



Escuela Universitaria  
Real Madrid  
UNIVERSIDAD EUROPEA

Private Master's Degree

# Sports Nutrition Online

Become an expert in nutrition for top level athletes. You will learn to use tools for assessing body composition in athletes and carry out nutritional planning. Specialise in Sports Nutrition and learn from the very best at Real Madrid C. F.

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# Private Master's Degree in Sports Nutrition

## Introduction

The **Private Master's Degree In Sports Nutrition** will provide you with the necessary knowledge to understand and integrate nutrition in an interdisciplinary way with the development of physical exercise, enhancing performance, recovery and stimulating changes in body composition when necessary, taking into account the characteristics particular to the different population groups.

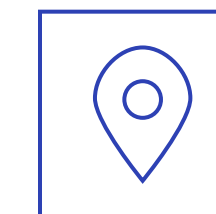
You will learn how to **interpret and apply the different nutritional aspects that affect the practice of a sport**, from the health viewpoint and sports performance, as well as its close relationship with the physiological, training and body composition aspects.

This **international Online Sports Nutrition Master** is a 9-month programme that focuses on the principles of sports nutrition to plan the diet of an athlete with the aim of optimising their health, their sports performance, and their body composition.

You will **understand and analyse the characteristics of the physical preparation and training of athletes**, to be able to work in a coordinated way with nutritional planning, body composition, and relevant health aspects. You will learn to use **tools for assessing body composition in athletes to carry out nutritional planning**.

Our flexible methodology allows you to combine online with unique **optional face-to-face experiences** in which you will be in direct and continuous contact with the business world of the sports sector and will provide you networking with industry professionals, teachers, and colleagues of multiple nationalities.

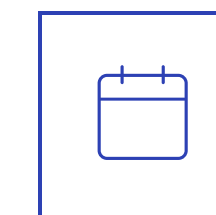
In the international stays, you will be able to choose between different destinations such as Italy, Madrid or Portugal, among others, where you will get to know new management models or trends in the Sports Health field visiting a research reference University, research centres or medical centres.



**LOCATION**  
Virtual Campus



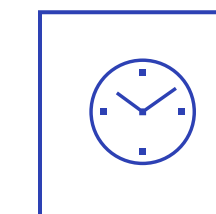
**METHODOLOGY**  
**Online** with live classes



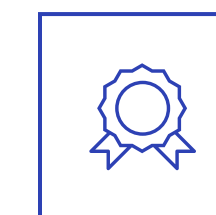
**SCHEDULE**  
**The online classes** take place twice a week in the afternoon (Spain). The duration of the classes is approximately 2h, between 17:30h and 21:30h.



**LANGUAGE**  
English



**DURATION**  
9 months



**ECTS**  
60



# What makes us different?



## International and specialised networking

An international programme that will allow you to foster relationships and contact with top international professions and students of multiple nationalities. This educational commitment will exponentially improve the scope and professional possibilities of our students.



## Experienced faculty working in the sector

The faculty is made up of active professionals from the most recognised companies in the sport sector, the same ones who will become a very valuable part of the students' network of contacts.



## White Week

This event organised by the School is exclusively for our students. A week of unique lectures on streaming with leading sports industry professionals, elite athletes, and Real Madrid C. F. executives.



## International Experiences

With our international experiences, you will get to know the industry from inside. Choose between different destinations and expand your knowledge, learning from the sector's top experts.

### ■ Madrid: Revolutionising the sports industry

Discover the most important aspects of the club. You will have the opportunity to get to know the Valdebebas Sports City from the inside. You will have access to the Real Madrid C. F. training facilities, and you will visit the Santiago Bernabéu stadium. You will also visit the city's main international sports entities and meet their executive managers.

### ■ Italy: Health and sports

During this trip you will get know new management models and trends in the sports and health field visiting a leading research university, Università degli Studi di Roma 'Foro Italico', research centres or medical centres. You will have the opportunity to do networking with professionals from institutions such as Rome Olympic Stadium, Foro Itálico Tennis, Swimming Olympic centre or Nicola Pietrangeli Stadium. Discover the rest of the trips that you can take part in.



## Online Methodology

The online methodology focuses on the learner and on guaranteeing effective and personalised learning, always accompanying them so that they can achieve their objectives. Technology and innovation allow us to offer a dynamic and motivating environment, with the flexibility you need and the tools that ensure quality training. During the learning process, the student will have several resources such as:

■ **Live virtual classes** that can be connected to from any from any place and device. These sessions are also recorded in case the student cannot attend or wants to watch them again. The exams are online, so you don't have to travel at any time.

