

# Professional Master's Degree Sports Nutrition

Endorsed by the NBA





## Professional Master's Degree Sports Nutrition

- » Modality: online
- » Duration: 12 monthst
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/professional-master-degree/master-sports-nutrition](http://www.techtute.com/us/sports-science/professional-master-degree/master-sports-nutrition)

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# 01

# Introduction

Athletes are people who exert themselves physically and, therefore, their bodies have different energy and nutritional requirements to the rest of the population. Likewise, different sports require different diets that are in line with the type of exercise they involve. This is why, sports science professionals need to know the specific nutritional properties of foods, in order to know which ones are best suited for each type of exercise. Therefore, by building expertise in nutrition, professionals can meet the healthcare and preventive needs of athletes in terms of food and health, as well as advising them on nutritional matters, so that they can stay in peak physical condition.



Dinner

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*Food and sport must go hand in hand, given how important it is for athletes to follow a proper diet to help improve performance"*

Sports nutrition focuses on people who perform high-intensity exercises or prolonged physical exertion and who, due to the demands and physical wear and tear caused by these activities, need to have a balanced diet, containing a range of specific nutrients.

Although this field has existed for years, and has traditionally been linked to sports professionals, recently, it seems to have experienced an increase in popularity, motivated by the boom in body culture and the increase in the number of people incorporating sports into their daily lives, and who wish to do so safely with professionals who are able to advise on diet and provide appropriate support.

This program offers the student the possibility of building and updating their knowledge in Sports Nutrition, using the latest educational technology. It provides an overview of clinical and sports nutrition while focusing on the most important and innovative aspects: invisible training or proper diet for athletes, and nutrition before, during and after exercise.

This program permits the study of Sports Nutrition with a focus on particular areas of interest such as: nutrigenetics, nutrigenomics, nutrition and obesity, hospital dietetics, nutritional trends, and specific needs of the elite athlete. As a result, it provides students with the specific tools and skills required to successfully practise in the field of Sports Nutrition.

The teaching team for this Professional Master's Degree in Sports Nutrition in have carefully selected each of the topics to offer the student an academic experience which is as comprehensive as possible and always linked to current events.

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 **Professional Master's Degree in Sports Nutrition** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ◆ Graphic, schematic and practical contents which are designed to provide all the essential information required for professional practice
- ◆ It contains 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 assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Learn about the most appropriate diets for each type of athlete and be able to give more tailored advice"*

“ *This Professional Master's Degree is the best investment you can make when selecting a refresher program, for two reasons: in addition to bringing your knowledge of sports nutrition up to date, you will obtain a Professional Master's Degree from TECH Global University*”

The teaching staff includes nutrition professionals who bring their experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 learning designed to prepare them for real situations.

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

*This program offers instruction in simulated environments, which provides an immersive learning experience designed to prepare professionals for real-life situations.*

*This 100% online Professional Master's Degree will allow you to combine your studies with your professional work while building on your knowledge in this field.*



# 02 Objectives

The program's primary objective is to deliver theoretical and practical learning, so that the sports science professional is able to master the concepts of sports nutrition in both a practical and rigorous manner.







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*This refresher program will provide you with a sense of assurance in your daily work, which will help you grow both personally and professionally”*



## General Objectives

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- ◆ Provide an update on new trends in human nutrition, for both the promotion of health and to combat disease, through evidence-based medicine
- ◆ Promote working strategies based on practical knowledge of new trends in nutrition and their application to those adult diseases where nutrition plays a central role in treatment
- ◆ Encourage the acquisition of technical skills and abilities, through an impressive audiovisual system, and permit professional development through online simulation workshops and/or specific training
- ◆ Encourage professional interest via continuous professional development and research
- ◆ Prepare the professional to conduct evaluations of patients with nutritional problems



*An opportunity for professionals who are looking for an intensive and effective program to take a significant step forward in their career”*



## Specific Objectives

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### Module 1. New Developments in Food

- ◆ Analyze the different methods for assessing nutritional status
- ◆ Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data from the patient's nutritional assessment and dietary-nutritional treatment

### Module 2. Modern Trends in Nutrition

- ◆ Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency
- ◆ Describe the composition and uses of new foods

