

**MASTER'S
PROGRAM IN
SPORTS
NUTRITION**



SPORTS NUTRITION



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INTRODUCTION

We will learn to design dietary-nutritional strategies for optimizing the player's performance and improving health during the pre-competition, competitive and post-competitive phases.

With this **Master's Degree in Sports Nutrition** from the Catholic University of Avila, you will increase your knowledge to reach the next level in the nutritional aspect.

OBJECTIVES

- To know the importance of the human body in its physiological, anatomical and biological aspects to understand its digestive processes and the importance of food.
 - To learn about all the elements and their nutritional value for our body.
 - Support us in modern techniques on nutrition and ways to approach it to high sports performance.
 - Identify foods according to the moment of the season and the competition we are in.
 - Understand the importance of nutrition on the prevention of injuries.
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MAIN INFORMATION

MASTER'S DEGREE ISSUED BY THE UNIVERSIDAD CATÓLICA DE ÁVILA



ONLINE LESSONS

Access to the content 24/7,
during 7 months of course,
60 ECTS (1,500 teaching hours).



OFFICIAL TITLE

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



LANGUAGES

Taught in 2 languages:
Spanish and English



FINANCIATION

Up to 12 months

START AND REGISTRATION: **IMMEDIATE**

This degree has the same validity outside and inside Spain, since it is a curricular title of studies, and covered 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 of Universities 6/2001.

INFORMATION ON TRAINING UNITS

The training units have an average duration of 6 **ECTS** (**E**uropean **C**redit **T**ransmission **S**ystem) credits, including the activities of that unit, the teaching method is accompanied by demonstrative videos by teachers and experts, as well as complemented by visual presentations, articles of interest and interviews with professional technicians, to do an effective, deep and attractive learning.

It also includes continuous evaluations of activities by the professors.

Finally, the master's degree includes a final project of 12 ECTS credits based on real cases.

STUDY PLAN

1. INTRODUCTION TO SPORTS NUTRITION AND ITS KEYS (3 ECTS credits)

- 1.1. History of sports nutrition and sports medicine.
- 1.2. Fundamentals of nutrition in people and sportsmen and women.
- Anatomy and physiology of the digestive system and its importance 1.4.
- 1.4. Physiology, metabolism and sports training.

2. FOOD AND NUTRIENTS (9 ECTS credits)

2.1. Concept of food

- 2.2. Types of food
- 2.3. Classification of food
- 2.4. Concept of nutrients
- 2.5. Functions of nutrients and types

3. EXPLANATION AND IMPORTANCE OF NUTRIENTS (9 ECTS credits)

- 3.1. Carbohydrates: physiological functions, nutritional needs, functions, carbohydrates and sport
- 3.2. Proteins: amino acids, functions, nutritional needs, functions, proteins and sport.
- 3.3. Fats: essential fatty acids, functions, nutritional needs, functions, fats and sport.
- 3.4. Vitamins: functions, nutritional needs, vitamins and sport, supplements.
- 3.5. Minerals: functions, nutritional needs, minerals and sport, supplements.
- 3.6. Fiber: The importance of water.

STUDY PLAN

4. OBJECTIVES OF NUTRITION IN SPORTS (3 ECTS credits)

- 4.1. Energy supply
- 4.2. Energy need and metabolism
- 4.3. Energy and nutrients
- 4.4. Concept of energy
- 4.5. Energy substrates
- 4.6. Obtaining energy by the organism
- 4.7. Formation of structures

5. ERGOGENIC AIDS (6 ECTS credits)

- 5.1. Concept of ergogenic aid and substance
- 5.2. Objectives of supplementation
- 5.3. Most used food supplements
- 5.4. Carbohydrates and energetic foodstuffs
- 5.5. Hydration and replacement drinks
- 5.6. Proteins and amino acids
- 5.7. Essential nutrients
- 5.8. Other types of existing supplements

6. SPORTS HYDRATION (3 ECTS credits)

- 6.1. General considerations of sports hydration.
- 6.2. Hydration before physical activity
- 6.3. Control of the balance of liquids during exercise
- 6.4. Volume of fluids to be taken during exercise
- 6.5. Types of beverages to be consumed during exercise
- 6.6. Hydration after exercise

STUDY PLAN

7. COMPETITIVE FOOD (6 ECTS credits)

- 7.1. Football player's nutrition
- 7.2. Pre-competitive nutrition
- 7.3. Feeding during competition
- 7.4. Post-competitive feeding
- 7.5. The nutrition adapted to each type of training.

