

THE CAR MODEL

FOR PHYSIOLOGY
AND NUTRITION



OBJECTIVE

Providing support for athletes and trainers
Research into high performance and health
Sharing information and training in our field of knowledge
Sharing that knowledge with society



PHYSIOLOGICAL COUNSELING

- Sports medical examination (Effort electrocardiogram)
- Evaluation of respiratory functions at work
- Counseling training loads through field and lab tests
- Monitoring effort and recovery parameters
- Analysing changes in body composition

HOW WE ACHIEVE THIS



NUTRITIONAL COUNSELING

- Diet analysis
- Nutritional advice for competitions and travelling
- Supplements
- Studies into body composition
- Designing menus
- Prescribing special diets
- Follow-up and monitoring the restaurant



SPORT AND
PERFORMANCE

SPORTS
FEDERATIONS
PUBLIC AND
PRIVATE
ORGANISATIONS



WORK AREAS



RESEARCH AND
DEVELOPMENT
PRIVATE
COMPANIES

OUTREACH:
UNIVERSITIES
SCIENTIFIC
PUBLICATIONS
PRESS



TOOLS

HEART RATE
MONITORS

BIOCHEMIS-
TRY

CLIMATIC
TEST
CHAMBERS

ERGOMETERS

GPS

GAS
ANALYSERS

HYPOXIA
CHAMBERS

SPIROMETERS

NUTRITIONAL
ANALYSIS

BIOIMPEDANCE

ANTHROPOMETRIC
TECHNIQUES