

# Postgraduate Certificate

## Nutrition in Handball Players

Endorsed by the NBA





## Postgraduate Certificate Nutrition in Handball Players

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

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/nutrition-handball-players](http://www.techtitute.com/us/sports-science/postgraduate-certificate/nutrition-handball-players)

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# 01

# Introduction

The various studies on nutrition in athletes attest to the relevance of nutritional planning and adaptation to the training, competition and post-match phases. As a result, progress has been made, not without debate, in the development of diets and supplementation. This knowledge is essential for any professional wishing to develop, especially in the world of handball at the highest level. To promote this learning, TECH has designed this program that leads the graduate to delve into the advances in the field of Nutrition, the evaluation of hydration, the training of the digestive system and the most current software for food control in the athlete. All in 100% online mode and with the most current syllabus, developed by real specialists.



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*A 100% online Postgraduate Certificate that gives you the opportunity to progress in the sports field through the content developed by the best specialists in Nutrition”*

In recent years, there has been a predominance of Nutrition as an indispensable element for the improvement of sports performance in the professional field. All this is the result of scientific studies to understand and improve dietary planning and the incorporation of those essential nutrients for the practice of each sport discipline.

In this sense, in Handball, each player, depending on their characteristics and position on the court, needs to have greater strength, speed, power, endurance or agility. For this reason, it is essential that professionals who wish to progress in this field are aware of the advances in the area. Therefore, this Postgraduate Certificate in Nutrition in Handball Players, developed by experts in this field with extensive experience in the sports sector, was created.

An intensive 6-week program that will lead students to delve into the techniques for the realization of the BM calculation and body composition, periodization in competition with a correct intake of macro and micronutrients, as well as operational control and planning software used today.

In addition, students will delve much more dynamically into the evaluation of sweat rate and hydration of the player, in the training of the stomach and digestive system. Advanced learning that becomes even more attractive thanks to video summaries, in-focus videos, supplementary readings and case studies.

A wide range of pedagogical resources that joins the Relearning method, used by TECH to facilitate the assimilation of new concepts and reduce the hours of study. Undoubtedly, an academic option that is at the forefront and offers the flexibility needed to combine the most demanding responsibilities with quality teaching.

This **Postgraduate Certificate in Nutrition in Handball Players** 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 in Handball and Sports Sciences
- ♦ 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



*Enroll now in a university program that will allow you to grow in the world of professional handball"*

“

*An academic option designed to respond to professionals looking for a high level education compatible with their daily responsibilities”*

*Enroll in an experience that will allow you to carry out from start to finish an athlete's dietary planning.*

*It goes in depth through the most current literature on Basal Metabolism and the thermic effect of food.*

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.

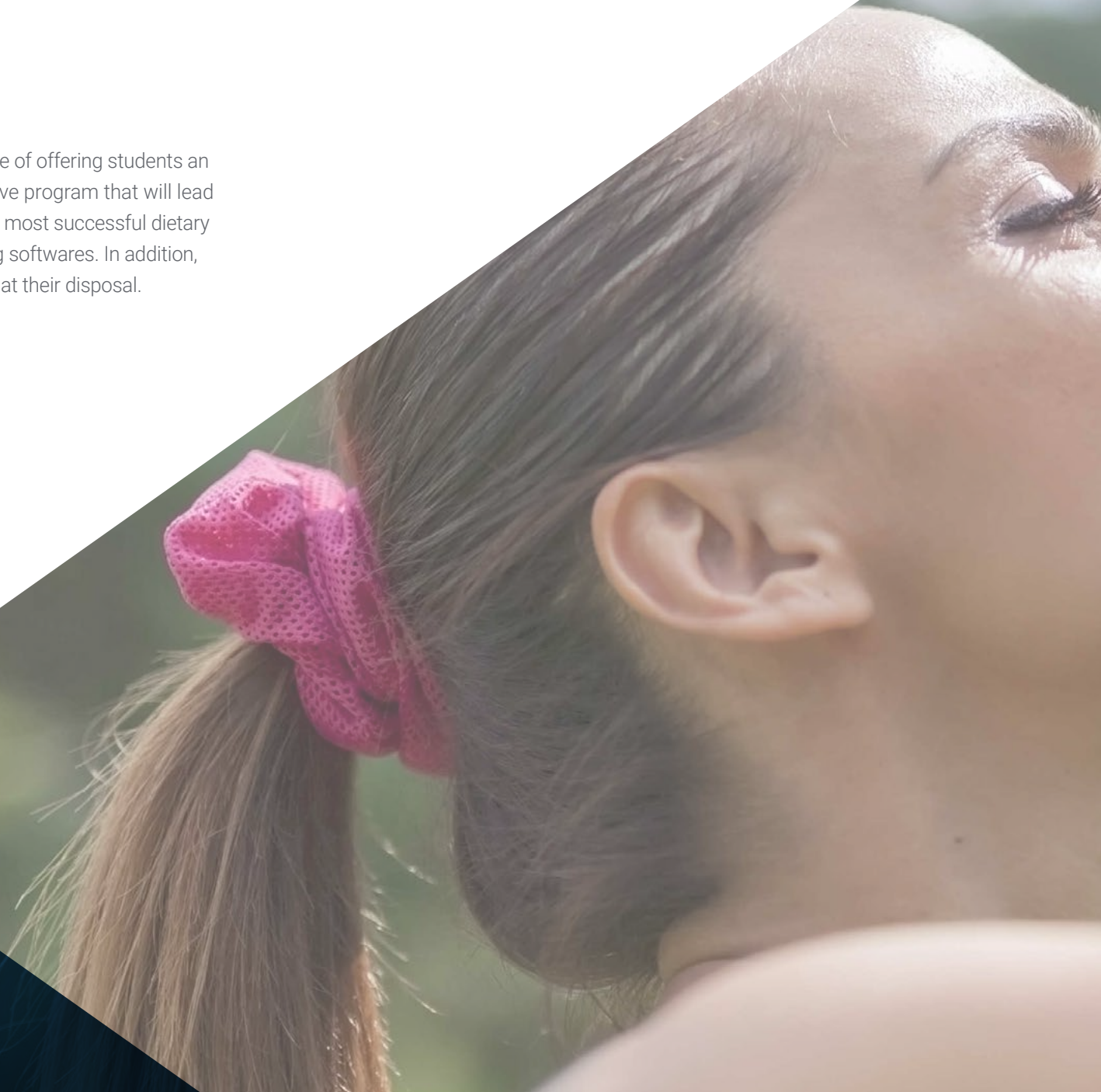
The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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 experts.



