

# Postgraduate Certificate

## Sports Nutrition in Professional Volleyball

Endorsed by the NBA





## Postgraduate Certificate

### Sports Nutrition in Professional Volleyball

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

Website: [www.techtute.com/in/sports-science/postgraduate-certificate/sports-nutrition-professional-volleyball](http://www.techtute.com/in/sports-science/postgraduate-certificate/sports-nutrition-professional-volleyball)

# 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

In addition to the physical and technical preparation of the athlete, proper nutrition prior to the match, during the game and after its completion is increasingly important. Advances in the detailed study of body composition, the need for certain nutrients according to the physical load or the recovery phase in which the athlete is in, are key to optimal sports performance. In this line the program that TECH has developed to offer professionals the most relevant and current information on sports nutrition oriented to Professional Volleyball. All in a 100% online academic format, without classes with fixed schedules and that facilitates self-management of study time.





“

*Specialize in Sports Nutrition in Professional Volleyball through a 100% online and flexible program”*

Volleyball players must give the maximum of their physical conditions (speed, strength, power, endurance and agility) in order to maintain a high level in professional categories. Therefore, to support this demanding performance, they must have an adequate nutritional plan that is adapted to their body characteristics and even the position in which they play their game.

The advances achieved in nutrition, as well as the great interest in proper nutrition has fostered a greater interest in its study and application in elite athletes. In this context, the program in Sports Nutrition in Professional Volleyball is born.

A program with an advanced and updated content that will allow students to have all the necessary information to be able to develop nutritional plans adapted to professional players of this sport. To achieve this objective, this program has innovative didactic material, based on video summaries, videos in detail, readings, activities and examples with which you will be able to acquire a much more enjoyable learning.

In this way, you will be able to learn about the latest developments in supplementation, micronutrients and macronutrients or the devices and systems used to evaluate hydration and body composition. In addition, this instruction dedicates a space to the nutrition that a player should take in the different phases of a competition.

Therefore, without the need for attendance or sessions with fixed schedules, the graduates have a unique opportunity to progress in this sport through a first-class and flexible teaching. Students only need an electronic device with an Internet connection to be able to visualize, at any time, the contents hosted on the virtual platform. A unique academic option that only TECH offers.

This **Postgraduate Certificate in Sports Nutrition in Professional Volleyball** 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 Physical Education and Professional Volleyball
- ♦ The graphic, schematic and practical contents of the book provide technical and practical information on those 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



*Get the most current information on the methods and devices used to assess hydration and body composition of the athlete”*

“

*Thanks to this university program you will be able to establish correct nutritional guidelines before, during and after each match”*

*150 hours of the most advanced knowledge on micronutrients and macronutrients in elite volleyball athletes.*

*With this program you will be up to date with the most recommended ergonutritional aids for Professional Volleyball players.*

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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

The purpose of this program is to provide the professionals with the essential knowledge to improve the performance of elite volleyball players through proper nutrition. To achieve this goal, the graduates will have pedagogical resources such as case studies, which will offer a practical vision of the most appropriate nutrition for each athlete depending on the seasonality of the competition or game.







“

*Numerous additional didactic material is available to expand the information on sports nutrition in this program”*



## General Objectives

---

- ♦ Plan specific training for the full development of the volleyball player
- ♦ Structure general training for the achievement of team objectives
- ♦ Apply recovery strategies adapted to the needs of the athlete
- ♦ Assess and develop the player's capabilities to bring them to their maximum potential
- ♦ Lead the training area in a high level team
- ♦ Develop the correct physical preparation of a player





## Specific Objectives

---

- ◆ To learn about the latest developments in sports nutrition
- ◆ Understand the relevance of the post-match recovery process
- ◆ Establish proper nutritional guidelines before, during and after the game
- ◆ Discovering the micronutrient and macronutrient needs of a volleyball player

“

*The numerous examples of this Postgraduate Certificate will allow you to properly integrate the necessary nutrition in the post-game recovery process”*

03

# Course Management

The students who take this university program will have a magnificent faculty made up of professionals from the world of volleyball and Physical Education. Their deep knowledge about this sport and the proper nutrition in athletes of the highest level is reflected in an advanced syllabus to which students will have easy access. In addition, if you have any doubts, they can be clarified by the specialized teaching team that teaches this program.





