

Professional Master's Degree

Sports Nutrition

Endorsed by the NBA





Professional Master's Degree Sports Nutrition

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/in/physiotherapy/professional-master-degree/master-sports-nutrition

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01

Introduction

Recent years have seen an increase in the number of people consuming caloric and nutrient-poor products. This leads to malnutrition that can lead to eating disorders such as marasmus and, consequently, to serious physical problems. For this reason, physiotherapists must also have knowledge of nutrition, as well as the diseases of the human being from body movement and nature, as they seek the proper development of the functions of the body. This is why an in depth knowledge of the organism, and its correct maintenance is essential.





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Food and sport must go hand in hand, as it is essential that athletes follow a proper diet to help them improve their physical condition"

An increasing number of people are making sport part of their daily lives and are seeking the help of a professional for nutritional advice.

A diet that provides a good level of nutrients favors the maintenance and regeneration of the organism. Proper nutrition helps prevent diseases such as osteoporosis, tendinitis, torn ligaments or osteoarthritis.

In this sense, it is essential to have physiotherapists updated with the latest developments in sports nutrition that, as a complement to their daily professional practice, can prevent and treat possible physical pathologies.

This Program offers the possibility to deepen and update knowledge in Sports Nutrition, with the use of the latest Educational Technology. It offers a global vision of Clinical and Sports Nutrition, while focusing on the most important and innovative aspects: invisible training or adequate diet for athletes, and nutrition before, during, and after exercise. Thus, this Program allows specialization in the field of Sports Nutrition in areas of special interest such as: nutrigenetics, nutrigenomics, nutrition, and obesity, hospital dietetics, nutritional trends, and specific needs of elite athletes.

The teaching team of this Professional Master's Degree in Sports Nutrition has made a careful selection of each of the topics of this program to offer a study opportunity as complete and up to date as possible.

As it is an online Postgraduate Certificate, the student is not conditioned 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 **Professional Master's Degree in Sports Nutrition** 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 work
- Content that is accessible from any fixed or portable device with an Internet connection



Physiotherapists who are specialized in Sports Nutrition stand out in a sector of high professional competence. Join our alumni community and add a plus to your resume with this high level specialization"

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This Professional Master's Degree is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Sports Nutrition, you will obtain a degree from TECH Technological University"

Its teaching staff includes professionals not only from the fields of nutrition and physiotherapy, who bring the experience of their work, but also recognized specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide contextual learning, i.e., a simulated environment that will ensure an immersive approach programmed to prepare for real-life 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 physician will be assisted by an innovative interactive video system created by renowned experts in sports nutrition with extensive teaching experience.

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

This 100% online Professional Master's Degree will allow you to combine 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 physician can master the study of sports nutrition in a practical and rigorous way.





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Our goal is to achieve academic excellence and give you the keys to advance in your profession”



General Objectives

- ♦ Update the knowledge of new trends in human nutrition, both in health and in pathologic situations through physiotherapy
- ♦ Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- ♦ Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education
- ♦ Encourage professional stimulation through continuing education and research
- ♦ Train the professional for research into patients with nutritional problems



Take advantage of the opportunity and take the step to get up to date on the latest developments in Sports Nutrition"



Specific Objectives

Module 1. New Developments in Food

- ♦ Analyze the different methods for assessing nutritional status
- ♦ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment

Module 2. Current Trends in Nutrition

- ♦ Early detection and assessment of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ♦ Describe the composition and utilities of new foods

Module 3. Assessment of Nutritional Status and Diet Practical Application

- ♦ Explain the different techniques and products of basic and advanced nutritional support related to the nutrition of the patient
- ♦ Explain the correct use of ergogenic aids

Module 4. Sports Nutrition

- ♦ Identify psychological disorders related to the practice of sport and nutrition

Module 5. Muscle and Metabolic Physiology Associated with Exercise

- ♦ Gain an in depth understanding of the structure of skeletal muscle
- ♦ Understand in depth the functioning of skeletal muscle
- ♦ Deepen understanding of the most important changes that occur in athletes
- ♦ To delve into the mechanisms of energy production based on the type of exercise performed
- ♦ Deepen understanding of the interaction between the different energy systems that make up the muscle energy metabolism

