

SPORTS NUTRITION EXPERT



SPORTS NUTRITION EXPERT



INDEX

3

PRESENTATION

Definition and objectives

4

MAIN INFORMATION

Training units

6

STUDY PLAN

Credits

10

METHODOLOGY

Types of directed work

13

EVALUATION

and the registration process

16

PROFESSIONAL OUTINGS

Job bank



FutbolLab

PRESENTATION

If you want to be part of the staff in charge of the growing concern for health and well-being

Sports nutrition Expert

You will learn to design dietary-nutritional strategies aimed at optimizing player performance and improving health.

**INNOVATIVE PROGRAM BASED
ON TRENDS IN THE SPORTS
WORLD**

OBJECTIVES

- Know the importance of the human body in its physiological, anatomical and biological aspects to understand its digestive processes and the importance of food.
- Learn about all the elements and their nutritional value for our body.
- Discern about all the nutrients and their processes.
- Support us in modern techniques on nutrition and ways to focus it on high sports performance.
- Identify foods according to the time of the season and the competition we are in.
- Understand the importance of nutrition on injury prevention.

MAIN INFORMATION

MASTER ISSUED BY THE CATHOLIC UNIVERSITY OF AVILA



ONLINE CLASSES

Access the content 24/7, for 6 months of the course and 36 ECTS (900 teaching hours).



OFFICIAL TITLE

Approved by the Catholic University of Ávila.
Validity: outside and inside Spain



LANGUAGES

Taught in 2 languages:
Spanish and English



FINANCING

Single payment or in installments of 3, 6 or 12 months.

COST: 2,025.00 €

ONLY PAYMENT: 1,822.50 € (SPECIAL DISCOUNT)

3X 695,25 €

6X 357,75 €

12X 185,62 €

START AND REGISTRATION: IMMEDIATE

TRAINING UNITS: 7

This qualification has the same validity outside as within Spain, since it is a curricular title of studies, and protected by the Organic Law of Universities. No specific homologation or accreditation is required, since the Universities have the capacity to issue their own degrees, as stated in article 2.g) of the Organic Law on Universities 6/2001.



FútbolLab

INFORMACIÓN ON THE TRAINING UNITS

The training units have an average duration of 3 ECTS credits, including the activities of that unit, the teaching methodology, are accompanied by demonstrative videos by teachers and experts, as well as complements of visual presentations, articles of interest and interviews with professional technicians, to achieve effective, deep and attractive learning.

Likewise, it consists of continuous evaluations of activities by teachers.

Finally, the master will consist of a final project of 9 ECTS credits based on real cases.

STUDY PLAN

MODULE 1 INTRODUCTION TO SPORTS NUTRITION AND ITS KEYS

MODULE 2 FOODS AND NUTRIENTS

MODULE 3 EXPLANATION AND IMPORTANCE OF NUTRIENTS

MODULE 4 OBJECTIVES OF NUTRITION IN SPORTS

MODULE 5 ERGOGENIC AID

MODULE 6 SPORTS HYDRATION

MODULE 7 COMPETITIVE FEEDING

MODULE 8 GENERAL FEEDING

MODULE 9 INJURIES AND NUTRITION

MODULE 10 FINAL COURSE WORK

TARGET AUDIENCES

- **Coaches who have football experience.**
- **Trainers who are certified.**
- **Graduates or Bachelors in Physical Activity and Sports Sciences.**

Each of the program's lines of action are aimed at capturing and developing talent and aptitude within football.



FutbolLab

METHODOLOGY

VIRTUAL CLASSROOM | LEARNING COMMUNITY

INDUCED DISCOVERY ACTIVITIES

Activities in which the student will be able to carry out a contextualized learning by working, in the Virtual Classroom and in a collaborative way, a real or simulated situation that will allow him to make a **first approach to the different subjects of study.**

PRACTICAL APPLICATION ACTIVITIES

It includes problem solving, project development and similar activities that allow applying the conceptual, procedural and attitudinal aspects worked on in other parts of the subjects.

INTERACTION AND COLLABORATION ACTIVITIES

Activities in which different topics related to the subjects of each subject will be discussed and argued and that will serve to **guide the induced discovery process.**

PRESENTATIONS OF WORK AND EXERCISES

It includes the joint preparation in the Virtual Classroom and, where appropriate, the virtual defense of the works and exercises requested in accordance with the defense procedures established in the teaching guides.

SEMINARS

It includes face-to-face or virtual attendance at small group sessions, dedicated to specific topics of each subject.