■ **You will have the support of our expert faculty** who will facilitate the learning process, as well as a tutor who will guide and help students to achieve their goals.

■ **The student will obtain comprehensive training** based learning through real cases combined with theoretical and theoretical and practical learning.



# International School

The history of Real Madrid is an example of **vision, dedication and a pioneering spirit** that has inspired generations throughout the years. Its legend in the world of football has forged the most prestigious and respected sports brand on every continent. Real Madrid is a multicultural club open to all and a leader in the global sports industry.

In 2006, the club started its joint venture with Universidad Europea, sharing a great international vocation which is reflected every day on the campus.

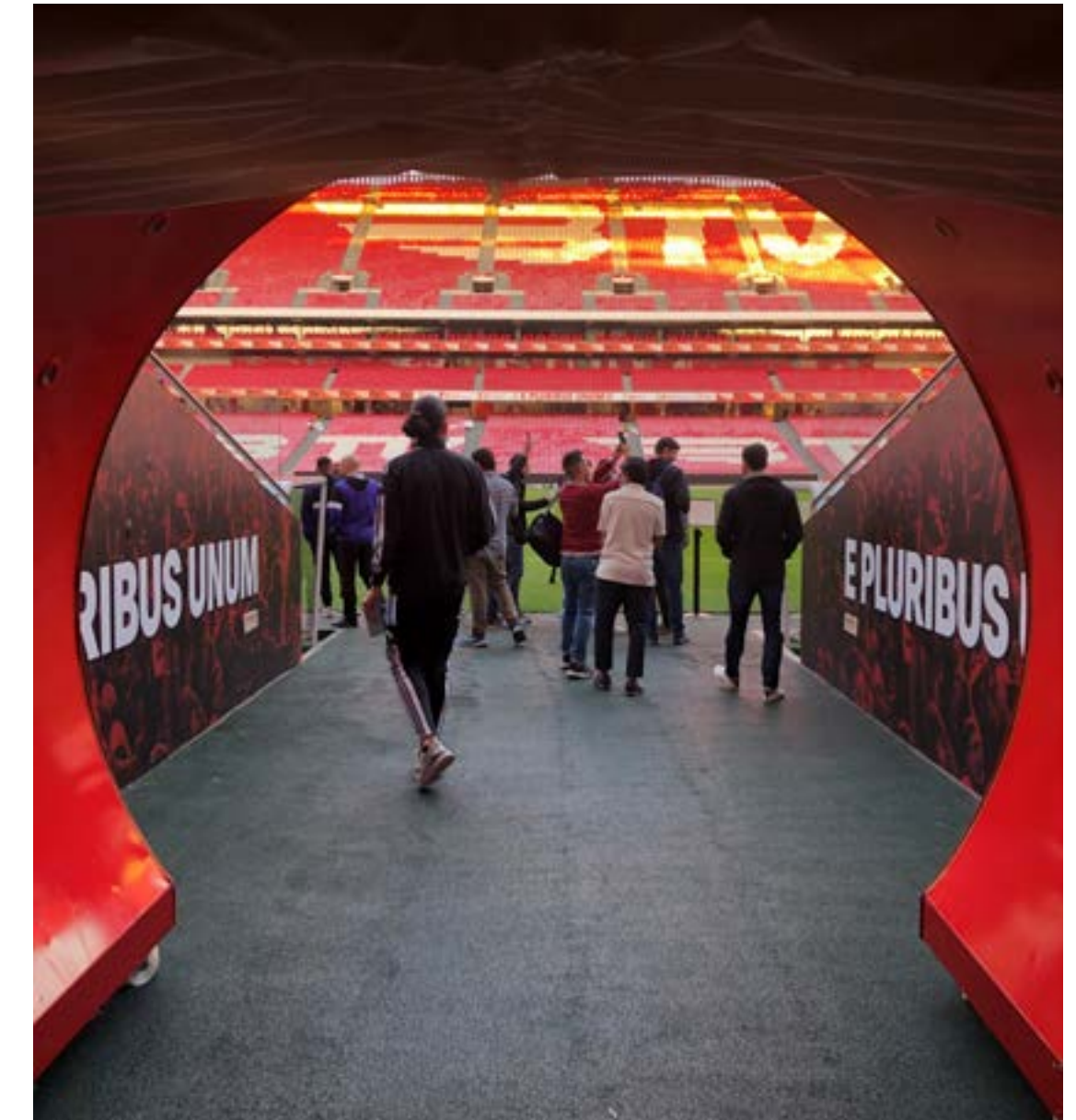
Nowadays, Escuela Universitaria Real Madrid Graduate School Universidad Europea offers 32 graduate programmes with the mission of training the future leaders of the sports industry. Its academic quality has made the



School become a key part in how the sports sector has modernised over recent years, and there are more than 13.000 alumni working worldwide in the sector.

