

Postgraduate Certificate Nutrition in Football

Endorsed by the NBA





Postgraduate Certificate Nutrition in Football

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

Website: www.techtute.com/us/sports-science/postgraduate-certificate/nutrition-football

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 20

06

Certificate

p. 28

01

Introduction

Nutrition is a fundamental aspect of sports performance, particularly in football, where the right food and nutrients can make the difference between a good and bad performance. Therefore, professionals in this field should be aware of the most relevant aspects for the creation of nutrition plans that contribute to the physical development of the football player. It is for this reason that TECH has created this program, which aims to train students in this professional field. This is a 100% online degree that uses the Relearning teaching method, allowing you to learn from real and simulated scenarios, ensuring a unique and immersive experience.



“

You will learn about the nutritional schedules that must be considered before a sports competition”

Football players need a balanced and varied diet that provides the nutrients necessary to maintain energy, strength and stamina during training and matches. This includes a balanced amount of complex carbohydrates to provide: long-lasting energy; protein to aid muscle recovery and repair; healthy fats to maintain cardiovascular health; and a wide variety of vitamins and minerals to support body function.

All these aspects must be familiar to the professional in the field and should be applied via a nutrition plan which focuses on the physical needs of each player. For this reason, TECH has created this program with the aim of presenting students with the most relevant and up-to-date developments within the sector, in a 100% online format.

This postgraduate course will train students in a fast-growing sector and will introduce them to the most comprehensive knowledge, enabling them to position themselves as specialists in the field. Over the course of 6 weeks you will learn from the teaching materials provided via the *Relearning*, method, focused on learning and experience, leaving behind the conventional model of forced memorization. It will also feature a variety of audio-visual resources and complementary readings, developed with the latest technology and by experts in the field.

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

- ♦ The development of case studies presented by experts of Nutrition in football
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the 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



Learn about the right foods with the highest nutritional value for football players looking to improve their physical condition"

“

The Relearning method will introduce you to real cases and simulated scenarios, so that you will be able to tackle the challenges within the sector from the very beginning”

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

In addition to its range of informative content, it offers the most innovative audio-visual resources, developed with the latest technology.

The online format of this program allows you to combine your daily routine with the acquisition of new knowledge.



02 Objectives

One of TECH's main objectives, when it comes to the creation of a degree program, is the selection of academic subjects that will allow the professional to propel their skills and expertise to allow them to achieve their career goals. Therefore, with the Relearning methodology, a practical process is guaranteed, with activities based on real and simulated scenarios. In this way, the professional will be trained in a fast-growing and constantly evolving sector within this sports discipline.





“

You will stand out in a fast-growing sector with strong future prospects and excellent international opportunities”



General Objectives

- ♦ Understand the origin, history and evolution of football
- ♦ Explore the organization of a club and everything pertaining to the sporting environment
- ♦ Strengthen your knowledge in current technical-tactical skills
- ♦ Examine the changes in football analysis with the introduction of new technologies
- ♦ Describe physical training and re-training as a fundamental part of present-day football
- ♦ Highlight the importance of good nutrition to enable a good sports performance
- ♦ Identify each member of the coaching staff and their roles in a football club
- ♦ Explore psychology as a fundamental part of a football player's performance





Specific Objectives

- ◆ Understand the energy needs and requirements of the sportsperson, as well as the important role of nutrition in sports performance
- ◆ Distinguish between the types of macronutrients and micronutrients, and understand their relevance in football
- ◆ Understand the nutritional strategies for the different scenarios a football player may face
- ◆ Develop the clinical reasoning required for the planning of nutrition programs adapted for football players



Reach your goals with the support of TECH and this 100% online training program, which is very popular in the sports world"

03

Course Management

One of TECH's main priorities in the design of an academic program is the formation of a teaching staff that ensures first-rate knowledge. Therefore, this study program offers a unique opportunity to learn from a panel of professionals who are experts and specialists of nutrition planning in football. You will complete different activities in the virtual campus, enabling you to enhance your professional skills.