Module 6. Vegetarianism and Veganism

- ♦ Differentiate between the different types of vegetarian athletes
- ♦ Gain an in depth understanding of the main mistakes made
- ♦ Treat the notable nutritional deficiencies of sportsmen and sportswomen
- ♦ Manage skills to provide the athlete with the best tools when combining foods

Module 7. Different Stages or Specific Groups

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

Module 8. Nutrition for Functional Recovery and Rehabilitation

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

Module 9. Food, health and disease prevention: current issues and recommendations for the general population

- ♦ Analyze patients' eating habits, as well as their problems and motivation
- ♦ Update nutritional recommendations based on scientific evidence for application in clinical practice
- ♦ Prepare for the design of nutritional education and patient care strategies

Module 10. Nutritional status assessment and calculation of personalized nutritional plans, recommendations and follow-up

- ♦ Adequate assessment of the clinical case, interpretation of causes and risks
- ♦ Customized calculation of nutritional plans taking into account all individual variables
- ♦ Planning nutritional plans and models for a comprehensive and practical recommendation

03 Skills

After passing the evaluations of the Professional Master's Degree in Sports Nutrition, the professional will have acquired the necessary competences for a quality and updated praxis based on the most innovative and up-to-date didactic methodology.





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Our goal is to strive for academic excellence and to help you grow and excel in your profession"



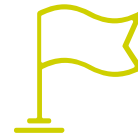
General Skills

- Apply new trends in sports nutrition
- Apply the new trends in nutrition depending on the adult's pathologies
- Investigate the nutritional problems of the people they treat

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A path to achieve knowledge and professional growth that will propel you towards a greater level of competitiveness in the employment market”





Specific Skills

- ♦ Assess the nutritional status of a person
- ♦ Identify nutritional problems of individuals and apply the most accurate treatments and diets in each case
- ♦ Know food compositions, identify their utilities and add them to the diets that need them
- ♦ Seek help for people with psychological disorders resulting from sports and nutrition
- ♦ Be up to date on food safety and be aware of potential food hazards
- ♦ Identify the benefits of the Mediterranean diet
- ♦ Identify athletes' energy needs and provide them with appropriate diets



04

Course Management

The teaching team, highly regarded in the profession, are experts in Sports Nutrition with years of teaching experience who have come together to help give a boost to their profession. To this end, they have developed this Professional Master's Degree with recent updates in the field that will allow the professional to improve and increase their skills in this sector.





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

International Guest Director

Shelby Johnson has a distinguished career as a Sports Nutritionist, specializing in college sports in the United States. In fact, her experience and specific knowledge in this area have been key in her goal of contributing to the best performance of high performance athletes.

As Director of Sports Nutrition at Duke University, she has provided nutritional and health assistance to student athletes. In addition, she has served on the nutritionist staff at the University of Missouri and on the University of Florida soccer, lacrosse and women's basketball teams.

Likewise, her commitment to offer young athletes the best nutritional advice during their training and competitions has led her to perform a remarkable work in this professional field. In this way, in order to guarantee the best attention to athletes, she has been in charge of performing body composition analysis and building personalized plans, according to each person's objective. She has also guided athletes on the most appropriate diets for their physical efforts, in order to contribute to their full performance and avoid health problems.

During her professional career, Shelby Johnson has worked in sports nutrition, and her ability to adapt to different disciplines has allowed her to broaden her areas of expertise and offer much more precise attention.

As such, thanks to its training and experience, it has created a Food Sensitivity Policy for Sports Health, seeking to highlight the relevance of proper nutrition for health. Therefore, her goal has always been to disseminate any information that helps athletes to become aware of the best nutrients, vitamins and foods to achieve their goals.