8. GENERAL FOOD (6 credits ECTS)

- 8.1. Principles of healthy diet
- 8.2. Some often asked questions about dietetics and nutrition.
- 8.3. Example of a healthy and balanced diet for an athlete.

9. INJURIES AND NUTRITION (3 ECTS credits)

- 9.1. Importance of the diet in the prevention of injuries
- 9.2. Frequent injuries due to unbalanced diet
- 9.3. Nutritional aids to keep up and improve the athlete
- 9.4. Final conclusions

10. FINAL COURSE WORK (12 ECTS credits)

TARGET AUDIENCE

- **Technicians who have experience in soccer.**
- **Coaches who are graduates.**
- **Graduates or graduates in Physical Activity and Sports Sciences.**

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

METHOD

VIRTUAL CLASSROOM | LEARNING COMMUNITY

INDUCED DISCOVERY ACTIVITIES

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

PRACTICAL APPLICATION ACTIVITIES

Includes problem-solving, project development and similar activities that allow **the application of the conceptual, procedural and attitudinal aspects worked on in other parts of the courses.**

INTERACTION AND COLLABORATION ACTIVITIES

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

PRESENTATIONS OF PAPERS AND EXERCISES

SEMINARS

METHOD

VIRTUAL CLASSROOM : STUDENT-TUTOR INTERACTION

TUTORIES

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

PRESENTATIONS AND EXERCISES

It includes the individual preparation and, if necessary, virtual defense of the requested papers and exercises, in accordance with the defense procedures established in the teaching guides.

EVALUATION ACTIVITIES

More information can be found in the "Evaluation" section on page 13 of this Master's program.

METHOD

AUTONOMOUS WORK OF THE STUDENT

INDIVIDUAL WORK 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 **personal** work in problem-solving, project development and similar activities that allow the **application of the conceptual, procedural and attitudinal aspects worked** in the other parts of the course.

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 critiques of articles and research projects.**

EVALUATION

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

Continuous evaluation + TFM

60% of the final grade is due through the activities which should be done through the course and that will be assessed in "continuous evaluation"; the student's completion of these activities will be subject to a verification by the professors.

The remaining 40% of the last grade will be obtained from the Master's Final Project (TFM) to be carried out at the end of the course.

The FINAL project will include all the areas studied and will always involve the development of a real case, since from **FutbolLab** we want our courses to be directed to the real training situation that coaches find in their teams.

EVALUATION

VIRTUAL CLASSROOM

The course is taught entirely in online mode. They will be conducted through our virtual campus that is accessed from **the official website of Futbollab** (**www.futbollab.com**).

From there you will be able to use the syllabus, explanatory presentations, demonstrative videos, analysis of the teachers, assignments that the teachers will send and correct.

TUTORS

The teachers offer **continuous tutoring**, establishing telephone and/or videoconference tutorials explaining any doubts that may arise. They will 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 do periodic exercises that are corrected by the teacher** to give you a clearer idea of the subject being worked on.

ENROLLMENT PROCESS

To enroll you only 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 last part of the process you will be able to choose the payment format of this program.

Remember that in this course you can go at your own pace and complete it according to your availability, as long as you do not exceed the greatest time to complete it, which in the case of the master's degree is **2 and a half years**. However, if you still need more time, you must ask authorization from the admissions department to extend the time. If you get a positive response, the new time will be automatically extended.

PROFESSIONAL OPPORTUNITIES

With this Master, you will learn advanced techniques of analysis in soccer, but you will also have access to opportunities so that, once you graduate, you can take part in different institutions. This is a great advantage, as you will have the **opportunity to share and expand the knowledge acquired in different areas, expanding your network of contacts.**

You will be able to alternate with different sports federations within prestigious **soccer clubs, among many other organizations, to promote your skills and your growth in the field.**

With the Master's Degree in Sports Nutrition, you will be able to work in the following.

Sites:

- Medical Treatment and Recovery Centers.
- Sports clubs, sports associations and sports centers.
- Primary and specialized care centers.
- Private care and consultation.
- Dietetic Centers.

PROFESSIONAL OPPORTUNITIES

LABOUR BANK

Upon completion of your studies, you will be included in a large database so that you can apply for a job in Sports Nutrition.

Our prestigious platform has national and international reach, and is constantly visited by a variety of soccer clubs in search of trained professionals, offering excellent salaries.

With your enrollment, you are already on your way to becoming part of the most select soccer team in the world. Not only will we give you the academic tools, but we will also introduce you to the most demanded and best paid labor field in the sport.

Don't think twice and start your career towards success.