### Module 3. Assessment of Nutritional Status and Diet: Practical Application

- ◆ Explain the different techniques and products which support basic and advanced patient nutrition
- ◆ Explain the correct use of ergogenic aids

### Module 4. Sports Nutrition

- ◆ Explain the current anti-doping regulations
- ◆ Identify psychological disorders related to the practice of sport and nutrition

**Module 5. Muscle and Metabolic Physiology Associated with Exercise**

- ◆ Gain an in-depth understanding of the structure of skeletal muscle
- ◆ Understand in depth the functioning of skeletal muscle
- ◆ Explore the most important changes that occur in athletes
- ◆ Explore energy production mechanisms based on the type of exercise performed
- ◆ Explore the interaction between the different energy systems that make up the muscle energy metabolism

**Module 6. Vegetarianism and Veganism**

- ◆ Differentiate between the different types of vegetarian athletes
- ◆ Gain an in-depth understanding of the main mistakes made
- ◆ Treat the notable nutritional deficiencies of sportspeople
- ◆ Develop skills to provide athletes with the best tools when combining foods

**Module 7. Different Stages or Specific Groups**

- ◆ Explain the specific physiological considerations when determining the nutritional approach to different groups
- ◆ Gain a deep understanding of the external and internal factors that influence the nutritional approach to these groups

**Module 8. Nutrition for Functional Recovery and Rehabilitation**

- ◆ Address the concept of integral nutrition as a key element in the process of readaptation and functional recovery
- ◆ Distinguish the different structures and properties of both macronutrients and micronutrients
- ◆ Appreciate the importance of both water intake and hydration in the recovery process
- ◆ Analyze the different types of phytochemicals and their essential role in improving health and regeneration of the organism

**Module 9. Food, Health and Disease Prevention: Topical Issues and Recommendations for the General Population**

- ◆ Analyze patient eating habits, as well as their issues and motivations
- ◆ Update nutritional recommendations based on scientific evidence for application in clinical practice
- ◆ Build competence in the design of nutrition education and patient care strategies

**Module 10. Assess Nutritional Status and Create Individual Nutritional Plans, with Recommendations and Follow-Up**

- ◆ Adequately assess a clinical case, explaining causes and risks
- ◆ Design customized nutritional plans taking into account all individual variables
- ◆ Draw up nutritional plans and models in order to provide comprehensive and practical recommendations

# 03 Skills

After passing the assessments of the Professional Master's Degree in Sports Nutrition, the professional will have acquired the necessary skills for excellent and up-to-date practice based on the most innovative teaching methodology.





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*This program will help you  
acquire the skills you need  
to excel in your career”*