Dña. Johnson, Shelby

- Director of Sports Nutrition at Duke University, Durham, U.S.A.
- Nutrition Consultant
- Nutritionist for the soccer, lacrosse and women's basketball teams at the University of Florida.
- Specialist in Sports Nutrition
- Master's Degree in Applied Physiology and Kinesiology from the University of Florida.
- Bachelor's Degree in Dietetics from Lipscomb University

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

Management



Dr. Pérez de Ayala, Enrique

- Head of the Sports Medicine Department at Policlínica Gipuzkoa
- Degree in Medicine from the Autonomous University of Barcelona
- Specialist in Physical Education and Sports Medicine
- Honorary Member of the AEMEF
- Former Head of the Sports Medicine of Real Sociedad de Fútbol

Professors

Ms. Aldalur Mancisidor, Ane

- Expert in Eating Disorders and Sports Nutrition
- Part of the dietetics office and the Basque Health Service
- Degree in Nursing
- Degree in Dietetics

Ms. Urbeltz, Uxue

- Dietician in Policlínica Gipuzkoa
- BPX instructor, Patronato de Deportes de San Sebastián
- Diploma in Dietetics and Nutrition



05

Structure and Content

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



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We have the most complete and up to date scientific program on the market. A comprehensive syllabus that will help you achieve professional success"

Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
 - 1.5.1. Functional Nutrients and Bioactive Compounds
 - 1.5.2. Probiotics, Prebiotics, and Symbiotics
 - 1.5.3. Quality and Design
- 1.6. Organic food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
 - 1.9.1. Physical Hazards
 - 1.9.2. Chemical Hazards
 - 1.9.3. Microbiological Hazards
- 1.10. New labelling and consumer information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
 - 2.2.1. Fundamentals
 - 2.2.2. Methods
- 2.3. Immunonutrition
 - 2.3.1. Nutrition-Immunity Interactions
 - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding, Appetite and Satiety
- 2.5. Psychology and Nutrition
- 2.6. Nutrition and Sleep
- 2.7. Update on Nutritional Objectives and Recommended Intakes
- 2.8. New Evidence on the Mediterranean Diet

Module 3. Assessment of Nutritional Status and Diet Application in practice

- 3.1. Bioenergy and Nutrition
 - 3.1.1. Energy Needs
 - 3.1.2. Energy Expenditure Assessment Methods
- 3.2. Assessment of Nutritional Status
 - 3.2.1. Body Composition Analysis
 - 3.2.2. Clinical Diagnosis. Symptoms and Signs
 - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
 - 3.3.1. Methods of Analysis of Food and Nutrient Intakes
 - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult Objectives and Guidelines The Mediterranean diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

Module 4. Sports Nutrition

- 4.1. Physiology of Exercise
- 4.2. Physiological Adaptation to Different Types of Exercise
- 4.3. Metabolic Adaptation to Exercise. Regulation and Control
- 4.4. Assessing Athletes' Energy Needs and Nutritional Status
- 4.5. Assessing Athletes' Physical Ability
- 4.6. Nutrition in the Different Phases of Sports Practice
 - 4.6.1. Pre-competitive
 - 4.6.2. During
 - 4.6.3. Post-competition
- 4.7. Hydration
 - 4.7.1. Regulation and Needs
 - 4.7.2. Types of Beverages
- 4.8. Dietary Planning Adapted to Different Sports
- 4.9. Ergogenic Aids
 - 4.9.1. AMA Recommendations

- 4.10. Nutrition in Sports Injury Recovery
- 4.11. Psychological Disorders Related to Practising Sport
 - 4.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
 - 4.11.2. Fatigue Caused by Overtraining
 - 4.11.3. The Triad of the Female Athlete
- 4.12. The Role of the Coach in Sports Performance

Module 5. Muscle and Metabolic Physiology Associated with Exercise

- 5.1. Cardiovascular Adaptations Related to Exercise
 - 5.1.1. Increase in Systolic Volume
 - 5.1.2. Decreased Heart Rate
- 5.2. Ventilatory Adaptations Related to Exercise
 - 5.2.1. Changes in Ventilatory Volume
 - 5.2.2. Changes in Oxygen Consumption
- 5.3. Hormonal Adaptations Related to Exercise
 - 5.3.1. Cortisol
 - 5.3.2. Testosterone
- 5.4. Muscle Structure and Types of Muscle Fibers
 - 5.4.1. Muscle Fiber
 - 5.4.2. Type I Muscle Fiber
 - 5.4.3. Type II Muscle Fibers
- 5.5. The Concept of Lactic Threshold
- 5.6. ATP and Phosphagen Metabolism
 - 5.6.1. Metabolic Pathways for ATP Resynthesis during Exercise
 - 5.6.2. Phosphagen Metabolism
- 5.7. Carbohydrate Metabolism
 - 5.7.1. Carbohydrate Mobilization During Exercise
 - 5.7.2. Types of Glycolysis
- 5.8. Lipid Metabolism
 - 5.8.1. Lipolysis
 - 5.8.2. Fat Oxidation during Exercise
 - 5.8.3. Ketone Bodies