# 02 Objectives

This Postgraduate Certificate has been designed with the purpose of offering students an advanced education on Nutrition in Handball Players. An intensive program that will lead the graduate to be able to integrate in their professional work, the most successful dietary planning, using the most advanced measurement and monitoring softwares. In addition, in case of any doubt, the students will have a specialized teacher at their disposal.







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*It delves through the most advanced content into the periodization in competition of the correct intake of macro and micronutrients of the athlete”*



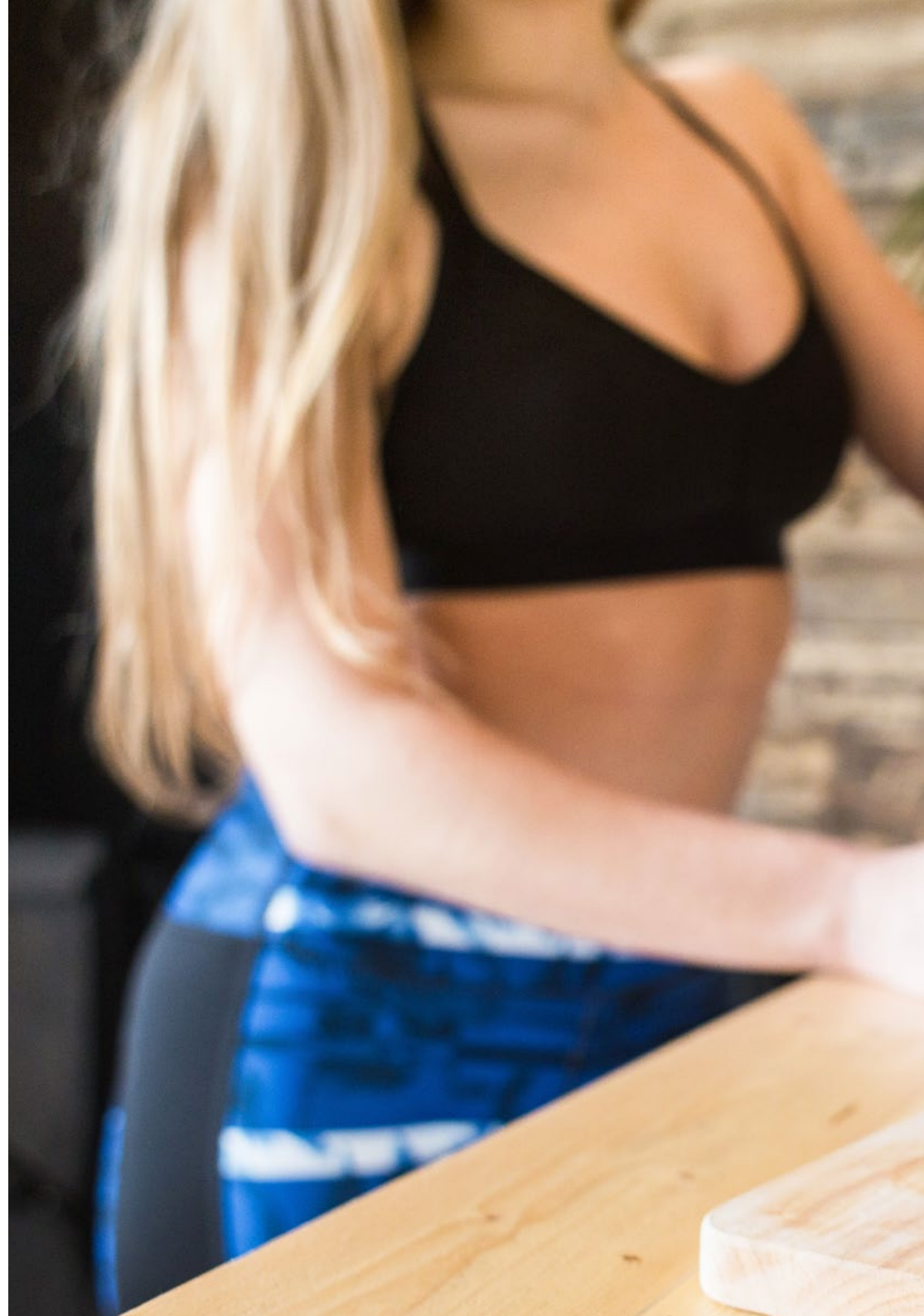
## General Objectives

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- ♦ Master the design and control of training at different stages
- ♦ Improve the performance of athletes
- ♦ Interpret the analysis of data obtained through new technologies
- ♦ Incorporate the nutritional planning of the athlete according to their characteristics and playing position
- ♦ Get to know the evolution of the handball game and tactics up to the present day
- ♦ Analyze the multiple factors involved in the training process and in high-performance players



*With this university program you will be up to date with the most advanced software for the control of nutritional intake and hydration of the athlete”*





## Specific Objectives

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- Study the main concepts of sports nutrition
- Calculate the BM and the body composition of athletes
- Know in depth the demands and learn to plan the periodized intake of macro and micronutrients
- Master the variables of sweating and hydration rates
- Know about sports supplementation and prohibited supplements
- Analyze the latest trends in sports nutrition
- Apply software tools for the planning and control of nutritional intake and hydration of athletes



# 03

## Structure and Content

In the design of the syllabus of this university program, the faculty has taken into account the most relevant scientific advances in sports nutrition, the improvement of the athlete's body composition and digital tools for the measurement of hydration and dietary monitoring. All this, in addition to an innovative didactic material, accessible 24 hours a day, from any electronic device with an Internet connection.



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*A curriculum that will allow you to avoid the most frequent errors in the assessment of nutritional intake in athletes”*

## Module 1. Nutrition in Handball Players

- 1.1. Sports Nutrition
  - 1.1.1. Basic Concepts and Historical Background
  - 1.1.2. The Digestive System
  - 1.1.3. Classification of Nutrients and Foods
- 1.2. Concept of Sports Nutrition
  - 1.2.1. Areas Where Sports Nutrition Works