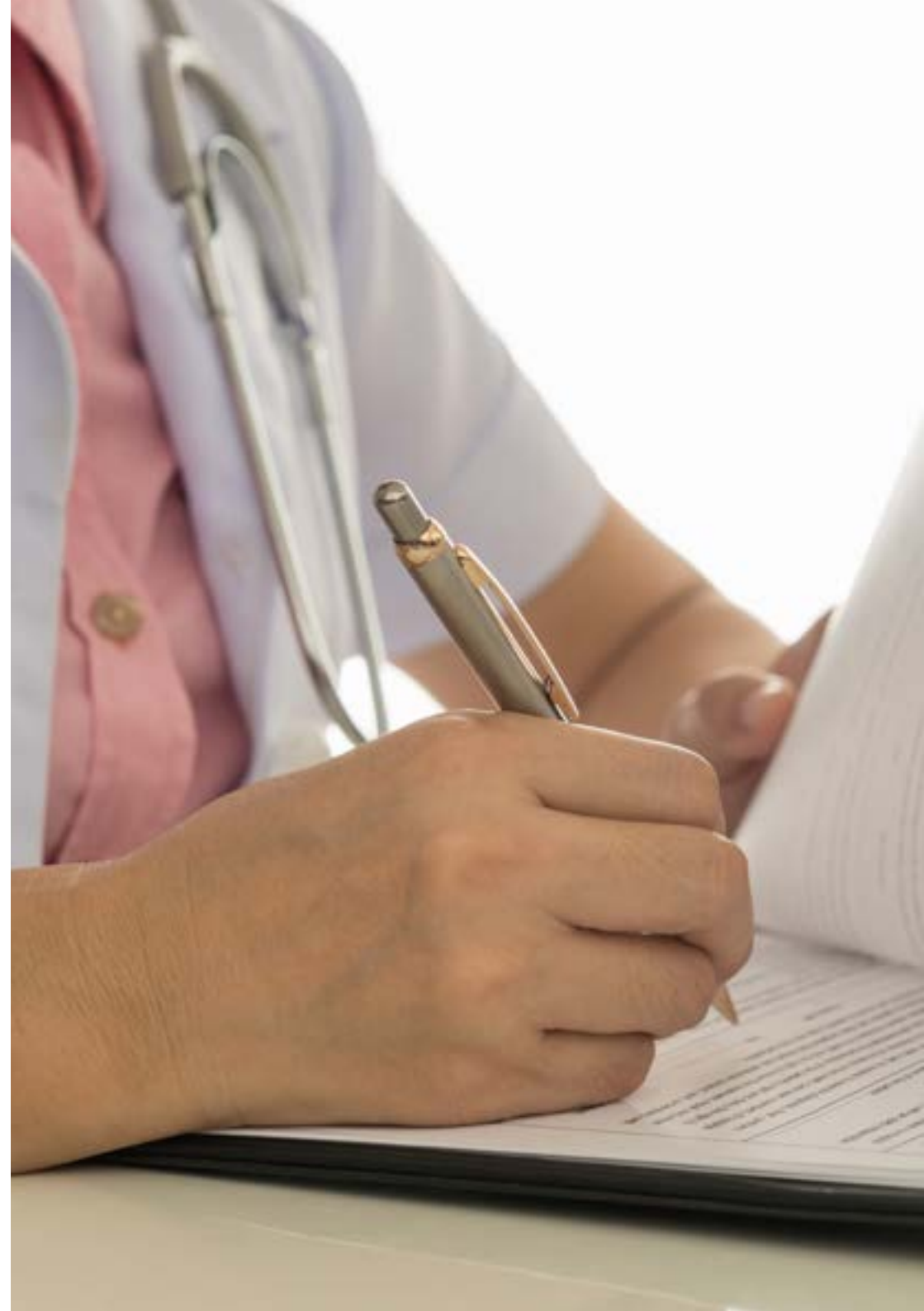
## General Skills

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- ◆ Apply the latest developments in nutrition for physical activity and sport for the benefit of patients
- ◆ Apply the latest developments in nutrition in order to combat disease
- ◆ Assess the nutritional issues of patients

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*A professional growth path that will boost your competitiveness in the labor market”*





## Specific Skills

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- ◆ Assess patients' nutritional status
- ◆ Identify patients' nutritional problems and apply the most appropriate treatments and diets in each case
- ◆ Know about food compositions, identify their uses and add them to the diets of patients who need them
- ◆ Know the anti-doping rules
- ◆ Seek help for patients with psychological disorders related to nutrition and the practice of sports
- ◆ Stay up to date on food safety and be aware of potential food hazards
- ◆ Identify the benefits of the Mediterranean diet
- ◆ Identify athletes' energy needs and provide them with appropriate diets

04

# Course Management

Our teachers, made up of experts in Sports Nutrition, are renowned professionals with years of teaching experience who have come together to help you advance in your 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

Shelby Johnson has a distinguished career as a Sports Nutritionist, specializing in college sports in the United States. In fact, her experience and specific knowledge in this area have been key in her goal of contributing to the best performance of high performance athletes.

As Director of Sports Nutrition at Duke University, she has provided nutritional and health assistance to student athletes. In addition, she has served on the nutritionist staff at the University of Missouri and on the University of Florida soccer, lacrosse and women's basketball teams.

Likewise, her commitment to offer young athletes the best nutritional advice during their training and competitions has led her to perform a remarkable work in this professional field. In this way, in order to guarantee the best attention to athletes, she has been in charge of performing body composition analysis and building personalized plans, according to each person's objective. She has also guided athletes on the most appropriate diets for their physical efforts, in order to contribute to their full performance and avoid health problems.

During her professional career, Shelby Johnson has worked in sports nutrition, and her ability to adapt to different disciplines has allowed her to broaden her areas of expertise and offer much more precise attention.

