# PHYSICAL AND SPORTING ACTIVITY SCIENCES DEGREE

## ACADEMIC YEAR 2019/2020

<table>
<thead>
<tr>
<th>Studies</th>
<th>Physical and Sporting Activity Sciences Degree</th>
</tr>
</thead>
</table>

| Centre | Faculty of Education: Universidad Autónoma de Madrid  
Campus de Cantoblanco  
28049 – Madrid  
Phone: 914978623 |

| Web page | ↪ |

| Knowledge Branch | Social and Legal Sciences |

| ECTS Credits | 240 |

---

## ECTS CREDITS

<table>
<thead>
<tr>
<th>ECTS CREDITS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic training (FB)</td>
<td>60</td>
</tr>
<tr>
<td>Compulsory (OB)</td>
<td>120</td>
</tr>
<tr>
<td>Optional (OP)</td>
<td>42</td>
</tr>
<tr>
<td>External practical (PE)</td>
<td>12</td>
</tr>
<tr>
<td>End-of-degree Project (TFG)</td>
<td>6</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>240</strong></td>
</tr>
</tbody>
</table>

## FIRST YEAR

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16800</td>
<td>SOCIOLOGY OF PHYSICAL ACTIVITY AND SPORT</td>
<td>6</td>
<td>FB</td>
<td>1</td>
</tr>
<tr>
<td>16801</td>
<td>PHYSICAL EDUCATION: TEACHING AND LEARNING</td>
<td>6</td>
<td>FB</td>
<td>1</td>
</tr>
<tr>
<td>16802</td>
<td>PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORT</td>
<td>6</td>
<td>FB</td>
<td>1</td>
</tr>
<tr>
<td>16803</td>
<td>BASIC MOTOR LEARNING AND GAMES</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16804</td>
<td>BODY EXPRESSION</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16805</td>
<td>TECHNOLOGIES APPLIED TO PHYSICAL ACTIVITY</td>
<td>6</td>
<td>FB</td>
<td>2</td>
</tr>
<tr>
<td>16806</td>
<td>FUNCTIONAL HUMAN ANATOMY</td>
<td>6</td>
<td>FB</td>
<td>2</td>
</tr>
<tr>
<td>16807</td>
<td>SPORT INITIATION</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>Code</td>
<td>Subject</td>
<td>Credits</td>
<td>Type</td>
<td>Semester</td>
</tr>
<tr>
<td>-------</td>
<td>-------------------------------------------------------------------------</td>
<td>---------</td>
<td>------</td>
<td>----------</td>
</tr>
<tr>
<td>16808</td>
<td>FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS I</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>16809</td>
<td>FOUNDATIONS OF INDIVIDUAL SPORTS AND THEIR DIDACTICS I</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
</tbody>
</table>

### SECOND YEAR

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16810</td>
<td>HUMAN PHYSIOLOGY</td>
<td>6</td>
<td>FB</td>
<td>1</td>
</tr>
<tr>
<td>16811</td>
<td>HUMAN BIOMECHANICS</td>
<td>6</td>
<td>FB</td>
<td>1</td>
</tr>
<tr>
<td>16812</td>
<td>FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS II</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16813</td>
<td>FOUNDATIONS OF INDIVIDUAL SPORTS AND THEIR DIDACTICS II</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16814</td>
<td>FOUNDATIONS OF OPPOSITION SPORTS AND THEIR DIDACTICS</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16815</td>
<td>PHYSIOLOGY OF EXERCISE</td>
<td>6</td>
<td>FB</td>
<td>2</td>
</tr>
<tr>
<td>16816</td>
<td>FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS III</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>16817</td>
<td>HISTORY OF PHYSICAL ACTIVITY AND SPORT</td>
<td>6</td>
<td>FB</td>
<td>2</td>
</tr>
<tr>
<td>16818</td>
<td>APPLIED STATISTICS TO PHYSICAL ACTIVITY AND SPORT</td>
<td>6</td>
<td>FB</td>
<td>2</td>
</tr>
<tr>
<td>16819</td>
<td>OUTDOOR PHYSICAL AND SPORT ACTIVITIES</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
</tbody>
</table>

### THIRD YEAR

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16820</td>
<td>TEACHING OF PHYSICAL ACTIVITY AND SPORT I</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16821</td>
<td>SPORT AND EDUCATION</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16822</td>
<td>MANAGEMENT OF SPORT FACILITIES, RESOURCES AND EVENTS</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16823</td>
<td>SPORT COACHING I</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16824</td>
<td>PHYSICAL ACTIVITY AND QUALITY OF LIFE</td>
<td>6</td>
<td>OB</td>
<td>1</td>
</tr>
<tr>
<td>16825</td>
<td>SPORT COACHING II</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>16826</td>
<td>TEACHING OF PHYSICAL ACTIVITY AND SPORT II</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>16827</td>
<td>NEW TRENDS IN PHYSICAL ACTIVITY</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>16828</td>
<td>PHYSICAL ACTIVITIES FOR PEOPLE WITH DISCAPACITIES</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
<tr>
<td>16829</td>
<td>SPORT LEASURE AND RECREATION</td>
<td>6</td>
<td>OB</td>
<td>2</td>
</tr>
</tbody>
</table>