- 5.9. Protein Metabolism
 - 5.9.1. Ammonium Metabolism
 - 5.9.2. Amino Acid Oxidation
- 5.10. Mixed Bioenergetics of Muscle Fibers
 - 5.10.1. Energy Sources and their Relation to Exercise
 - 5.10.2. Factors that Determine the Use of One Energy Source or Another During Exercise

Module 6. Vegetarianism and Veganism

- 6.1. Vegetarianism and Veganism in the History of Sport
 - 6.1.1. The Beginnings of Veganism in Sport
 - 6.1.2. Vegetarian Athletes Today
- 6.2. Different Types of Vegetarian Food
 - 6.2.1. The Vegan Athlete
 - 6.2.2. The Vegetarian Athlete
- 6.3. Common Errors in the Vegan Athlete
 - 6.3.1. Energy Balance
 - 6.3.2. Protein Consumption
- 6.4. Vitamin B12
 - 6.4.1. B12 Supplementation
 - 6.4.2. Bioavailability of Spirulina Algae
- 6.5. Protein Sources in the Vegan/Vegetarian Diet
 - 6.5.1. Protein Quality
 - 6.5.2. Environmental Sustainability
- 6.6. Other Key Nutrients in Vegans
 - 6.6.1. Conversion of ALA to EPA/DHA
 - 6.6.2. Fe, Ca, Vit-D and Zn
- 6.7. Biochemical Evaluation/Nutritional Shortcomings
 - 6.7.1. Anemia
 - 6.7.2. Sarcopenia
- 6.8. Vegan vs. Omnivorous Food
 - 6.8.1. Evolutionary Food
 - 6.8.2. Current Food

- 6.9. Ergogenic Aids
 - 6.9.1. Creatine
 - 6.9.2. Vegetable Protein
- 6.10. Factors that Decrease Nutrient Absorption
 - 6.10.1. High Fiber Intake
 - 6.10.2. Oxalates

Module 7. Different Stages or Specific Groups

- 7.1. Nutrition in Female Athletes
 - 7.1.1. Limiting Factors
 - 7.1.2. Requirements
- 7.2. Menstrual Cycle
 - 7.2.1. Luteal Phase
 - 7.2.2. Follicular Phase
- 7.3. Triad
 - 7.3.1. Amenorrhea
 - 7.3.2. Osteoporosis
- 7.4. Nutrition in Pregnant Female Athletes
 - 7.4.1. Energy Requirements
 - 7.4.2. Micronutrients
- 7.5. The Effects of Physical Exercise in Young Athletes
 - 7.5.1. Strength Training
 - 7.5.2. Endurance Training
- 7.6. Nutritional Education in Young Athletes
 - 7.6.1. Sugar
 - 7.6.2. Eating Disorders
- 7.7. Nutritional Requirements in Young Athletes
 - 7.7.1. Carbohydrates
 - 7.7.2. Proteins
- 7.8. Changes Associated with Aging
 - 7.8.1. % Body Fat
 - 7.8.2. Muscle Mass

- 7.9. Main Problems in the Older Athlete
 - 7.9.1. Joints
 - 7.9.2. Cardiovascular Health
- 7.10. Interesting Supplements for Older Athletes
 - 7.10.1. Whey Protein
 - 7.10.2. Creatine

Module 8. Nutrition for Functional Recovery and Rehabilitation

- 8.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
- 8.2. Carbohydrates
- 8.3. Proteins
- 8.4. Fats
 - 8.4.1. Saturation
 - 8.4.2. Unsaturated
 - 8.4.2.1. Monounsaturated
 - 8.4.2.2. Polyunsaturated
- 8.5. Vitamins
 - 8.5.1. Water Soluble
 - 8.5.2. Fat Soluble
- 8.6. Minerals
 - 8.6.1. Macrominerals
 - 8.6.2. Microminerals
- 8.7. Fibre
- 8.8. Water
- 8.9. Phytochemicals
 - 8.9.1. Phenols
 - 8.9.2. Tioles
 - 8.9.3. Terpenes
- 8.10. Food Supplements for Prevention and Functional Recovery