As such, thanks to its training and experience, it has created a Food Sensitivity Policy for Sports Health, seeking to highlight the relevance of proper nutrition for health. Therefore, her goal has always been to disseminate any information that helps athletes to become aware of the best nutrients, vitamins and foods to achieve their goals.



## Dña. Johnson, Shelby

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- Director of Sports Nutrition at Duke University, Durham, U.S.A.
- Nutrition Consultant
- Nutritionist for the soccer, lacrosse and women's basketball teams at the University of Florida.
- Specialist in Sports Nutrition
- Master's Degree in Applied Physiology and Kinesiology from the University of Florida.
- Bachelor's Degree in Dietetics from Lipscomb University

“

*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Pérez de Ayala, Enrique

- ♦ Head of the Sports Medicine Department at Policlínica Gipuzkoa
- ♦ Degree in Medicine from the Autonomous University of Barcelona
- ♦ Specialist in Physical Education and Sports Medicine
- ♦ Honorary Member of the AEMEF
- ♦ Former head of the Sports Medicine Department of the Real Sociedad de Fútbol

## Professors

### Ms. Aldalur Mancisidor, Ane

- ♦ Expert in Eating Disorders and Sports Nutrition
- ♦ Part of the dietetics office and the Basque Health Service
- ♦ Degree in Nursing
- ♦ Degree in Dietetics

### Ms. Urbeltz, Uxue

- ♦ Dietician in Policlínica Gipuzkoa
- ♦ BPX Instructor, Patronato de Deportes de San Sebastian
- ♦ Diploma in Dietetics and Nutrition

