

Masters • Lisboa

# FOOTBALL – FROM TRAINING TO HIGH COMPETITION



## Direction

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## Duration

2 Years

## Credits

120 ects

## Presentation



# STUDY PLAN

## 1st Year / Comon Core

1º Semestre	ects	2º Semestre	ects
Conception and Practice of Training Methods	10	Development of the Psychological Skills	4
Observation and Analysis of Training and Competition	8	Exercise Physiology and Recovery	5
Socio-historical Analysis of Football	4	Research Methods and Techniques	8
Trainer's Competencies and Training	8	Talent Scouting and Guidance	5
		Training and Competition Organization and Planning	8

## 2nd Year / Comon Core

Anual	ects
Dissertation or Internship	60

Linha direta  
para o teu futuro



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