

# Postgraduate Certificate

## Sports Nutrition Applied to Rugby





## Postgraduate Certificate Sports Nutrition Applied to Rugby

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitude.com/pk/sports-science/postgraduate-certificate/sports-nutrition-applied-rugby](http://www.techtitude.com/pk/sports-science/postgraduate-certificate/sports-nutrition-applied-rugby)

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# 01

# Introduction

Sports nutrition applied to rugby is essential to ensure optimal performance on the field. This is a physically demanding sport, so proper nutrition can provide players with the nutrients and energy needed to perform at their best, as well as aid in injury prevention and recovery. For this reason, TECH has designed a program that allows students to maximize their knowledge of aspects such as Macronutrients, Energy Balance, Supplementation and Metabolism, among others. All this, thanks to a 100% online modality and with the most dynamic and practical multimedia materials available in the academic market.



“

*Acquire new skills with Macronutrients and  
Supplementation, thanks to the best online university  
in the world according to Forbes, thanks to TECH”*

Sports nutrition can be key to success in rugby. Teams with nutritionists and dietitians have a great advantage when competing. By working with nutrition professionals, players ensure that they are receiving adequate nutrition for their individual needs, enhancing performance on the field.

For this reason, TECH has designed a Postgraduate Certificate in Sports Nutrition Applied to Rugby with the aim of providing students with the necessary skills and competencies to be able to perform their work as specialists with the highest possible efficiency and quality. Thus, throughout this title, aspects such as Body Recomposition, Muscle Mass Gain, Anthropometric Measurements and Physiological Basis for Nutrition in Rugby will be addressed.

All this, thanks to a convenient 100% online modality that allows students to organize their schedules and studies, being able to combine them with their other work. In addition, this program has the most complete theoretical and practical materials on the market, greatly facilitating the student's study process and allowing them to achieve their objectives quickly and accurately.

This **Postgraduate Certificate in Sports Nutrition Applied to Rugby** 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 Sports Nutrition Applied to Rugby
- ◆ The graphic, schematic and eminently practical contents of the book provide sporting and practical information on those disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Become an expert in Sports Nutrition Applied to Rugby in only 6 months and with total freedom of organization"*

“

*Master the Physiological Basis for Nutrition in Rugby thanks to TECH and a 100% online modality"*

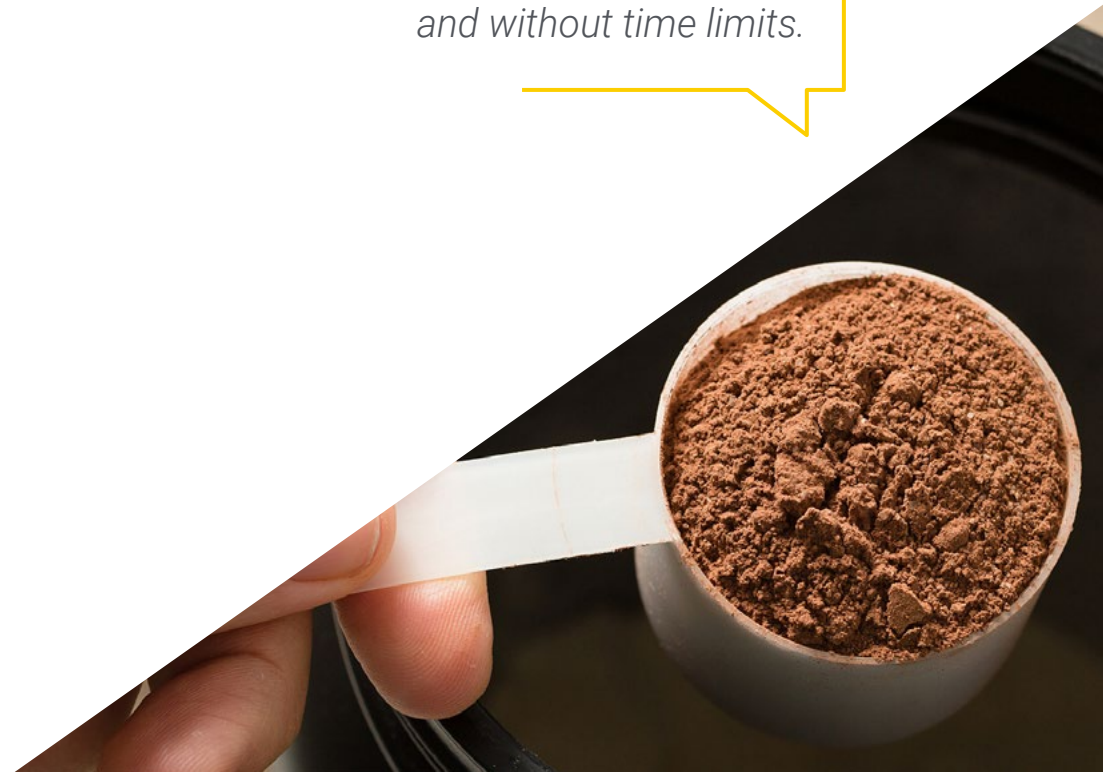
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Test your skills in Rugby Nutrition by submitting yourself to case studies that cover a wide variety of situations that perfectly simulate reality.*

*It delves into the importance of Metabolism and Energy Pathways in Rugby, without leaving home and without time limits.*



# 02 Objectives

The ultimate goal of this Postgraduate Certificate in Sports Nutrition Applied to Rugby is that the student acquires an accurate and complete update of their knowledge in an area so relevant to the sport. An update that will allow the student to work with the highest possible quality and efficiency. All this, thanks to TECH and a 100% online modality that gives total freedom of organization to the student.







