



Open Courses • Lisboa

SURFING AND PERFORMANCE

- LEVEL III COACH TRAINING

- LISBON-COSTA DA CAPARICA



Direction

Sandro Maximiliano
sandro.maximiliano@ulusofona.pt

Secretariat

Duration	Credits
150h	0 ects

Presentation

The highest Surf Coach certification currently offered in Portugal - Level III. General training content: Theory and methodology of sports training Sports physiology Sports management and organization Sports biomechanics Coaching in sports training Sports pedagogy Sports psychology Nutrition in sports Sports traumatology Anti-doping Specific training content: Technical and tactical training in various dimensions of surfing Training methodology in various dimensions of surfing Health in surfing Nutrition in surfing Community relations Coordination of multidisciplinary teams Thematic seminars

STUDY PLAN

1st Year / No Branch Name

Anual	ects
Surfing Level III	0

Linha direta
para o teu futuro

 963 640 100  217 515 500  info@ulusofona.pt  @u.lusofona.pt WWW.ULUSOFONA.PT