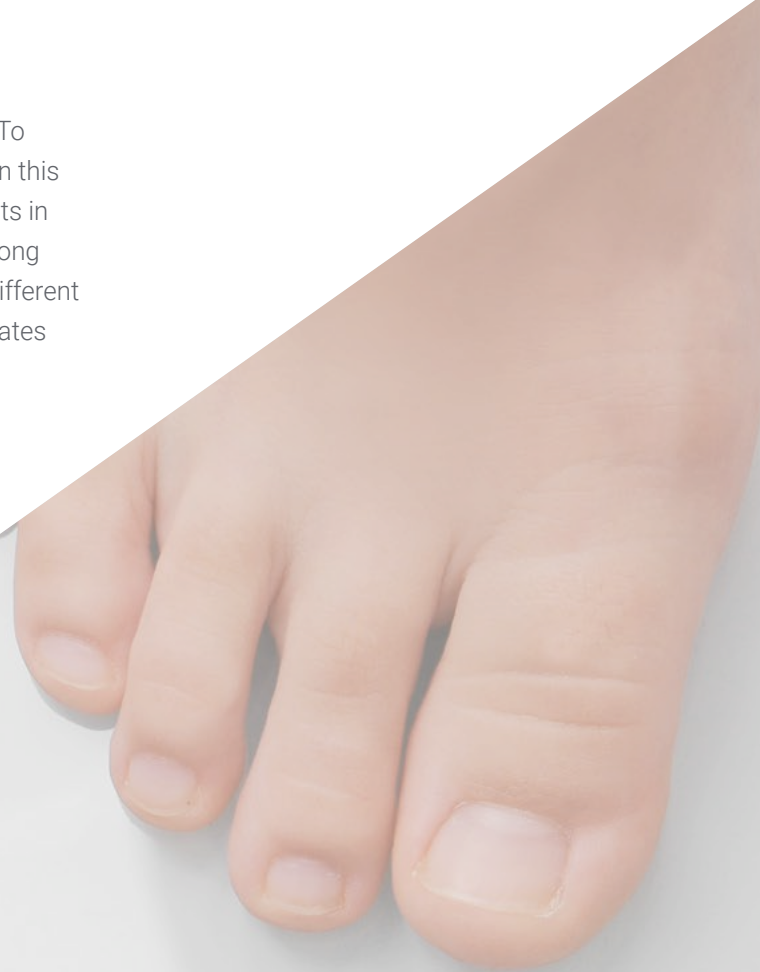
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*Specialized readings will allow you to further extend the rigorous information provided in this cutting-edge academic approach”*

# 03

# Course Management

TECH's main premise is to provide anyone with the most complete and updated university programs, so that graduates can broaden their professional horizons. To achieve this, TECH carries out a meticulous process to form its teaching staff. On this occasion, this Postgraduate Certificate has the participation of recognized experts in the field of Sports Nutrition in Specific Populations. These professionals have a long career, where they have contributed to optimize the performance and health of different athletes (such as children, pregnant women or senior athletes). Therefore, graduates will enjoy a first class experience that will optimize their clinical practice.





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*The teaching team of this program has a long history of research and professional application in Sports Nutrition in Specific Populations”*

## 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

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- 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

### Dr. Ramírez Munuera, Marta

- ◆ Sports Nutritionist expert in strength sports
- ◆ Nutritionist. M10 Health and Fitness. Health and Sports Center
- ◆ Nutritionist. Mario Ortiz Nutrition
- ◆ Courses and workshops on Sports Nutrition Trainer
- ◆ Speaker at conferences and seminars on Sports Nutrition.
- ◆ Degree in Human Nutrition and Dietetics. San Antonio Murcia Catholic University
- ◆ Master in Nutrition in Physical Activity and Sport. San Antonio Murcia Catholic University



*Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"*

# 04

## Structure and Content

With this program, physical therapists will understand the nutritional needs among different sports populations. The syllabus will analyze Nutrition in the Female Athlete, taking into account factors such as the menstrual cycle or the triad. In this sense, the program will also analyze the diet in pregnant athletes, taking into account their energy requirements and the effects of exercise. In addition, the agenda will delve into the nutritional requirements of children, emphasizing the importance of consuming carbohydrates or proteins. Finally, the teaching materials will focus on the main problems in senior athletes, including cardiovascular conditions.



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*A high level syllabus that explores, in only 180 hours, the latest scientific postulates in Nutrition in Pregnancy of Female Athletes”*

## Module 1. Different Stages or Specific Population Groups

- 1.1. Nutrition in the Female Athlete
  - 1.1.1. Limiting Factors
  - 1.1.2. Requirements
- 1.2. Menstrual Cycle
  - 1.2.1. Luteal Phase
  - 1.2.2. Follicular Phase
- 1.3. Triad
  - 1.3.1. Amenorrhea
  - 1.3.2. Osteoporosis
- 1.4. Nutrition in the Pregnant Female Athlete
  - 1.4.1. Energy Requirements
  - 1.4.2. Micronutrients
- 1.5. The Effects of Physical Exercise on the Child Athlete
  - 1.5.1. Strength Training
  - 1.5.2. Endurance Training
- 1.6. Nutritional Education in the Child Athlete
  - 1.6.1. Sugar
  - 1.6.2. Eating Disorders
- 1.7. Nutritional Requirements in the Child Athlete
  - 1.7.1. Carbohydrates
  - 1.7.2. Proteins
- 1.8. Changes Associated with Aging
  - 1.8.1. Body Fat Percentage
  - 1.8.2. Muscle Mass
- 1.9. Main Problems in Older Athletes
  - 1.9.1. Joints
  - 1.9.2. Cardiovascular Health
- 1.10. Interesting Supplements for Older Athletes
  - 1.10.1. Whey Protein
  - 1.10.2. Creatine





