



Bachelor • Lisboa

# PHYSICAL EDUCATION AND SPORT



## Direction

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## 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 / 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

## 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 / 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				

## 2nd Year / Exercise and Wellness

Annual	ects	1° Semestre	ects	2° 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 / Physical Education and School Sports

Annual	ects	1° Semestre	ects	2° 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		

## 2nd Year / Sports Training

Annual	ects	Semestral	ects	1° Semestre	ects	2° Semestre	ects
Physiology of Effort	7	Option 2	9	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					Theory of Sports Training II - Swimming	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 Physical Activities	5
Project	5	Psychophysiology	5	Sports Organization and Development and Physical Activities	4
Theory and Methodology of Sports Training	6				
Traineeship	10				
No Name	5				
No Name	12				

### 3rd Year / Physical Education and School Sports

Anual	ects	1º Semestre	ects	2º Semestre	ects
Planning and Assessment Techniques in Physical Education	10	Psychology of Sport and Physical Activities	5	Health and Physical Fitness	2.5
Project	5	Sports Organization and Development and Physical Activities	5	Philosophy of Physical Activities	2.5
Theory and Methodology of Sports Training	8			Psychophysiology	5
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 Physical Activities	5
Theory and Methodology of Sports Training	8	Philosophy of Physical Activities	2.5	Sports Organization and Development and Physical Activities	5
Traineeship	17	Psychophysiology	5		
No Name	5	No Name	5		