METHODOLOGY

VIRTUAL CLASSROOM | STUDENT-TUTOR INTERACTION

TUTORING

They allow **direct interaction between teacher and student** for the resolution of doubts and individualized advice on different aspects of the subjects.

PRESENTATIONS OF WORK AND EXERCISES

It includes the individual elaboration and, where appropriate, virtual defense of the works and exercises requested, in accordance with the defense procedures established in the teaching guides.

EVALUATION ACTIVITIES

More information in the "**Assessment**" section on page 11 of this Master program.

METHODOLOGY

STUDENT'S AUTONOMOUS WORK

INDIVIDUAL SELF-EMPLOYMENT ACTIVITIES

Individual work of the materials used in the subjects, although supported by the resolution of doubts and construction of knowledge through a forum enabled for these purposes.

This activity will be **the basis for the development of debates, problem solving, etc.**

PRACTICAL APPLICATION ACTIVITIES

It includes **individual work** in problem solving, project development and similar activities that allow **applying the conceptual, procedural and attitudinal aspects worked on in the other parts of the subject.**

CRITICAL READING, ANALYSIS AND RESEARCH

These are activities in which the student approaches the different fields of study with a critical eye that allows an approach to research. **Examples include book reviews or article reviews and research projects.**

EVALUATION

The student chooses the following evaluation system, according to their personal situation and training needs:

Continuous evaluation + TFM

- 60% of the final grade is obtained through the activities that are proposed during the course and that will be assessed in "continuous evaluation"; the performance by the student of these activities will be subject to a verification check by the teachers.
- The remaining 40% of the final grade will be obtained from the Master's Final Project (TFM) that will be done at the end of the course.

The final project will encompass all the areas studied and will always involve the development of a real case, since at **FutbolLab** we want our courses to be aimed at the real training situation that technicians find in their teams at all times.

EVALUATION

VIRTUAL CLASSROOM

The course is taught entirely online. They will be carried out through our virtual campus that is accessed from the official Futbollab website (www.futbollab.com).

From there you can enter agendas, explanatory presentations, demonstration videos, analysis of the teachers, tasks that are sent to you and corrected by teachers.

TUTORS

The teachers offer **continuous tutoring**, establishing telephone and/or videoconference tutoring, explaining any doubts that may arise. They guide your training evolution throughout the course, depending on your profile and level of dedication or study schedule.

As we have indicated, **the syllabus, videos, articles, interviews with experts are part of your evolution in the course**, so you will carry out periodic exercises that the teacher corrects to give you the clearest idea of the topic that is being worked on.



FutbolLab

REGISTRATION PROCESS

To enroll you just have to click on the **Enroll tab**, from there you will be asked to enter your personal data necessary for the academic record and in the final part of the process you will be able to choose the payment format for this program.

Remind you that in this course you can go at your own pace and do it according to your availability, as long as you do not exceed the maximum time to do it, which in the case of master's degrees is **2 and a half years**.

But, if you still need more time, you must request authorization from the admissions department to extend a time, in the event that you obtain a positive response, the new agreed time will be automatically extended.



FutbolLab

PROFESSIONAL OUTINGS

With this Master, you will learn sophisticated analysis techniques in football, but you will also access opportunities so that, once you graduate, you can participate in different institutions. This is a great advantage, since you will have the opportunity to share and expand the knowledge acquired in different fields, expanding your network of contacts.

With the **EXPERT IN SPORTS NUTRITION** you will be able to work in the following places:

- **Medical Treatment and Recovery Centers.**
- **Sports clubs, sports associations and sports centers.**
- **Primary and specialized care centers.**
- **Attention and private consultation.**
- **Diet Centers.**

You will be able to alternate with different sports federations within prestigious soccer clubs, among a wide variety of other organizations, in order to promote your skills and your growth on the field.



FutbolLab

PROFESSIONAL OUTINGS

JOB BANK

You must take every opportunity that leads you to success, and the **Sports Nutrition Expert** course is the open door to professional strengthening. At the end of the degree, you will be able to apply for a wide range of jobs in the sports world, since you will enter a database constantly visited by leaders of the most prestigious teams worldwide.

They are constantly in the process of attracting talent to strengthen their units, and at the same time, they offer excellent working conditions. This career will lead you to success hand in hand with the best sports teams, because your profile will be in one of the largest databases to which different sports delegations will have access.

Don't think about it anymore and start your career towards success.



FutbolLab



FutbolLab