



Bachelor • Lisboa

PHYSICAL EDUCATION AND SPORT



Direction

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Secretariat

Faculdade de Educação Física e
Desporto - Licenciatura Efd
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Duration

3 Years

Credits

180 ects

Exams

Have one of the following sets:

- 02 Biologia e Geologia and 16 Matemática
- 02 Biologia e Geologia and 18 Português
- 06 Filosofia and 18 Português
- 16 Matemática and 18 Português
- 09 Geografia and 18 Português
- 13 Inglês and 18 Português

Presentation

The Bachelor's Degree in Physical Education and Sports at Universidade Lusófona-Centro Universitário Lisboa is aligned with the Bologna Process and aims to ensure a solid overall education in the area of *its* specialization, combined with the indispensable acquisition of specific skills chosen by the student, corresponding to different professional performances. The curricular structure of the course with three specializations, Physical Education and School Sports, Sports Training and Exercise and Well-being, allows students to make legitimate choices when choosing an increasingly differentiated and demanding profession.

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 |
| Modality Option I - Sports Training | 9 | Theory of Sports Training I - Gymnastics I | 3 | | |
| Motor Development and Adaptation | 7 | | | | |
| Pedagogy of Sport and Physical Activities | 8 | | | | |

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

2nd Year / Exercise and Wellness

| Annual | 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

| Annual | ects | Semestral | ects | 1º Semestre | ects | 2º Semestre | ects |
|--------------------------------------|------|-----------|------|------------------------------------|------|---|------|
| Modality Option II - Sports Training | 10 | Option 2 | 9 | Biomechanics | 4 | Applied Informatics | 3 |
| Physiology of Effort | 7 | | | Traumatology and Physical Activity | 3 | Dance | 5 |
| Sociology of Sports and Leisure | 5 | | | | | Nutrition and Physical Activity | 3 |
| Teaching Strategies and Techniques | 7 | | | | | Theory of Sports Training II - Swimming | 4 |

2nd Year / Physical Education and School Sports

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

3rd Year / Exercise and Wellness

| Anual | ects | 1º Semestre | ects | 2º Semestre | ects |
|-----------------------------|------|-------------------------|------|--------------------------|------|
| Health and Physical Fitness | 5.5 | Psychology of Sport and | | Philosophy of Physical | |
| Option I (Specialisation) | 12 | Physical Activities | 5 | Activities | 2.5 |
| Option II (Training | | Psychophysiology | 5 | Sports Organization and | |
| Complement) | 5 | | | Development and Physical | |
| Project | 5 | | | Activities | 4 |
| Theory and Methodology of | | | | | |
| Sports Training | 6 | | | | |
| Traineeship | 10 | | | | |

3rd Year / Physical Education and School Sports

| Anual | ects | 1º Semestre | ects | 2º Semestre | ects |
|---------------------------|------|-----------------------------------|------|-----------------------------|------|
| Option I (Specialisation) | 12 | Philosophy of Physical Activities | 2.5 | Health and Physical Fitness | 2.5 |
| Option II (Training | | Sports Organization and | | Psychology of Sport and | |
| Complement) | 5 | Development and Physical | | Physical Activities | 5 |
| Planning and Assessment | | Activities | 5 | Psychophysiology | 5 |
| Techniques in Physical | | | | | |
| Education | 10 | | | | |
| Project | 5 | | | | |
| Theory and Methodology of | | | | | |
| Sports Training | 8 | | | | |

3rd Year / Sports Training

| Anual | ects | 1º Semestre | ects | 2º Semestre | ects |
|---------------------------|------|------------------------------|------|--------------------------|------|
| Option I (Training | | Health and Physical Fitness | 2.5 | Philosophy of Physical | |
| Complement) | 5 | Modality Option III - Sports | | Activities | 2.5 |
| Project | 5 | Training | 5 | Sports Organization and | |
| Theory and Methodology of | | Psychology of Sport and | | Development and Physical | |
| Sports Training | 8 | Physical Activities | 5 | Activities | 5 |
| Traineeship | 17 | Psychophysiology | 5 | | |