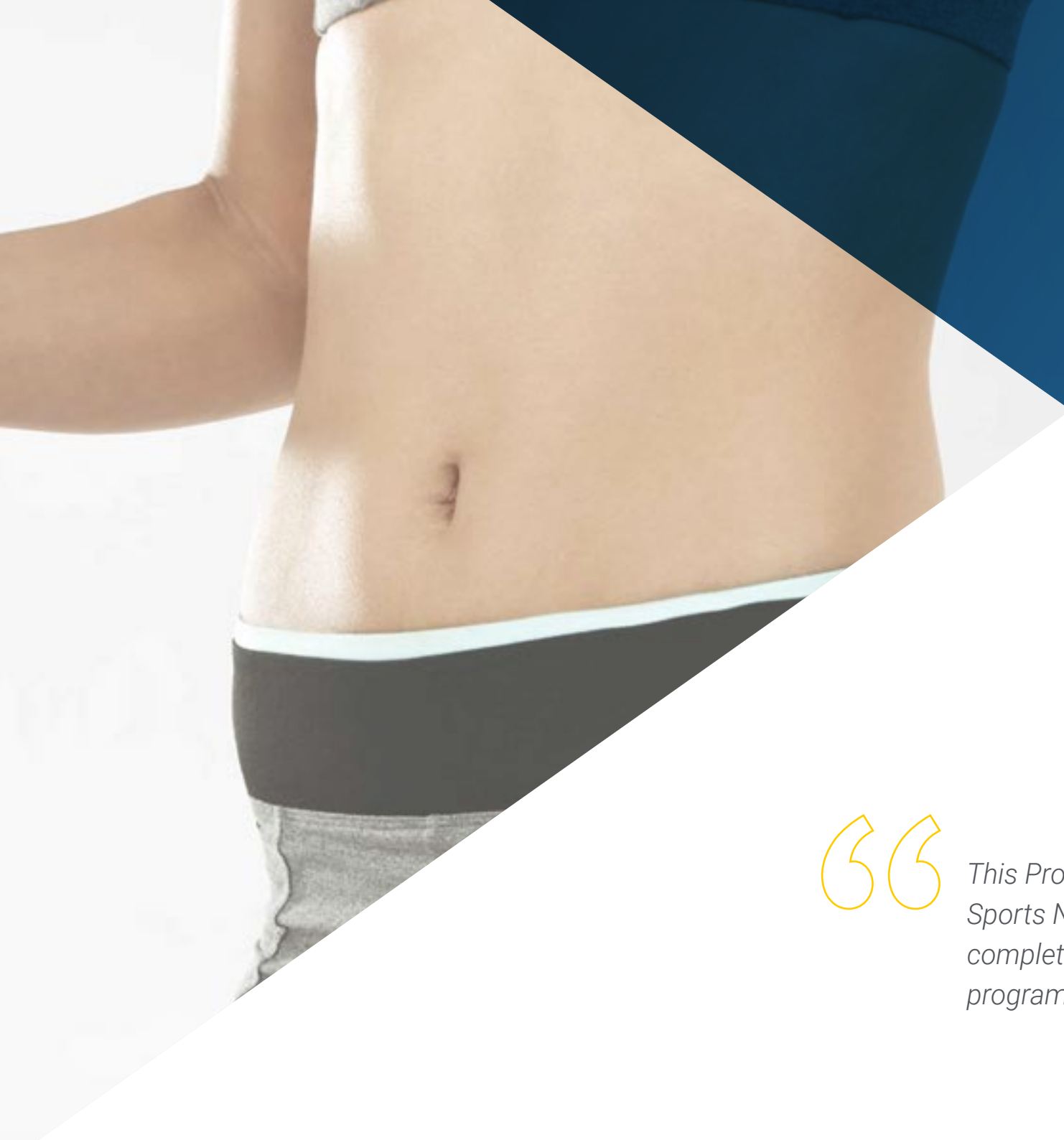


05

# Structure and Content

The syllabus has been designed by a team of professionals aware of the importance of up-to-date information on sports nutrition and continuous improvement of daily practice, committed to excellent teaching using new educational technologies.





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*This Professional Master's Degree in Sports Nutrition contains the most complete and up-to-date scientific program on the market”*

## Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Foods
  - 1.5.1. Functional Nutrients and Bioactive Compounds
  - 1.5.2. Probiotics, Prebiotics, and Symbiotics
  - 1.5.3. Quality and Design
- 1.6. Organic Food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
  - 1.9.1. Physical Hazards
  - 1.9.2. Chemical Hazards
  - 1.9.3. Microbiological Hazards
- 1.10. New Labelling and Consumer Information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

## Module 2. Current Trends in Nutrition

- 2.1. Nutrigenetics
- 2.2. Nutrigenomics
  - 2.2.1. Fundamentals
  - 2.2.2. Methods
- 2.3. Immunonutrition
  - 2.3.1. Nutrition-Immunity Interactions
  - 2.3.2. Antioxidants and Immune Function
- 2.4. Physiological Regulation of Feeding: Appetite and Satiety
- 2.5. Psychology and Nutrition
- 2.6. Nutrition and Sleep
- 2.7. Update on Nutritional Objectives and Recommended Intakes
- 2.8. New Evidence on the Mediterranean Diet

## Module 3. Assessment of Nutritional Status and Diet: Practical Application

- 3.1. Bioenergy and Nutrition
  - 3.1.1. Energy Needs
  - 3.1.2. Methods of Assessing Energy Expenditure
- 3.2. Assessment of Nutritional Status
  - 3.2.1. Body Composition Analysis
  - 3.2.2. Clinical Diagnosis: Symptoms and Signs
  - 3.2.3. Biochemical, Hematological and Immunological Methods
- 3.3. Intake Assessment
  - 3.3.1. Analysis Methods for Food and Nutrient Intake
  - 3.3.2. Direct and Indirect Methods
- 3.4. Update on Nutritional Requirements and Recommended Intakes
- 3.5. Nutrition in a Healthy Adult: Objectives and Guidelines The Mediterranean Diet
- 3.6. Nutrition in Menopause
- 3.7. Nutrition in the Elderly

## Module 4. Sports Nutrition

- 4.1. Physiology of Exercise
- 4.2. Physiological Adaptation to Different Types of Exercise
- 4.3. Metabolic Adaptation to Exercise. Regulation and Control
- 4.4. Assessing Athletes' Energy Needs and Nutritional Status
- 4.5. Assessing Athletes' Physical Ability
- 4.6. Nutrition in the Different Phases of Sports Practice
  - 4.6.1. Pre-Competition
  - 4.6.2. During
  - 4.6.3. Post-Competition
- 4.7. Hydration
  - 4.7.1. Regulation and Needs
  - 4.7.2. Drink Types
- 4.8. Dietary Planning Adapted to Different Sports
- 4.9. Ergogenic Aids and Current Anti-Doping Regulations
  - 4.9.1. AMA and AEPSAD Recommendations