This year we'll receive around 1.000 students, with 78% of them coming from outside of Spain. The multicultural profile of the teaching staff and students, coming from more than 70 different nationalities, adds a unique value to our graduates.

Our open and multidisciplinary approach is evidenced by the experiences and opportunities offered by the School, such as the chance to study different management models from a range of sports, including getting to know the key



players within each sport and discipline.

We'll visit some worldwide renowned sports facilities, the headquarters of regulatory institutions in sports, and key players within the sports industry. The visits will include several work sessions with leading professionals, allowing students the chance to exchange opinions and deep dive in the 'know-how' of each organisation.

A unique chance to broaden your horizons and open your mind.

**#GoBeyond**

# Our Students

## Private Master's Degree in Sports Nutrition

### Students Profile

The Private Master's Degree in Sports Nutrition is aimed at students coming from different areas of physical activity, nutrition or health who wish to specialise and train in sports nutrition to promote interdisciplinary work.

For admission to the master in sports nutrition online, the following is required:

- The candidate must have training in nutrition, physical activity or physical education.
- Candidates without previous training in this field will be reviewed and should have previous demonstrable experience in this field of at least 6 months.



# Academic Curricula

## Private Master's Degree in Sports Nutrition

### Module I: Nutrition for sports performance and body composition (6 ECTS)

- The basics of nutrition and nutrition for sports and physical performance.
- The basics of exercise physiology and nutrients metabolism during exercise.
- Energy requirements, planning and periodisation. Planification and periodisation of carbohydrate, proteins, and fats intake.
- Micronutrients and antioxidants: functions, deficits, excess, and planification.
- Body composition analysis in athletes.
- Nutritional practices for changes in body composition in athletes.
- Training low-carb: science, protocols, objectives, and periodisation.

### Module II: Training and physical preparation of athletes (6 ECTS)

- The basics of sports training and training plans.
- The basics of physical preparation in athletes.
- Aerobic capacity training.
- Anaerobic capacity training.
- Training for muscle hypertrophy.
- Training for fat loss.

### Module III: Hydration, electrolytes, dehydration, heat conditions and adaptation (6 ECTS)

- The basics of hydration and electrolytes in the human body.
- Monitorisation and evaluation of hydration and electrolytes balance in different conditions.
- Hydration and electrolytes individual planning on athletes.
- Dehydration and dehydration adaptation.
- Heat conditions: physiology and hydration management.

### Module IV: Nutritional supplements, functional foods, and ergogenic aids (6 ECTS)

- Nutritional supplements in sports performance.
- Ergogenic Aids in sports performance.
- Nutritional supplements for fat mass loss.
- Nutritional supplements for muscle mass gain.
- Functional foods in sports performance.

### Module V: Nutrition for prevention and treatment of sports injuries (6 ECTS)

- The basics of sports injuries: bone mass, muscle tissue, soft tissues and other sports injuries.
- Body composition, energy demands and metabolism changes during sports injuries.

- Nutritional management and supplements for bone mass injuries.
- Nutritional management and supplements for muscle tissue injuries.
- Nutritional management and supplements for soft tissue injuries.

### Module VI: Inflammation, sleep and chrono nutrition in sport performance & biomarkers interpretation in athletic population (6 ECTS)

- The basics of chronic and acute inflammation.
- Inflammation and sports practice.
- Chronobiology, chrono nutrition, hormonal function and its relationship with sleep and sports performance.
- Nutrition for sleep quality and its relationship with athletes' recovery.
- Biomarkers: decision making, analysis, interpretation and use in health and performance of athletes.

### Module VII: Digestive system, microbiota, gut training in sports performance (6 ECTS)

- The basics of the digestive system: anatomy, physiology, and interaction with other systems.
- The digestive system and its relationship and integration with sports practice.
- Main digestive pathologies in athletes: causes, characteristics, medical and nutritional treatment.

- Microbiota and microbiome: what we know and how can we use it to improve health and performance in athletes.
- Gut training for improving sports performance.

### Module VIII: Nutrition for specific sports populations (6 ECTS)

- Nutrition in female athletes.
- Nutrition in young athletes.
- Nutrition and training in pregnant athletes.
- Nutrition in Diabetic type 1 athletes.