“

*You will have access to exclusive contents elaborated by professionals specialized in Physical Education and Sports Nutrition in Professional Volleyball”*

## Management



### Ms. Tabeayo Martínez, Nerea

- ♦ Player of Voley Murcia
- ♦ Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM-San Antonio Catholic University of Murcia
- ♦ Volleyball Coach Level 1

## Professors

### Ms. Romero Lobeiras, María

- ♦ Nutritionist
- ♦ Former volleyball player CV Zalaeta
- ♦ Ex-player of volleyball CV Calasancias
- ♦ Cycle of Dietetics and Nutrition in Liceo La Paz



# 04

## Structure and Content

The effectiveness of the Relearning system, based on the continuous reiteration of key concepts in the academic itinerary, has led TECH to use it in all programs. In this way, students will acquire a much more solid learning about Sports Nutrition in Professional Volleyball and will not have to devote long hours to study and memorization. Also, in this advanced syllabus you will have a lot of additional material that will allow you to expand the information provided by the best specialists in this field.







“

*Do you know the impact that nutrition has on your players? Find out in this complete 6-week program”*

## Module 1. Sports Nutrition

- 1.1. Concept of Sports Nutrition
  - 1.1.1. Definition
  - 1.1.2. Objective
  - 1.1.3. Differences with Clinical Nutrition
  - 1.1.4. Impact on Performance
- 1.2. Volleyball Nutritional Requirements
  - 1.2.1. What Is It?
  - 1.2.2. Body Positioning
  - 1.2.3. Applications
  - 1.2.4. How to Train Them?
- 1.3. Pre-Match Volleyball Nutrition
  - 1.3.1. Importance in Performance
  - 1.3.2. Glycogen Stores
  - 1.3.3. Periodization
  - 1.3.4. Examples
- 1.4. Food During the Match
  - 1.4.1. Importance in Performance
  - 1.4.2. Rhythm and Energy
  - 1.4.3. Difficulty of Carbohydrate Reloading
  - 1.4.4. Examples
- 1.5. Post-Match Recovery Process
  - 1.5.1. Importance in Performance
  - 1.5.2. Rehydration
  - 1.5.3. Muscle Recovery
  - 1.5.4. Examples
- 1.6. Hydration in the Volleyball Player
  - 1.6.1. What Is It?
  - 1.6.2. Electrolytes
  - 1.6.3. Sweating Rate
  - 1.6.4. Hydration Needs





- 1.7. Supplementation in the Volleyball Player
  - 1.7.1. Definition
  - 1.7.2. ABCD System
  - 1.7.3. Individualized Study
  - 1.7.4. Ergonutritional Aids
- 1.8. Volleyball Energy Systems
  - 1.8.1. Definition
  - 1.8.2. Aerobic System
  - 1.8.3. Anaerobic System
  - 1.8.4. Importance of Nutrition in Energy Systems
- 1.9. Periodization of the Volleyball Player
  - 1.9.1. Definition
  - 1.9.2. Macronutrient Requirements
  - 1.9.3. Micronutrient Requirements
  - 1.9.5. Nutritional Periodization
- 1.10. BCM, ECM AND FFM in Volleyball Team
  - 1.10.1. Definitions
  - 1.10.2. BCM of a Volleyball Team According to Roles
  - 1.10.3. ECM and FFM in a Volleyball Team According to Roles
  - 1.10.4. BCM/ECM Ratio in a Volleyball Team According to Roles



*This qualification provides an in-depth understanding of the importance of hydration for volleyball players during training sessions and matches”*

# 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 in Professional Volleyball guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Sports Nutrition in Professional Volleyball** contains the most complete and up-to-date scientific 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 in Professional Volleyball**

Official N° of Hours: **150 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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development language

virtual classroom

**tech** technological  
university

## Postgraduate Certificate

### Sports Nutrition in Professional Volleyball

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

# Postgraduate Certificate

## Sports Nutrition in Professional Volleyball

Endorsed by the NBA