- 4.10. Nutrition in Sports Injury Recovery
- 4.11. Psychological Disorders Related to Practising Sport
  - 4.11.1. Eating Disorders: Bigorexia, Orthorexia, Anorexia
  - 4.11.2. Fatigue Caused by Overtraining
  - 4.11.3. The Female Athlete Triad
- 4.12. The Role of the Coach in Sports Performance

### Module 5. Muscle and Metabolic Physiology Associated with Exercise

- 5.1. Cardiovascular Adaptations to Exercise
  - 5.1.1. Increased Systolic Volume
  - 5.1.2. Decreased Heart Rate
- 5.2. Ventilatory Adaptations to Exercise
  - 5.2.1. Changes in Ventilatory Volume
  - 5.2.2. Changes in Oxygen Consumption
- 5.3. Hormonal Adaptations to Exercise
  - 5.3.1. Cortisol
  - 5.3.2. Testosterone
- 5.4. Muscle Structure and Types of Muscle Fibers
  - 5.4.1. Muscle Fiber
  - 5.4.2. Type I Muscle Fiber
  - 5.4.3. Type II Muscle Fibers
- 5.5. The Concept of Lactic Threshold
- 5.6. ATP and Phosphagen Metabolism
  - 5.6.1. Metabolic Pathways for ATP Resynthesis during Exercise
  - 5.6.2. Phosphagen Metabolism
- 5.7. Carbohydrate Metabolism
  - 5.7.1. Carbohydrate Mobilization during Exercise
  - 5.7.2. Types of Glycolysis
- 5.8. Lipid Metabolism
  - 5.8.1. Lipolysis
  - 5.8.2. Fat Oxidation during Exercise
  - 5.8.3. Ketone Bodies

- 5.9. Protein Metabolism
  - 5.9.1. Ammonia Metabolism
  - 5.9.2. Amino Acid Oxidation
- 5.10. Mixed Bioenergetics of Muscle Fibers
  - 5.10.1. Energy Sources and their Relation to Exercise
  - 5.10.2. Factors Determining the Use of One or Another Energy Source during Exercise

### Module 6. Vegetarianism and Veganism

- 6.1. Vegetarianism and Veganism in the History of Sport
  - 6.1.1. The Beginnings of Veganism in Sport
  - 6.1.2. Vegetarian Athletes Today
- 6.2. Different Types of Vegetarian Food
  - 6.2.1. The Vegan Athlete
  - 6.2.2. The Vegetarian Athlete
- 6.3. Common Errors of the Vegan Athlete
  - 6.3.1. Energy Balance
  - 6.3.2. Protein Consumption
- 6.4. Vitamin B12
  - 6.4.1. B12 Supplementation
  - 6.4.2. Bioavailability of Spirulina Algae
- 6.5. Protein Sources in the Vegan/Vegetarian Diet
  - 6.5.1. Protein Quality
  - 6.5.2. Environmental Sustainability
- 6.6. Other Key Nutrients for Vegans
  - 6.6.1. Conversion of ALA to EPA/DHA
  - 6.6.2. Fe, Ca, Vit-D and Zn
- 6.7. Biochemical Evaluation/Nutritional Shortcomings
  - 6.7.1. Anaemia
  - 6.7.2. Sarcopenia
- 6.8. Vegan Diet vs. Omnivorous Diet
  - 6.8.1. Evolutionary Food
  - 6.8.2. Modern Food

- 6.9. Ergogenic Aids
  - 6.9.1. Creatine
  - 6.9.2. Vegetable Protein
- 6.10. Factors that Decrease Nutrient Absorption
  - 6.10.1. High Fiber Intake
  - 6.10.2. Oxalates

### Module 7. Different Stages or Specific Groups

- 7.1. Nutrition for the Female Athlete
  - 7.1.1. Limiting Factors
  - 7.1.2. Requirements
- 7.2. Menstrual Cycle
  - 7.2.1. Luteal Phase
  - 7.2.2. Follicular Phase
- 7.3. Triad
  - 7.3.1. Amenorrhea
  - 7.3.2. Osteoporosis
- 7.4. Nutrition for the Pregnant Female Athlete
  - 7.4.1. Energy Requirements
  - 7.4.2. Micronutrients
- 7.5. The Effects of Physical Exercise on the Child Athlete
  - 7.5.1. Strength Training
  - 7.5.2. Endurance Training
- 7.6. Nutritional Education for the Child Athlete
  - 7.6.1. Sugar
  - 7.6.2. Eating Disorders
- 7.7. Nutritional Requirements for the Child Athlete
  - 7.7.1. Carbohydrates
  - 7.7.2. Proteins
- 7.8. Changes Associated with Aging
  - 7.8.1. % Body Fat
  - 7.8.2. Muscle Mass