### Module IX: Practical cases (6 ECTS)

- Solving real cases of athletes of all kinds.
- Experience with real cases and situations.

### Module X: Final project (6 ECTS)

- Knowledge of scientific research
- Classification of the scientific quality of articles.
- Tools for creating a scientific article.
- Tools for creating a poster for dissemination and exhibition of the same.

# Faculty

Our teaching team

## Programme Director

### Krizia Radesca Fabiano

Area and programme director. Professor at Universidad Europea.

### Guillermo Muñoz Andradás

Programme director. Professor and researcher at Universidad Europea.

### Alejandro Rubio

Associate director. Professor and researcher at Universidad Europea.

### Carolina Perea

Master Co-director. Sports Nutritionist Sanitas (Real Madrid C. F.).

## Teaching staff

### Maria Soledad Arribalzaga

PhD student in sports nutrition. Performance Nutritionist for Argentine paralympic athletes and athletes for European Masters Games.

### Noelia Bonfanti

Professor of module 1: nutrition for sports performance and body composition, module 6: inflammation, sleep and chrono nutrition in sport performance & biomarkers interpretation in athletic population and module 8: nutrition for specific sports populations. Nutritionist.

### Oliver Gonzalo

Professor of module 2: training and physical preparation of athletes, module hydration. Strength and conditioning coach.

### Pedro Reinaldo

Professor of module 3: hydration, electrolytes, dehydration, heat conditions and adaptation. Nutritionist.

### Mireia Porta

Professor of module 4: nutritional supplements, functional foods and ergogenic aids. Nutritionist.

### Pablo Daniel Gonzalez

Professor of module 4: nutritional supplements, functional foods and ergogenic aids. Nutritionist.

### Filipe Jesus

Professor of module 5: nutrition for prevention and treatment of sports injuries.

Nutritionist and researcher at Interdisciplinary Center of Human Performance (CIPER) at the Faculty of Human Kinetics, University of Lisbon.

### Anais Rico

Professor of module 6: inflammation, sleep and chrono nutrition in sport performance & biomarkers interpretation in athletic population, module 7: digestive system, microbiota, gut training in sports performance and module 8: nutrition for specific sports populations.

Double degree in pharmacy and human nutrition and dietetics. Nutritionist specializing in sports nutrition.

### Jennifer Pérez Santiago

Professor of module 7: digestive system, microbiota, gut training in sports performance. Nutritionist.

### Olga Roldan

Professor of module 8: nutrition for specific sports populations.

PhD in physical activity and sport sciences. Founder of women move beyond.

### Judith Nistor

Professor of module 9: case studies. Nutritionist.

### Miguel Ángel Gómez

Professor of module 10: final project. Nutritionist.



# Programmes that facilitate your professional dreams

Our values are present in all areas of the School's training: syllabus, methodology, teaching, internships and student-faculty relations.

The School's training offer includes **postgraduate programmes and university courses** that you can study together to develop your career and succeed in the sports sector.

Study to become one of the leading professionals in the sports industry thanks to our specialised programmes and acquire a double qualification by focusing your master's degree in Sports nutrition with a specialisation and innovation course in the sports sector. Choose the area of expertise that most interests you. You will enjoy online training, where you will have the opportunity to attend live masterclasses with experts from the sector.