Module 9. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 9.1. Eating Habits in the Current Population and Health Risks
- 9.2. Mediterranean and Sustainable Diet
 - 9.2.1. Recommended Feeding Model
- 9.3. Comparison of Dietary Patterns or "Diets"
- 9.4. Nutrition in Vegetarians
- 9.5. Childhood and Adolescence
 - 9.5.1. Nutrition, Growth and Development
- 9.6. Adults
 - 9.6.1. Nutrition to Improve Quality of Life
 - 9.6.2. Prevention
 - 9.6.3. Treatment of Disease
- 9.7. Recommendations in Pregnancy and Lactation
- 9.8. Recommendations in Menopause
- 9.9. Advanced Age
 - 9.9.1. Nutrition in Aging
 - 9.9.2. Changes in Body Composition
 - 9.9.3. Abnormalities
 - 9.9.4. Malnutrition
- 9.10. Sports Nutrition

Module 10. Nutritional Status Assessment and Calculation of Personalized Nutritional Plans, Recommendations and Follow-up

- 10.1. Medical History and Background
 - 10.1.1. Individual Variables Affecting Nutritional Plan Response
- 10.2. Anthropometry and Body Composition
- 10.3. Assessment of Eating Habits
 - 10.3.1. Nutritional Evaluation of Food Consumption
- 10.4. Interdisciplinary Team and Therapeutic Circuits

- 10.5. Calculation of Energy Intake
- 10.6. Calculation of Recommended Macro- and Micronutrient Intakes
- 10.7. Recommended Amounts and Frequency of Food Consumption
 - 10.7.1. Feeding Models
 - 10.7.2. Planning
 - 10.7.3. Distribution of Daily Intakes
- 10.8. Diet Planning Models
 - 10.8.1. Weekly Menus
 - 10.8.2. Daily Intake
 - 10.8.3. Methodology for Food Changes
- 10.9. Hospital Nutrition
 - 10.9.1. Model Diets
 - 10.9.2. Decision Algorithms
- 10.10. Education
 - 10.10.1. Psychological Aspects
 - 10.10.2. Maintenance of Eating Habits
 - 10.10.3. Discharge Recommendations



A unique, key, and decisive program to boost your professional development"

06

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.





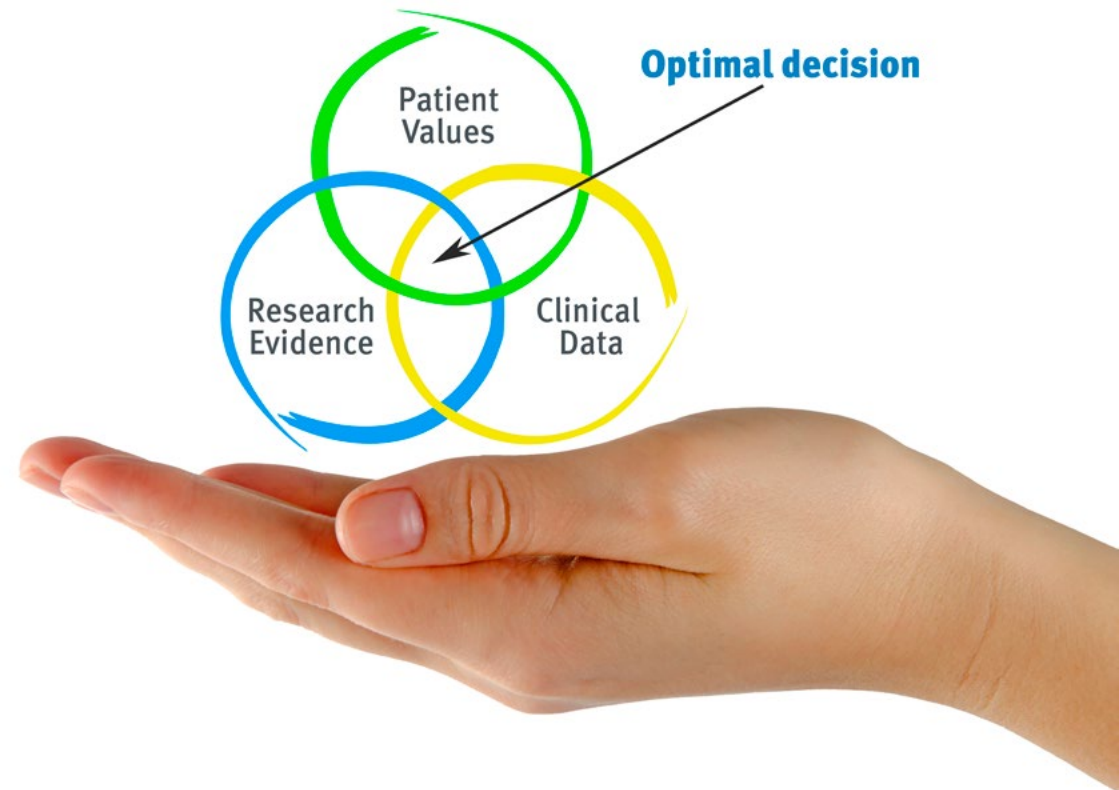
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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