“

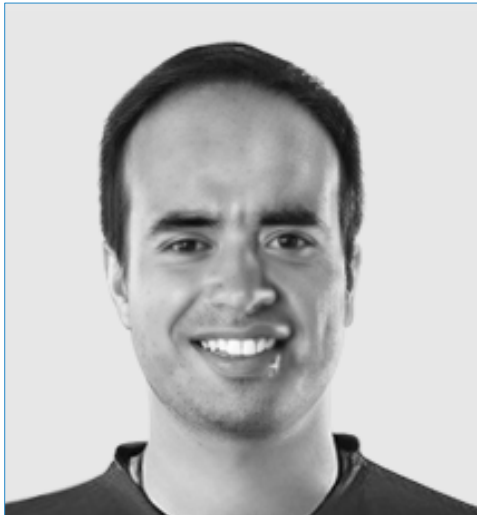
Experts and specialists in the field of nutrition will be on hand ready to share the fundamentals to good nutrition for top-level football players”

Management



Mr. Fernández Fernández, Ángel

- ♦ Scout and manager for the northern area for the Athlete Management Group (PHSport)
- ♦ Futsal and football coach
- ♦ Scout for the Asturias area for the Athlete Management Group (Vilasports)
- ♦ Sports Director of CD Mosconia
- ♦ Commentator for Real Oviedo in RadioGed
- ♦ Sports Technician, Middle Grade, specializing in football at the "Asturian Sports School" Levels 1 and 2



Mr. González Arganda, Sergio

- ♦ Physiotherapist at Atlético de Madrid Football Club
- ♦ Lecturer for the Master's in Physical Preparation and Sports Rehabilitation in Football at UNIR
- ♦ University Expert in Clinical Pilates at the University of Jaén
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment from Comillas Pontifical University
- ♦ Master's in Osteopathy of the Locomotor System from Madrid School of Osteopathy
- ♦ Expert in Pilates Rehabilitation from the Royal Spanish Gymnastics Federation
- ♦ Master's in Sports and Physical Activity Physiotherapy from Comillas Pontifical University
- ♦ Certificate in Physiotherapy for Physio Training

Professors

Ms. Fernández Lorenzo, Silvia

- ♦ Nutritionist and Dietician at Real Avilés Industrial
- ♦ Former professional football player
- ♦ Graduate in Human Nutrition and Dietetics from the European University Miguel de Cervantes
- ♦ Expert in Nutrition in Digestive Pathology at CEAN Group
- ♦ Member of: Association of Dietitians-Nutritionists for Spanish Football Teams

04

Structure and Content

As an integral part of this Postgraduate Certificate, TECH has selected the most up-to-date and comprehensive study topics in the field of nutrition in football, which understands the needs of football players for the appropriate physical development throughout the season. This is presented via a high-impact informative package, which includes audio-visual resources, complementary readings, and a 100% online format, and can be accessed from any device with an Internet connection.





“

Download the content of this program to your device of choice—tablet, computer or cell phone—and review it as often as you need to”

Module 1. Nutrition in football

- 1.1. Energy needs and body composition
 - 1.1.1. Energy Balance
 - 1.1.2. Energy expenditure in training and matches
 - 1.1.3. Body composition of a football player
 - 1.1.4. Assessment of body composition
- 1.2. Macronutrients and micronutrients
 - 1.2.1. Carbohydrates
 - 1.2.2. Proteins
 - 1.2.3. Fats
 - 1.2.4. Vitamins and minerals
- 1.3. Hydration and fluid loss
 - 1.3.1. Water Balance
 - 1.3.2. Fluid intake and strategies
 - 1.3.3. Fluid loss
 - 1.3.4. Hydration in training and matches
- 1.4. Nutrition during the competition period
 - 1.4.1. Daily nutrition of the football player
 - 1.4.2. Training demands
 - 1.4.3. Match demands
 - 1.4.4. Nutrition planning
- 1.5. Pre-match nutrition
 - 1.5.1. Macronutrients and fluids
 - 1.5.2. Pre-match meal
 - 1.5.3. Timing
 - 1.5.4. Ergogenic Aids
- 1.6. Post-match nutrition
 - 1.6.1. Macronutrients and fluids
 - 1.6.2. Post-match meal
 - 1.6.3. Timing
 - 1.6.4. Ergogenic Aids