  - 1.2.2. Basic Physiology of Exercise Related to Sports Nutrition
  - 1.2.3. Reference Standards
- 1.3. Energy Requirements
  - 1.3.1. Energy Needs
  - 1.3.2. Basal Metabolism, Physical Activity and Thermal Effect of Food
  - 1.3.3. Basic Calculations
- 1.4. Body Composition
  - 1.4.1. Methods of Evaluation of Body Composition
  - 1.4.2. Assessment of Body Composition in Sport
  - 1.4.3. Body Composition in Handball
- 1.5. Macronutrients
  - 1.5.1. Carbohydrates in Sports
  - 1.5.2. Proteins in Sports
  - 1.5.3. Fats in Sports
- 1.6. Micronutrients
  - 1.6.1. Vitamins in Sports
  - 1.6.2. Minerals in Sports
  - 1.6.3. Antioxidants in Sports
- 1.7. Hydration
  - 1.7.1. General Recommendations
  - 1.7.2. Sweat Rate
  - 1.7.3. Repositioning Rules and Appropriate Times



- 1.8. Nutritional Supplements and Ergogenic Aids in Sports
  - 1.8.1. Definition of Concepts
  - 1.8.2. How to Use Them in Sports
  - 1.8.3. Scientific Evidence
- 1.9. Improvement of Body Composition in Athletes
  - 1.9.1. Nutritional Strategies to Improve Body Composition
  - 1.9.2. Methods for Assessing Nutritional Intake
  - 1.9.3. Common Errors
- 1.10. Nutritional Planning
  - 1.10.1. Types of Nutritional Planning
  - 1.10.2. Dietary Planning in Athletes
  - 1.10.3. Dietary Software and Computer Tools

“*A university program based on the latest scientific evidence on sports nutrition oriented to handball*”



# 04

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.





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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

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*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”*

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student 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.

## The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

We present 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".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.







**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**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 for 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.



# 05 Certificate

The Postgraduate Certificate in Nutrition in Handball Players guarantees, in addition to the most accurate and up-to-date training, 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 private qualification will allow you to obtain a **Postgraduate Certificate in Nutrition in Handball Players** 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** 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 Nutrition in Handball Players**

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.



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- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

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