## ■ Certified Program in Sports Coaching



DURATION: **10 weeks**

METHODOLOGY: **online**

LANGUAGE: **spanish/english**

## ■ Certified Program in Sports Physiotherapy and Artificial Intelligence



DURATION: **10 weeks**

METHODOLOGY: **online**

LANGUAGE: **spanish/english**



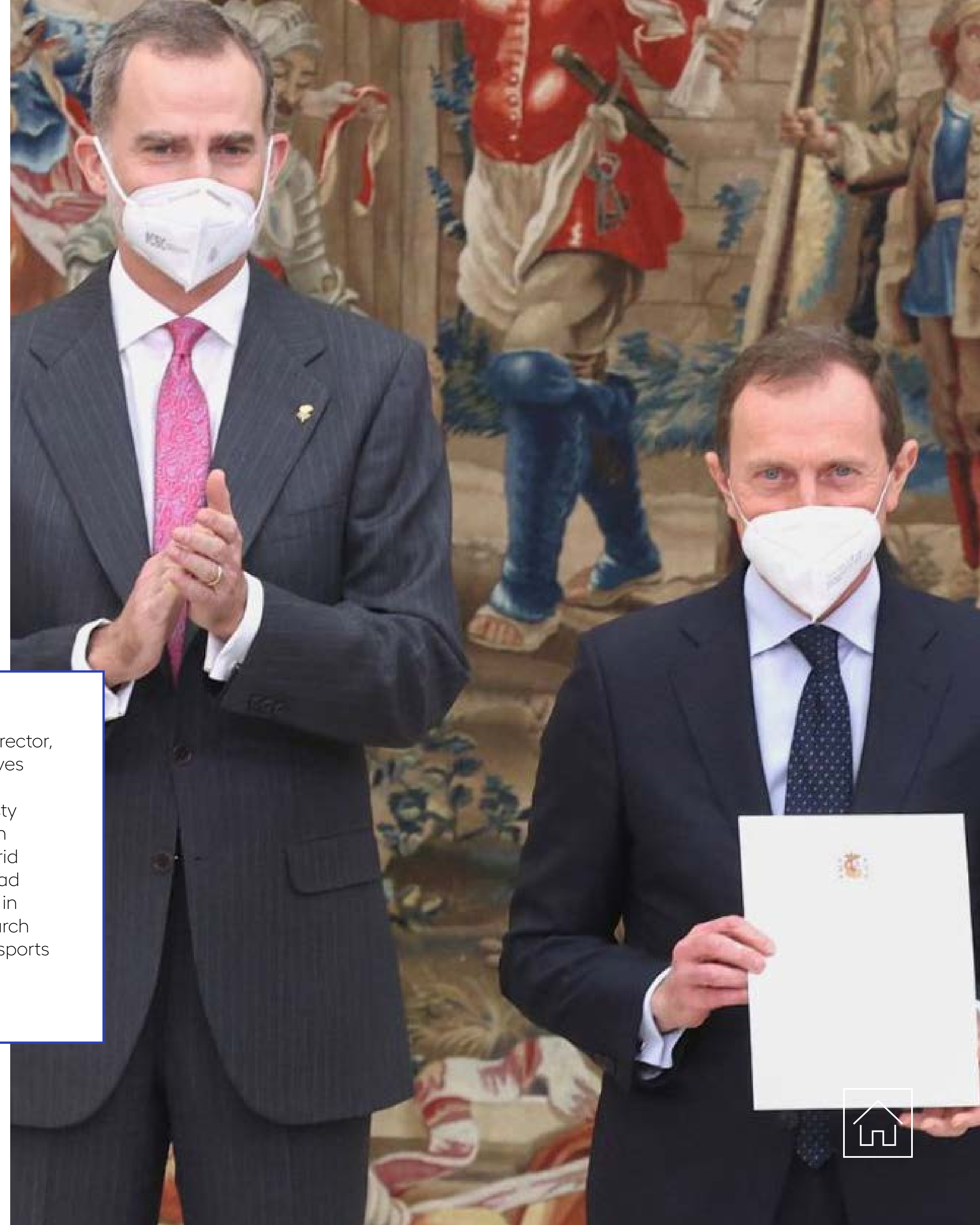
# A unique Postgraduate School

Real Madrid Graduate School Universidad Europea was founded in 2006 with the aim of training the sports industry's future leading professionals.

The alliance between Real Madrid – the most successful sports club in history – and Universidad Europea, a leading holistic education institution in Spain, aims to boost professional development and modernisation in the sector through university education.

The graduate school's academic quality and strict standards are demonstrated by the 13,000 students that have already graduated over the past 17 years, many of whom are now working as successful professionals in different areas of the sports industry today.

In the image, our General Director, Mr. Emilio Butragueño, receives the National Sports Award Stadium Cup from his Majesty Felipe VI of Spain and Queen Letizia, granted to Real Madrid Graduate School - Universidad Europea for its commitment in “promoting education, research and profesionalisation in all sports related areas.”








# Admissions process

The admissions process for **Real Madrid Graduate School Universidad Europea** programmes runs throughout the whole year, although enrolment in all graduate programmes depends on the availability of places.

For personalised guidance, you can contact us via phone: **(+34) 918 340 912** or e-mail: **facultad.deportesonline@universidadeuropea.es** to receive advice from the Graduate Degree Admissions staff.

Once candidates have received guidance and have provided the necessary documentation, the Graduate Degree Admissions staff will assess the profile and send them a date for taking the **entrance exams** for the program they are interested in.



	<b>Personalised guidance</b>
	<b>Sending in the application and documentation</b>
	<b>Assessment of the profile</b>
	<b>Confirmation of admission</b>
	<b>Formal reservation of a place and enrolment</b>



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