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*Reach your most demanding professional goals thanks to TECH and its prestigious team of experts in Sports Nutrition Applied to Rugby”*



## General Objectives

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- ◆ Know in depth about Rugby XV and VII, as well as the rest of the modalities
- ◆ Know how to deepen, develop, and a physique and technique
- ◆ Acquire a specialization in Rugby oriented nutrition, according to the modality and position of the player
- ◆ How to manage emotions and apply psychology to the sports field
- ◆ Learn to manage teams and players
- ◆ How to sell Rugby as a consumer product
- ◆ In-depth knowledge of the tools for the player to control his emotions in order to obtain maximum performance





## Specific Objectives

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- ◆ To deepen in the concept of nutrition for Rugby
- ◆ Differentiate the body composition of the player according to his modality
- ◆ Learn the different models of nutrition and supplementation for Rugby



*Access all the content on Body Composition in Rugby from day one on any device with an internet connection"*

# 03

## Course Management

The professionals who make up the teaching staff of this Postgraduate Certificate in Sports Nutrition Applied to Rugby, are part of the prestigious team of experts from TECH. These specialists have poured their extensive experience into all the content to design complete and up-to-date teaching materials that exceed the most demanding expectations. In addition, they will accompany the student throughout the program to make the study process easier and more effective.



“

*Reputed specialists in Sports Nutrition of international prestige will accompany you throughout the study process to help you maximize your professional profile"*

## Management



### Mr. Javier De Juan Roldán

- ♦ Professional rugby player of the Spanish national team VII
- ♦ Two-time European Rugby VII champion
- ♦ Professional player of Independiente Rugby Club
- ♦ Professional Rugby Science player
- ♦ Coach at Ciencias Rugby Club and Independiente Rugby Club schools



### Ms. Marta Lliteras Ruiz

- ♦ Coach of Rugby, female 7's and male XV
- ♦ Coach of the General Command of the Balearic Army, female 7's and male XV
- ♦ Co-founder of All&Go
- ♦ Coordinator of the Association for Women in the Professional Field
- ♦ International player of Rugby XV and 7's
- ♦ European Rugby Champion
- ♦ Olympic Diploma Rio de Janeiro
- ♦ Degree in Political Science, Master's Degree in Human Resources Management and Management
- ♦ Master's Degree in Team Management



## Professors

### Mr. Cristian Serra Hernández

- ◆ Nutritionist at the Be Strong Nutrition Clinic
- ◆ Coach and player at the San Roque rugby club in the División de Honor B
- ◆ Professional Rugby player
- ◆ Teacher of the Master's Degree in Sports Nutrition at the Apta Vital Sport Training School
- ◆ Graduate in Human Nutrition and Dietetics from the University of Valencia

# 04

# Structure and Content

All the didactic resources of this curriculum have been designed by the outstanding professionals that make up TECH's team of experts in the area of Sports Nutrition. These specialists have used their extensive experience and state-of-the-art knowledge to create practical and completely up-to-date content. All this, based on the most efficient pedagogical methodology, TECH Relearning.







“

*Enroll now and take advantage of the most complete and updated vision on nutrition in a sport as popular and demanding as Rugby”*

## Module 1. Sports nutrition applied to Rugby

- 1.1. Physiological basis for Rugby nutrition
  - 1.1.1. Macronutrients
  - 1.1.2. Digestion and Absorption of Nutrients
  - 1.1.3. Energy Balance
- 1.2. Metabolism and Energy Pathways in Rugby
  - 1.2.1. Phosphagen pathway (ATP)
  - 1.2.2. Glycolysis
  - 1.2.3. Fatty acid oxidation
- 1.3. Body composition in Rugby (XV and 7)
  - 1.3.1. Body composition in Rugby XV forwards
  - 1.3.2. Body composition in Rugby XV three-quarter rugby players
  - 1.3.3. Body composition in Rugby 7's players
- 1.4. Anthropometry in professional rugby teams
  - 1.4.1. Body Composition Estimate Methods
  - 1.4.2. Methods of estimating body composition
  - 1.4.3. Differences between Rugby XV and VII
- 1.5. Nutritional periodization in Rugby XV
  - 1.5.1. Pre-season and post-season
  - 1.5.2. In-season and game week planning
  - 1.5.3. Planning during period of injury
- 1.6. Nutrition for body composition change
  - 1.6.1. Fat loss
  - 1.6.2. Increased muscle mass
  - 1.6.3. Body recomposition
- 1.7. Nutritional periodization in Rugby 7
  - 1.7.1. Rugby 7's preseason
  - 1.7.2. Rugby 7's tournament week
  - 1.7.3. Post season





- 1.8. Sports supplementation in Rugby (XV and 7)
  - 1.8.1. Supplements evidence group A
  - 1.8.2. Supplements evidence group B and C
  - 1.8.3. Supplements not allowed
- 1.9. Nutrition during Rugby matches/tournaments (XV and 7)
  - 1.9.1. Provisions during Rugby XV matches
  - 1.9.2. Post-match recovery
  - 1.9.3. Pre-competition carbohydrate loading
- 1.10. Nutritional advice to professional rugby players/teams
  - 1.10.1. Goal setting and dietary interview
  - 1.10.2. Development of team guidelines
  - 1.10.3. Elaboration of a personalized nutritional plan



*With only 150 hours of study, you will become the successful expert in Applied Rugby Sports Nutrition that you've always wanted to be"*

# 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 Sports Nutrition Applied to Rugby guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 **Postgraduate Certificate in Sports Nutrition Applied to Rugby** 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 **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sports Nutrition Applied to Rugby**

Official N° of hours: **150 h.**



\*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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** technological  
university

personalized service innovation

knowledge present

online training

development language

virtual classroom

## Postgraduate Certificate

Sports Nutrition

Applied to Rugby

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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