

# Postgraduate Certificate Nutrition in the Parathlete

Endorsed by the NBA





## Postgraduate Certificate Nutrition in the Parathlete

- » 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-parathlete](http://www.techtute.com/us/sports-science/postgraduate-certificate/nutrition-parathlete)

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# 01

# Introduction

This program covers different nutritional situations that we can find in a parathlete, with a high scientific-technical quality and a very high practical component that stands out from the rest of the programs available.





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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 performance”*

This program will teach the different strategies to be able to solve and anticipate problems that may arise during a competition or training in parathletes. Students will learn to solve the doubts that may arise when dealing with the athlete, as well as to teach them in the best possible way the basic aspects of sports nutrition.

This Postgraduate Certificate in Nutrition in the Parathlete addresses the differences that exist between the different categories, according to their physical and cognitive limitations. In addition, in the development of this program, the student will be able to acquire the necessary knowledge to detect nutritional problems and establish a nutritional planning in this type of athletes. You will be able to be up to date on the current scientific evidence on the management of ergogenic aids in parathletes for the improvement of their sports performance.

The program has multimedia content that helps you acquire the knowledge that is presented, elaborated with the latest educational technology. At the same time, it will allow students to learn in a contextual and situated way, within a simulated environment that provides an education focused on solving real problems.

As it is an online program, the student is not constrained by fixed schedules or the need to move to another physical location, but rather, they can access the contents at any time of the day, allowing them to balance their professional or personal life with their academic life as they please.

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

- ◆ The graphic, schematic and eminently practical content of the system provides the information essential 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



*Learn the most suitable diets for each type of athlete and you will be able to give more personalized advice”*

“

*This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Sports Nutrition, you will obtain a certificate endorsed by the world's largest online university: TECH Technological University”*

Its teaching staff includes professionals belonging to the field of nutrition, who contribute their work experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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

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

*This Postgraduate Certificate allows you to learn in simulated environments, that provide an immersive learning program in order to practice in real situations.*

*Immerse yourself in the study of this complete Postgraduate Certificate and improve your skills in nutritional counseling for athletes.*

