



Bachelor • Lisboa

PHYSICAL EDUCATION AND SPORT



Direction

Raquel Maria Dos Santos Barreto
p998@ulusofona.pt

Secretariat

Faculdade de Educação Física e
Desporto - Licenciatura Efd
efd@ulusofona.pt

Duration

3 Years

Credits

180 ects

Exams

Have one of the following national
exams:

- 02 Biologia e Geologia
- 16 Matemática
- 18 Português

Presentation

STUDY PLAN

1st Year / Sports Training

Anual	ects	1º Semestre	ects	2º Semestre	ects
Anatomophysiology	7	Statistics	3	Biochemistry	2
History Of Physical Education and Sports	7	Theory of Sports Training I - Athletics	5	Option 1	9
Motor Development and Adaptation	7	Theory of Sports Training I - Gymnastics I	3		
Pedagogy of Sport and Physical Activities	8				
No Name	9				

1st Year / Exercise and Wellness

Anual	ects	1º Semestre	ects	2º Semestre	ects
Anatomophysiology	7	Statistics	3	Biochemistry	2
Fitness I (Group Activities)	8	Theory of Sports Training I - Gymnastics I	3	Theory of Sports Training I - Adventure Sport	4
Fitness II (Individual Activities)	7			Theory of Sports Training I - Tennis/Badminton/Table Tennis	4
History Of Physical Education and Sports	7				
Motor Development and Adaptation	7				
Pedagogy of Sport and Physical Activities	8				

1st Year / Physical Education and School Sports

Anual	ects	1º Semestre	ects	2º Semestre	ects
Anatomophysiology	7	Biochemistry	2	Statistics	3
History Of Physical Education and Sports	7	Theory of Sports Training I - Adventure Sport	5	Theory of Sports Training I - Athletics	5
Motor Development and Adaptation	7	Theory of Sports Training II - Basketball	4	Theory of Sports Training I - Gymnastics I	3
Pedagogy of Sport and Physical Activities	8	Theory of Sports Training II - Tennis/Badminton/Table Tennis	5	Theory of Sports Training II - Football	4

2nd Year / Exercise and Wellness

Anual	ects	1º Semestre	ects	2º Semestre	ects
Fitness III (Group Activities)	6	Biomechanics	4	Applied Informatics	3
Fitness IV (Individual Activities)	6	Theory of Sports Training II - Team Sports (Basketball, Football and Volleyball)	4	Dance	5
Physiology of Effort	7	Traumatology and Physical Activity	3	Nutrition and Physical Activity	3
Sociology of Sports and Leisure	5				
Teaching Strategies and Techniques	7				
Theory of Sports Training II - Aquatic Activities	7				

2nd Year / Sports Training

Anual	ects	1º Semestre	ects	2º Semestre	ects
Physiology of Effort	7	Biomechanics	4	Applied Informatics	3
Sociology of Sports and Leisure	5	Traumatology and Physical Activity	3	Dance	5
Teaching Strategies and Techniques	7			Nutrition and Physical Activity	3
No Name	10			Option 2	9
				Theory of Sports Training II - Swimming	4

2nd Year / Physical Education and School Sports

Anual	ects	1º Semestre	ects	2º Semestre	ects
Physiology of Effort	7	Applied Informatics	3	Biomechanics	4
Sociology of Sports and Leisure	5	Dance	5	Theory of Sports Training IV - Judo/Wrestling/Stick Fencing	4
Teaching Strategies and Techniques	7	Nutrition and Physical Activity	3	Theory of Sports Training IV - Rugby	2
		Theory of Sports Training III - Gymnastics II	3	Theory of Sports Training IV - Volleyball	4
		Theory of Sports Training III - Skating	2	Traumatology and Physical Activity	3
		Theory of Sports Training III - Swimming	4		
		Theory of Sports Training IV - Handball	4		

3rd Year / Exercise and Wellness

Anual	ects	1º Semestre	ects	2º Semestre	ects
Health and Physical Fitness	5.5	Philosophy of Physical Activities	2.5	Psychology of Sport and	
Project	5	Psychophysiology	5	Physical Activities	5
Theory and Methodology of				Sports Organization and	
Sports Training	6			Development and Physical	
Traineeship	10			Activities	4
No Name	5				
No Name	12				

3rd Year / Physical Education and School Sports

Anual	ects	1º Semestre	ects	2º Semestre	ects
Planning and Assessment		Psychology of Sport and		Health and Physical Fitness	2.5
Techniques in Physical		Physical Activities	5	Philosophy of Physical	
Education	10	Sports Organization and		Activities	2.5
Project	5	Development and Physical		Psychophysiology	5
Theory and Methodology of		Activities	5		
Sports Training	8				
No Name	12				
No Name	5				

3rd Year / Sports Training

Anual	ects	1º Semestre	ects	2º Semestre	ects
Project	5	Health and Physical Fitness	2.5	Psychology of Sport and	
Theory and Methodology of		Philosophy of Physical Activities	2.5	Physical Activities	5
Sports Training	8	Psychophysiology	5	Sports Organization and	
Traineeship	17	No Name	5	Development and Physical	
No Name	5			Activities	5