

**Sciences and Techniques of Physical and Sports Activities
Sports Training.**

department of Sports Training.

The department specializes in the formation of sports competencies in the field of elite and high-level sports training in all individual and group disciplines. It finances sports clubs at the national level with sports frameworks formed through agreements concluded with various sports clubs that are active at all levels and in all disciplines.

| Field | Branch | Speciality |
|---|------------------|-----------------------------|
| Sciences and Techniques of Physical and Sports Activities | Sports Training. | Competitive Sports Training |

Third Semester (14 weeks)

| Teaching unit | Matter | Credits | Coefficients | Conferences | TD | TP | HV |
|----------------------------|---|---------|--------------|-------------|--------|-----|------|
| Fundamental Unit | physical culture | 03 | 02 | 01h:30 | | 02h | 49h |
| | judo | 03 | 02 | 01h:30 | | 02h | 49h |
| | handball | 03 | 02 | 01h:30 | | 02h | 49h |
| | Biomechanics | 03 | 02 | 01h:30 | 01h:30 | | 42h |
| | Theories and methodology of sports training | 03 | 02 | 01h:30 | 01h:30 | | 42h |
| | Pedagogy of sports training 01 | 03 | 02 | | | 04h | 56h |
| Methodological unit | Descriptive statistics | 05 | 03 | 01h:30 | | | 21h |
| | Educational theories | 04 | 02 | 01h:30 | | | 21h |
| Discovery unit | Sports physical activity and globalization | 01 | 01 | 01h:30 | | | 21h |
| Transversale Unit | Mathematical Sociology | 01 | 01 | 01h:30 | | | 21h |
| | Developmental Psychology | 01 | 01 | 01h:30 | | | 21h |
| Semester total | | 30 | 20 | 15h | 03h | 10h | 392h |

Fourth semester (14 weeks)

| Teaching unit | Matter | Credits | Coefficients | Conferences | TD | TP | HV |
|-----------------------|---|---------|--------------|-------------|--------|-----|------|
| Fundamental Unit | educational games | 03 | 02 | 01h:30 | | 02h | 49h |
| | karate | 03 | 02 | 01h:30 | | 02h | 49h |
| | volleyball | 03 | 02 | 01h:30 | | 02h | 49h |
| | Exercise physiology | 03 | 02 | 01h:30 | 01h:30 | | 42h |
| | Planning and programming in sports training | 03 | 02 | 01h:30 | | | 21h |
| | Pedagogy of sports training 02 | 03 | 02 | | | 04h | 56h |
| Methodological unit | Inferential statistics | 05 | 03 | 01h:30 | 01h:30 | | 42h |
| | Mathematical measurement and evaluation | 04 | 02 | 01h:30 | | | 21h |
| Discovery unit | Professional ethics and corruption | 01 | 01 | 01h:30 | | | 21h |
| Transversale Unit | Sports medicine and first aid | 01 | 01 | 01h:30 | | | 21h |
| | Sports psychology | 01 | 01 | 01h:30 | | | 21h |
| Semester total | | 30 | 20 | 15h | 03h | 10h | 392h |

Fifth semester (14 weeks)

| Teaching unit | Matter | Credits | Coefficients | Conferences | TD | TP | HV |
|-----------------------|--|---------|--------------|-------------|--------|-----|------|
| Fundamental Unit | A team sport specialization | 06 | 04 | 01h:30 | | 04h | 77h |
| | Individual sport specialization | 06 | 04 | 01h:30 | | 04h | 77h |
| | Kinesiology | 05 | 03 | 01h:30 | 01h:30 | | 42h |
| | Graduation note project | 04 | 03 | 01h:30 | 03h | | 63h |
| Methodological unit | Sports test batteries | 03 | 02 | 01h:30 | 01h:30 | | 42h |
| | Sports guidance and selection | 03 | 02 | 01h:30 | 01h:30 | | 42h |
| | Curricula of education and comparative sports training | 03 | 02 | 01h:30 | | | 21h |
| Semester total | | 30 | 20 | 10.5h | 07h:30 | 08h | 364h |

Sixth semester: (14 weeks)

| Teaching unit | Matter | Credits | Coefficients | Conferences | TD | TP | HV |
|-----------------------|---------------------------------|---------|--------------|-------------|----|-----|------|
| Fundamental Unit | A team sport specialization | 07 | 05 | 01h:30 | | 04h | 77h |
| | Individual sport specialization | 07 | 05 | 01h:30 | | 04h | 77h |
| | practical training | 08 | 05 | 01h:30 | | 04h | 77h |
| | graduation thesis | 08 | 05 | | | 10h | 140h |
| Semester total | | 30 | 20 | 10.5h | | 22h | 371h |