

Masters • Lisboa

ATHLETIC TRAINING



Direction

Jorge Dos Santos Proença Martins
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Secretariat

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Duration

2 Years

Credits

120 ects

Presentation

STUDY PLAN

1st Year / Comon Core

Semestral	ects	1º Semestre	ects	2º Semestre	ects
Option 1	20	Motor and Technical-Tactical Skills Training	8	Research Methods and Techniques in Sport	8
		Technical-Tactical Observation and Analysis	6	Training and Competition Organization and Planning	8
		Theory and Methodology of Scientific Knowledge	4	Training and Development of Psychological Competencies	6

2nd Year / Specialization in High Sports Performance

Anual	ects
Dissertation or Internship in High Performance Sport	60

2nd Year / Specialization in Youth Sports Training

Anual	ects
Dissertation or Internship in Training the Young Sportsperson	60