

1 WHAT MAKES US DIFFERENT

- It is the only university master's degree specialized in sports training and nutrition leading to an official qualification.
- The master prepares students for their doctorate.
- The teaching staff comprises some of the most prestigious professionals in the country in the field of sports training and nutrition.
- The program of professional practice sessions takes place in leading clubs and enterprises of the sector which demand the very best from the students.

2 KEY DATA

AIMED AT:

The Master's Degree in Sports Training and Nutrition is aimed at graduates or postgraduates in Physical Activity Sciences, diplomates in nutrition, diplomates in Physical Education Teaching, graduates in Medicine, and diplomates in Physiotherapy or Nursing. Other university graduates with (accredited) experience in the subject may also enroll if they pass the selection process.

QUALIFICATION:

At the end of the course students will receive a **Master's Degree in Sports Training and Nutrition**, awarded by **Universidad Europea de Madrid**.

DURATION:

60 ECTS Credits. From October to September.

MODALITY:

The master has a mandatory campus-based component consisting of 24 weekends from October to June in which specific subjects with a high theoretical, practical and applied content will be delivered. Professional internships will be included as one of the degree requirements. These will be held in a center related to the student's area of interest or knowledge between December and September of the following year.

TIMETABLE:

Tuesday, Wednesday and Thursday from 15.00 to 21.00 h.

FACILITIES:

The master is delivered both in theoretical classroom sessions for the content of the modules and in laboratories for training, physiology and biomechanics.

METHODOLOGY:

The classes are theoretical-practical with many programs and plans for diets and exercises from the best experts in the country in these fields.

CAMPUS:

Villaviciosa de Odón (Madrid).

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To achieve differentiation in the current job market a postgraduate qualification is essential. This differentiation is even greater when it is linked to Escuela Universitaria Real Madrid - Universidad Europea.

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Jorge Pérez

Ex-student of the Master's Degree in Sports Training and Nutrition.

MODULE I. SPORTS PHYSIOLOGY

MODULE II. NUTRITION AND ERGOGENIC AIDS

- Fundamentals of human nutrition, with special reference to physical activity and sport.
 - Digestive system and metabolism of macro- and micro-nutrients.
 - Nutrition and effects on the neuroendocrinal system.
 - Analysis of foods and food technology.
 - Nutrition, immunological response and physical performance.
 - Organization of diet.
- Nutritional ergogenic aids.
 - Nutraceuticals: definition and integration in a functional diet.
 - Description and classification of natural supplements.
 - Description, use and application of the most commonly used supplements in sport health and performance.
- Use of carbohydrates to improve health and performance. Sports drinks.
 - Stimulants, buffers, ergogenic aids for special situations (heat, humidity, height).

MODULE III. SPORT TRAINING

- Physical principles of movement.
- Kinematic analysis of movement in sport.
- Mechanical and functional structures of movement in sport.
- Technology applied to the analysis of sports technique.
- Kinanthropometry of the human body.

MODULE IV. SPORTS BIOMECHANICS

- Strength and flexibility training.
- Resistance training.
- Speed training and sports technique.
- Methodological bases of the programming and periodization of sports training.
- Control of competition in team sports.
- Training in combat sports and games with racquets or other equipment.
- Training at early ages (sport talent detection).
- Training in special conditions (height, heat, cold, etc.).

MODULE V. SPORTS PSYCHOLOGY

- Management of sports groups.
- Motivation in competitive sport. Motivation theories.
- Emotional and social intelligence in sport.
- Leadership in competitive sport. Leadership theories.

MODULE VI. INJURIES IN SPORTS

- Biomechanical factors of injuries.
- Kinetic chain in sports injuries.
- Joint sports injuries.
- Muscular sports injuries.
- Bone sports injuries.
- Work on prevention, proprioception and recovery from sports injuries.
- Ergogenic and nutritional aids in the recovery from sports injuries.

MODULE VII. SPECIFIC SEMINARS

- Psychophysical exhaustion, determinant factors (prevention and recovery).
- Use of vibration training to improve sports performance.
- Optimization of learning in individual sports: structural analysis and methodology of adaptation.
- New applied technologies in the analysis of training and competition in different sports.
- Monitoring of the neurophysiological response to different workloads and in recovery using Omegawave devices.
- Latest advances in anti-doping techniques in sport.
- Round tables with experts and prominent people from the world of sport.

MODULE VIII. PRACTICUM

The master's syllabus includes a mandatory internship in the field of nutrition or training, and the tutored preparation of an End of Master Project, in which students may use the technology available at Universidad Europea. The students will have at their disposal state-of-the-art equipment and a sports center (weight room, cardio room, functional training room), athletics track and football pitch, where they can carry out all the required tasks and acquire the experience necessary to be able to pursue their profession with the benefit of a higher level of training.

For the provision of professional internships the master has agreements signed with:

- Real Madrid C.F.
- Rafa Nadal Academy
- JC Ferrero Equelite Sport Academy
- Centro de Alto Rendimiento Deportivo, del Consejo Superior de Deportes
- Club Estudiantes de Baloncesto
- Athletic Club de Bilbao
- Real Valladolid C.F.
- Sevilla C.F.
- Rayo Vallecano C.F.
- Getafe C.F.
- Club de Fútbol Majadahonda
- Club de Fútbol Sanse
- Club Voley-Playa Madrid
- Real Federación Española de Voleibol
- Federación de Tenis de Madrid
- Chava Boxeo, S.L.
- SPESALUD-Explotaciones Deportivas Majadahonda
- Nutrición Center
- Nutrivive
- Medicadiet
- Clínica del Dr. Durantez
- Club de Remo Cangas (Oviedo)
- Allinyourmind (triatlón y natación)
- Gimnasio Palestra
- Centros de Excelencia de la Escuela de Doctorado e Investigación, de la Universidad Europea
- Center of Sports Sciences of Human Performance Greenwich University
- Método Thinking. Centro integral de salud y ejercicio
- C. Natación Moscardó

MODULE IX. FINAL PROJECT