

Masters • Lisboa

FOOTBALL – FROM TRAINING TO HIGH COMPETITION



Direction

Jorge Proença
defdl@ulusofona.pt

Secretariat

Inês Sousa
efd.mestrados@crm.ulusofona.pt

Duration

2 Years

Credits

120 ects

Presentation

The Master's Degree in Football - from Training to High Competition, is an innovative master's degree, the first and only one at a Portuguese university, seeking to contribute to a better understanding and development of football and to the training of increasingly competent professionals who are better prepared for the multiple and demanding roles of football coaches. Observation, analysis, study, reflection, research and discussion will be used to understand the apparent simplicity and hidden complexity of the game that captivates crowds and is the biggest media and social phenomenon today.

STUDY PLAN

1st Year / Common 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 / Common Core

Anual	ects
Dissertation or Internship	60

Linha direta
para o teu futuro



963 640 100



217 515 500



info@ulusofona.pt



@u.lusofona.pt

WWW.ULUSOFONA.PT