

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

**Educational Physical And Sports Activities.**

The Mention physical and sporting educational activity trains professionals in teaching, sports animation and, more broadly, educational intervention in the field of physical, sporting and educational activities. More specifically, it prepares students to design and supervise training activities in the fields of physical and sports education (PSE), sport and education for (for) health and (for) citizenship.

It is based on scientific and practical knowledge which constitute the benchmark for pedagogical intervention in complete autonomy in the public or private sector

| Field  | Branch   | Speciality                            |
|--|--|---------------------------------------|
| <b>Sciences and Techniques of Physical and Sports Activities</b> | <b>Educational Physical And Sports Activities.</b> | <b>Education and movement science</b> |

**Third Semester (14 weeks)**

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

#### Fourth semester (14 weeks)

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

#### Fifth semester (14 weeks)

| Teaching unit              | Matter   | Credits | Coefficients | Conferences | TD     | TP  | HV   |
|----------------------------|--|---------|--------------|-------------|--------|-----|------|
| <b>Fundamental Unit</b>    | 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  |
| <b>Methodological unit</b> | Education technology and sports activity               | 03      | 02           | 01h:30      | 01h:30 |     | 42h  |
|                            | Guidance and educational sports selection              | 03      | 02           | 01h:30      | 01h:30 |     | 42h  |
|                            | Curricula of education and comparative sports training | 03      | 02           | 01h:30      |        |     | 21h  |
| <b>Semester total</b>      |  | 30      | 20           | 10.5h       | 07h:30 | 08h | 364h |

Sixth semester: (14 weeks)

| Teaching unit           | Matter                          | Credits | Coefficients | Conferences | TD | TP  | HV   |
|-------------------------|---------------------------------|---------|--------------|-------------|----|-----|------|
| <b>Fundamental Unit</b> | 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 |
| <b>Semester total</b>   |                                 | 30      | 20           | 10.5h       |    | 22h | 371h |