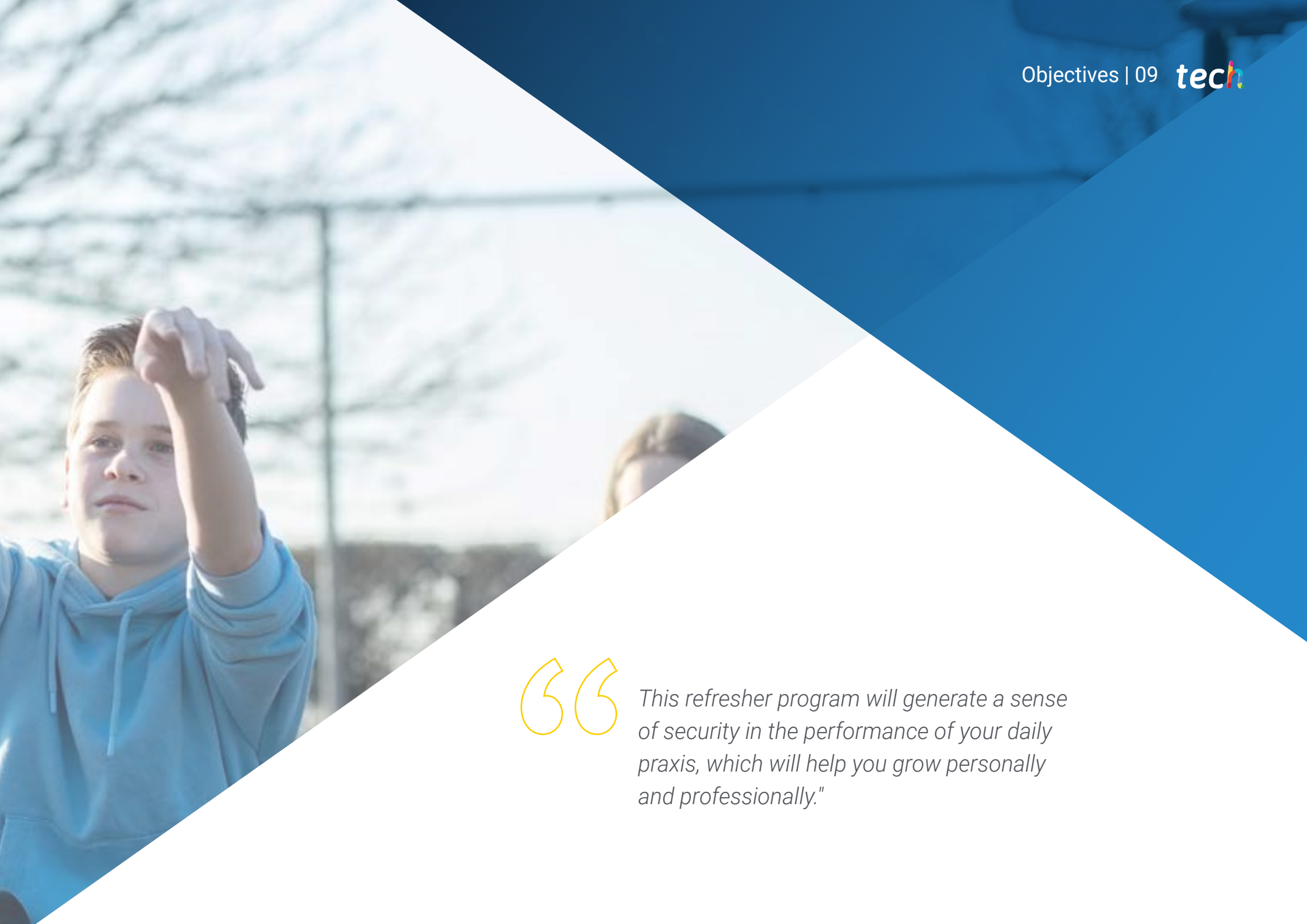


# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the sports science professional can master in a practical and rigorous way the study of Sports Nutrition in Special Populations.







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*This refresher program will generate a sense of security in the performance of your daily praxis, which will help you grow personally and professionally.”*



## 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
- ◆ Gain the ability to work in a multidisciplinary environment
- ◆ Gain an advanced understanding of the context in which their area of expertise is being 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 training and learning in the field of sports nutrition, both through the contacts established with teachers and professionals of this program as well as in an autonomous way
- ◆ Specialize in the structure of muscle tissue and its implication in sport
- ◆ Gain knowledge about the energetic and nutritional needs of athletes in different pathophysiological situations
- ◆ Specialize in the energetic and nutritional needs of athletes in the different situations specific to age and gender
- ◆ Specialize in dietary strategies for the prevention and treatment of the injured athlete
- ◆ Specialize in the energetic and nutritional needs of child athletes
- ◆ Specialize in the energy and nutritional needs of paralympic athletes





## Specific Objectives

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- ◆ Delve into the differences between the various categories of parathletes and their physiological-metabolic limitations
- ◆ Determine the nutritional requirements of the different parathletes in order to establish a specific nutritional plan
- ◆ Delve into the knowledge necessary to establish interactions between the intake of drugs in these athletes and nutrients, to avoid nutrient deficits
- ◆ Understand the body composition of parathletes in different sport categories
- ◆ Apply current scientific evidence on nutritional ergogenic aids

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*Make the most of this opportunity and take the step to get up to date on the latest developments in Nutrition in the Parathlete”*

03

# Course Management

TECH's teaching staff, experts in Sports Nutrition, has a wide prestige in the profession and are professionals with years of teaching experience who have joined forces to help students give a boost to their career. To this end, they have developed this program with the latest updates in the field, allowing you to train and enhance your skills in this sector.





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

## International Guest Director

Jamie Meeks has proven throughout her career her dedication to Sports Nutrition. After graduating from Louisiana State University with a degree in Sports Nutrition, he 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 obtain 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, United States
  - Coordinator of Sports Nutrition at Louisiana State University
  - Registered Dietitian by the Academy of Nutrition and Dietetics
  - Certified Specialist in Sports Dietetics
  - Master's Degree in Kinesiology with a specialization in Exercise Physiology from Louisiana State University
  - Graduate in Dietetics from Louisiana State University
- Member of:
- Louisiana Dietetic Association
  - Association of Collegiate and Professional Sports Dietitians
  - Cardiovascular and Wellness Sports Nutrition Dietetic Practice Group

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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

- ◆ Nutritionist in professional soccer clubs
- ◆ Responsible for the sports nutrition area of Albacete Balompié.
- ◆ Responsible for the sports nutrition area of UCAM Murcia de Fútbol.
- ◆ Scientific advisor at Nutrium
- ◆ Nutritional advisor at Centro Impulso
- ◆ Teacher and coordinator of postgraduate studies.
- ◆ Doctor in Nutrition and Food Safety by UCAM
- ◆ Graduate in Human Nutrition and Dietetics by the UCAM.
- ◆ Master's Degree in Clinical Nutrition from UCAM
- ◆ Full member of the Spanish Academy of Nutrition and Dietetics.

## Professors

### Dr. Martínez Noguera, Francisco Javier

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





# 04

# Structure and Content

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



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*This Postgraduate Certificate in Nutrition in the Parathlete contains the most complete and up-to-date scientific program on the market”*

## Module 1. Parathletes

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





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

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*A unique, key, and decisive educational experience to boost your professional development”*

# 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.



## nt Everest

Height:  
**8,848.86 m**

Hillary step

Camp IV  
8,006 m

Lhotse  
8,516 m

Nuptse  
7,861 m

## Leadership & T



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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"*

### 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 the Parathlete 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 private qualification will allow you to obtain a **Postgraduate Certificate in Nutrition in the Parathlete** 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 the Parathlete**

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 language  
virtual classroom



## Postgraduate Certificate Nutrition in the Parathlete

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

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