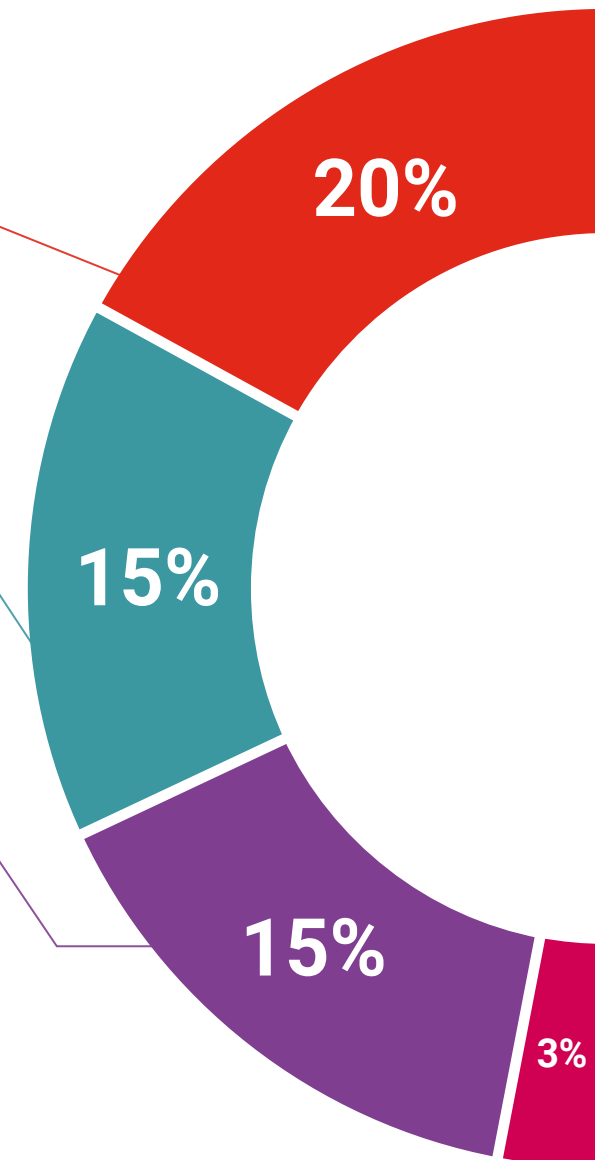
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