- 1.7. Nutrition in the injured player
 - 1.7.1. Important macronutrients and micronutrients
 - 1.7.2. Energy demands
 - 1.7.3. Supplementation and ergogenic aids
 - 1.7.4. Nutrition planning
- 1.8. Nutrition during the vacation period
 - 1.8.1. Macronutrient Distribution
 - 1.8.2. Micronutrients and ergogenic aids
 - 1.8.3. Energy demands
 - 1.8.4. Nutrition planning
- 1.9. Supplementation and ergogenic aids
 - 1.9.1. Classification and safety
 - 1.9.2. Sports foods and supplements
 - 1.9.3. Instantaneous ergogenic aids
 - 1.9.4. Chronic ergogenic aids
- 1.10. Special Situations
 - 1.10.1. Considerations in women's football
 - 1.10.2. Young players
 - 1.10.3. Football and heat
 - 1.10.4. Nutrition planning during travel



Follow this certificate at your convenience, without having to go to an on-site center or attend classes”

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.





“

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"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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 highly 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.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Practising Skills and Abilities

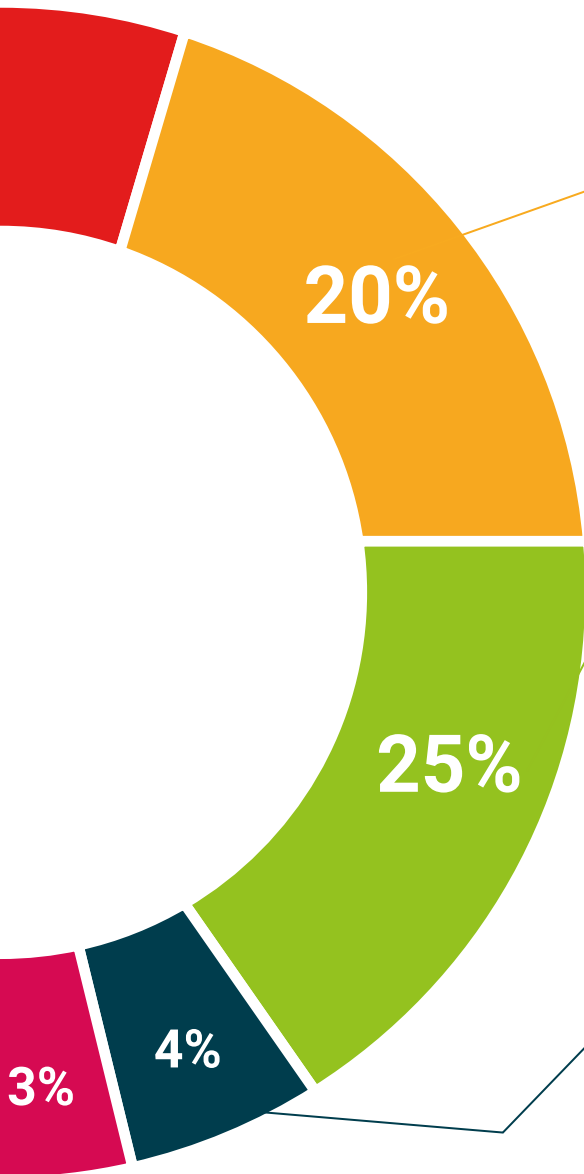
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



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 exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.



06

Certificate

The Postgraduate Certificate in Nutrition in Football guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





“

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 your **Postgraduate Certificate in Nutrition in Football** endorsed by **TECH Global University**, the world's largest online university.

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** title 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 Nutrition in Football**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

Endorsed by the NBA



*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.



Postgraduate Certificate

Nutrition in Football

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

Postgraduate Certificate Nutrition in Football

Endorsed by the NBA