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*You are looking at a top-quality university program that is flexible and compatible with your daily responsibilities. What are you waiting for to enroll?"*

# 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.

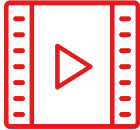
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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

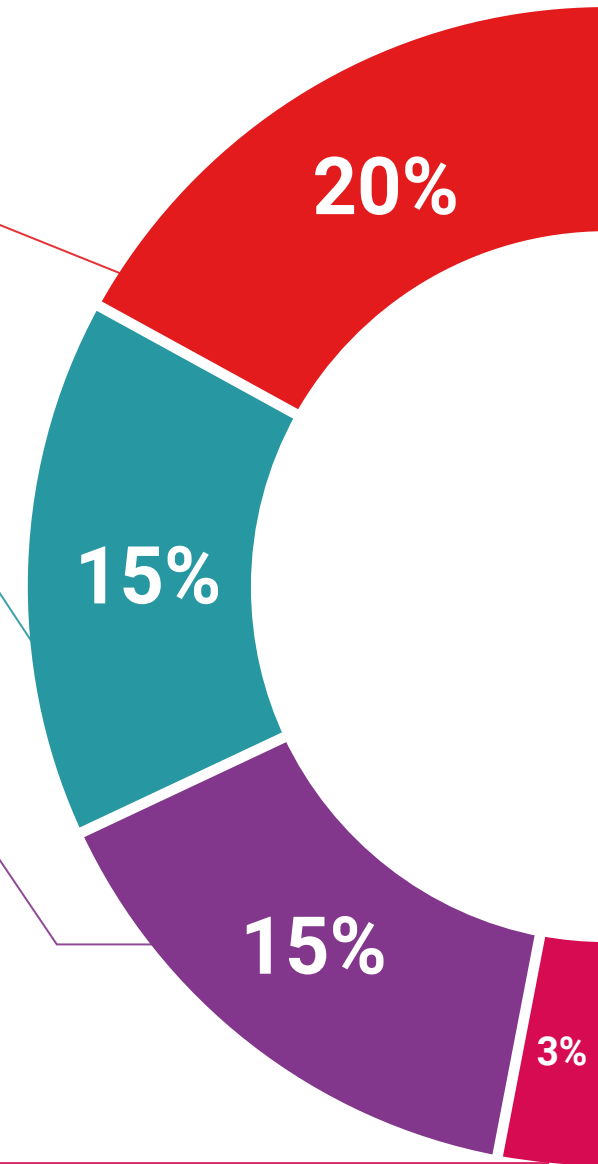
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

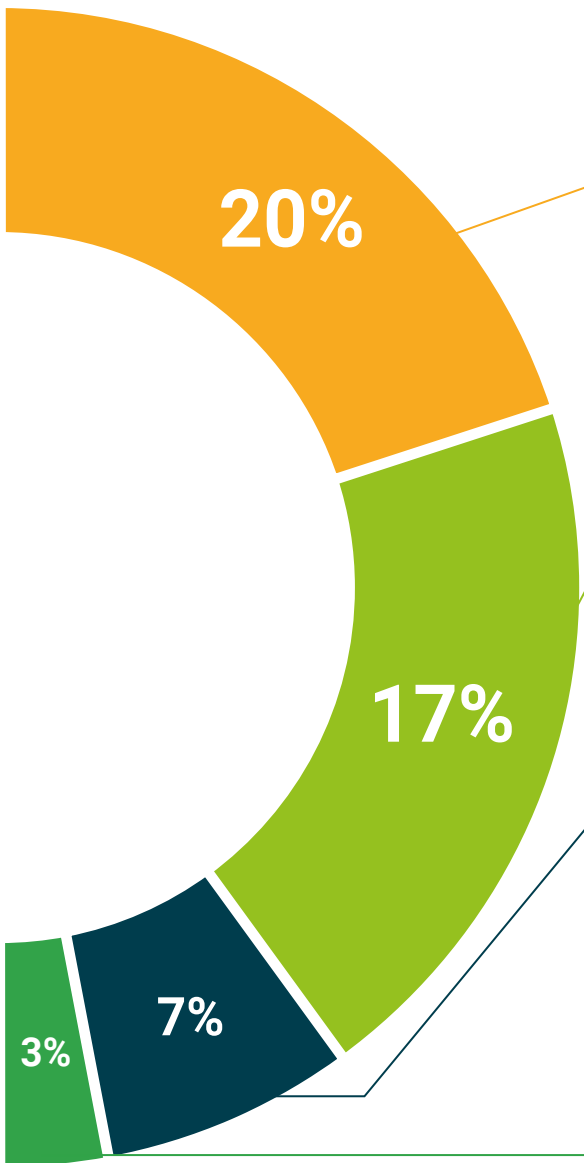
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Specific Populations 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 in Specific Populations** 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 in Specific Populations**

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.



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



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