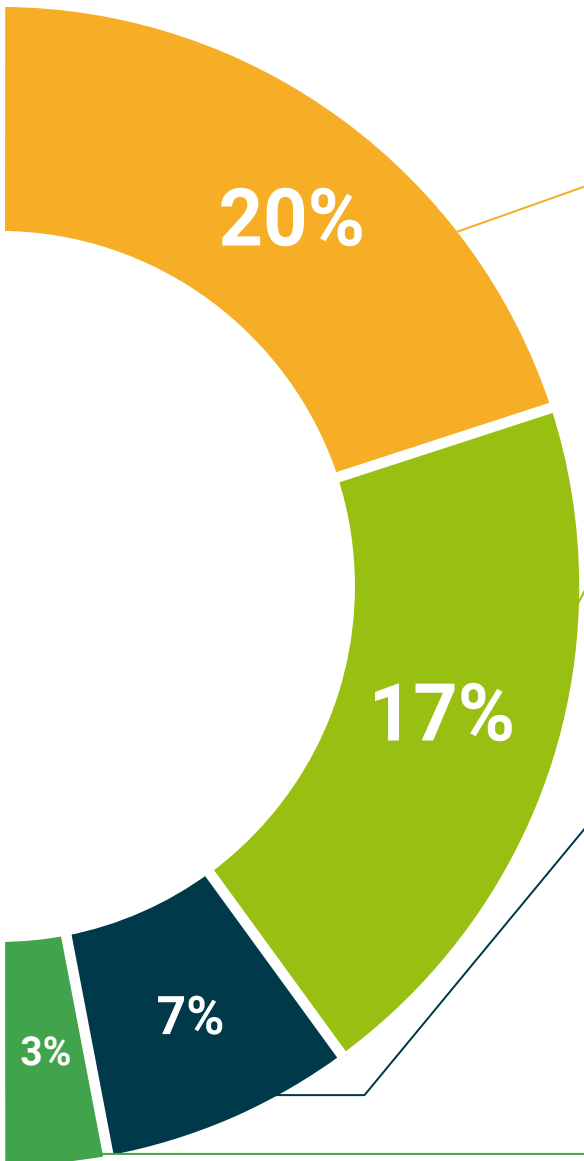
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



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.



07 Certificate

The Professional Master's Degree in Sports Nutrition guarantees students, in addition to the most rigorous and up to date education, access to a Professional Master's Degree 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 **Professional Master's Degree in Sports Nutrition** contains the most complete and up-to-date scientific program on the market.

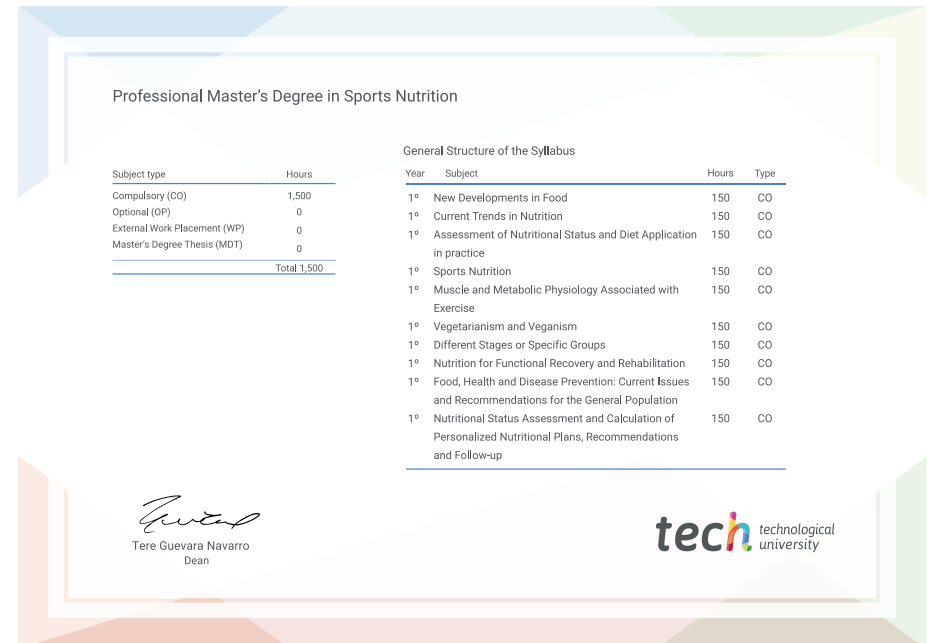
After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by TECH Technological University via tracked delivery*.

The certificate issued by TECH Technological University will reflect the qualification obtained in the **Professional Master's Degree**, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees

Title: **Professional Master's Degree in Sports Nutrition**

Official N° of hours: **1,500 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.



Professional Master's Degree

Sports Nutrition

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Professional Master's Degree

Sports Nutrition

Endorsed by the NBA