- 7.9. Main Problems in the Older Athlete
  - 7.9.1. Joints
  - 7.9.2. Cardiovascular Health
- 7.10. Useful Supplements for Older Athletes
  - 7.10.1. Whey Protein
  - 7.10.2. Creatine

### Module 8. Nutrition for Functional Recovery and Rehabilitation

- 8.1. Integral Nutrition as a Key Element in Injury Prevention and Recovery
- 8.2. Carbohydrates
- 8.3. Proteins
- 8.4. Fats
  - 8.4.1. Saturation
  - 8.4.2. Unsaturated
    - 8.4.2.1. Monounsaturated
    - 8.4.2.2. Polyunsaturated
- 8.5. Vitamins
  - 8.5.1. Water Soluble
  - 8.5.2. Fat Soluble
- 8.6. Minerals
  - 8.6.1. Macrominerals
  - 8.6.2. Microminerals
- 8.7. Fibre
- 8.8. Water
- 8.9. Phytochemicals
  - 8.9.1. Phenols
  - 8.9.2. Tioles
  - 8.9.3. Terpenes
- 8.10. Food Supplements for Prevention and Functional Recovery

## Module 9. Food, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 9.1. Modern Eating Habits and Health Risks
- 9.2. Mediterranean and Sustainable Diet
  - 9.2.1. Recommended Nutritional Model
- 9.3. Comparison of Nutritional Models and “Diets”
- 9.4. Nutrition for Vegetarians
- 9.5. Childhood and Adolescence
  - 9.5.1. Nutrition, Growth and Development
- 9.6. Adults
  - 9.6.1. Nutrition to Improve Quality of Life
  - 9.6.2. Prevention
  - 9.6.3. Treatment of Disease
- 9.7. Recommendations in Pregnancy and Lactation
- 9.8. Recommendations in Menopause
- 9.9. Advanced Age
  - 9.9.1. Nutrition for Aging
  - 9.9.2. Changes in Body Composition
  - 9.9.3. Abnormalities
  - 9.9.4. Malnutrition
- 9.10. Sports Nutrition

## Module 10. Assessment of Nutritional Status and Creation of Personalized Nutritional Plans, with Recommendations and Follow-Up

- 10.1. Medical History and Background
  - 10.1.1. Individual Variables Affecting Nutritional Plan Impact
- 10.2. Anthropometry and Body Composition
- 10.3. Eating Habits Assessment
  - 10.3.1. Nutritional Assessment of Food Consumption
- 10.4. Interdisciplinary Team and Therapeutic Circuits

- 10.5. Calculation of Energy Contribution
- 10.6. Calculation of Recommended Macro- and Micronutrient Intakes
- 10.7. Recommended Quantities and Frequency of Food Consumption
  - 10.7.1. Nutritional Models
  - 10.7.2. Planning
  - 10.7.3. Distribution of Daily Portions
- 10.8. Diet Planning Models
  - 10.8.1. Weekly Menus
  - 10.8.2. Daily Portions
  - 10.8.3. Food Exchange Methodology
- 10.9. Hospital Nutrition
  - 10.9.1. Diet Models
  - 10.9.2. Decision Algorithms
- 10.10. Educational
  - 10.10.1. Psychological Aspects
  - 10.10.2. Eating Habits Maintenance
  - 10.10.3. Discharge Recommendations



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

06

# 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.

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*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.



07

# Certificate

The Professional Master's Degree in Sports Nutrition guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Global University.



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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree diploma in Sports Nutrition** 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: **Professional Master's Degree in Sports Nutrition**

Modality: **online**

Duration: **12 months**

Accreditation: **60 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.

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## Professional Master's Degree

### Sports Nutrition

- » Modality: online
- » Duration: 12 monthst
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Sports Nutrition

Endorsed by the NBA



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