### FOURTH YEAR

<table>
<thead>
<tr>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTIONAL ITINERARIES OF PROFESSIONAL ORIENTATION</td>
<td>42</td>
<td>OP</td>
<td>1 and 2</td>
</tr>
<tr>
<td>PRACTICUM</td>
<td>12</td>
<td>PE</td>
<td>2</td>
</tr>
<tr>
<td>END-OF-DEGREE PROJECT</td>
<td>6</td>
<td>TFG</td>
<td>2</td>
</tr>
<tr>
<td>Code</td>
<td>Subject</td>
<td>Credits</td>
<td>Type</td>
</tr>
<tr>
<td>--------</td>
<td>----------------------------------------------------------</td>
<td>---------</td>
<td>------</td>
</tr>
<tr>
<td>16832</td>
<td>SPORTS TACTICS AND STRATEGY</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>16833</td>
<td>PROGRAMMING AND TIMING IN SPORT TRAINING</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>16835</td>
<td>TRAINING SYSTEMS: SPORT, AGE, GENDER AND RETRAINING</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>16837</td>
<td>FATIGUE AND RECOVERY IN SPORT TRAINING AND COMPETITION</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>16838</td>
<td>SPORT TRAINING, MOTIVATION AND COMPETITION</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>16834</td>
<td>SPORT PERFORMANCE EVALUATION AND TRAINING ADJUSTMENT</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>16836</td>
<td>SPORT TRAINING AND TECHNOLOGY</td>
<td>6</td>
<td>OP</td>
</tr>
<tr>
<td>19056</td>
<td>END-OF-DEGREE PROJECT MAJOR IN SPORT COACHING</td>
<td>6</td>
<td>TFG</td>
</tr>
<tr>
<td>19057</td>
<td>PRACTICUM MAJOR IN SPORT COACHING</td>
<td>12</td>
<td>PE</td>
</tr>
</tbody>
</table>

MAJOR IN PHYSICAL EDUCATION COUNSELLINGSPORTS

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16846</td>
<td>SCHOOL PHYSICAL EDUCATION: EVOLUTION IN THE CURRICULUM CONTEXT</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16847</td>
<td>DIDACTICS OF PHYSICAL EDUCATION</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16848</td>
<td>PHYSICAL EDUCATION CONTENTS AND DIDACTICAL APPLICATIONS I</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16849</td>
<td>PHYSICAL EDUCATION CONTENTS AND DIDACTICAL APPLICATIONS II</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16850</td>
<td>TEACHING AND LEARNING ASSESSMENT IN PHYSICAL EDUCATION</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16851</td>
<td>PHYSICAL EDUCATION AND DIVERSITY: ANALYSIS AND PROPOSALS</td>
<td>6</td>
<td>OP</td>
<td>2</td>
</tr>
<tr>
<td>16852</td>
<td>EDUCATION, HEALTH AND FIRST AID</td>
<td>6</td>
<td>OP</td>
<td>2</td>
</tr>
<tr>
<td>19058</td>
<td>END-OF-DEGREE PROJECT MAJOR IN PHYSICAL EDUCATION TEACHING</td>
<td>6</td>
<td>TFG</td>
<td>2</td>
</tr>
<tr>
<td>19059</td>
<td>PRACTICUM MAJOR IN PHYSICAL EDUCATION TEACHING</td>
<td>12</td>
<td>PE</td>
<td>2</td>
</tr>
</tbody>
</table>

MAJOR IN PHYSICAL ACTIVITY AND HEALTH

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16860</td>
<td>PHYSICAL ACTIVITY AND HEALTH PROMOTION: CONCEPTS, FACTORS AND TENDENCIES</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16861</td>
<td>HEALTHY PHYSICAL ACTIVITY FROM INFANCY TO SENIOR CITIZEN AGE</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16862</td>
<td>PHYSICAL ACTIVITY FOR HEALTH IN PEOPLE WITH SPECIAL NEEDS</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16863</td>
<td>WATER ACTIVITIES AND HEALTH</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>Code</td>
<td>Subject</td>
<td>Credits</td>
<td>Type</td>
<td>Semester</td>
</tr>
<tr>
<td>--------</td>
<td>-------------------------------------------------------------------------</td>
<td>---------</td>
<td>------</td>
<td>----------</td>
</tr>
<tr>
<td>16865</td>
<td>ERGONOMICS AND DIET FOR PHYSICAL ACTIVITY</td>
<td>6</td>
<td>OP</td>
<td>1</td>
</tr>
<tr>
<td>16864</td>
<td>RHYTHM AND EXPRESSION ACTIVITIES AND RELAXATION FOR HEALTH</td>
<td>6</td>
<td>OP</td>
<td>2</td>
</tr>
<tr>
<td>16866</td>
<td>ASSESSMENT IN PHYSICAL ACTIVITY AND HEALTH: PEOPLE, PROGRAMS AND MEANS</td>
<td>6</td>
<td>OP</td>
<td>2</td>
</tr>
<tr>
<td>19060</td>
<td>END-OF-Degree PROJECT MAJOR IN PHYSICAL ACTIVITY AND HEALTH</td>
<td>6</td>
<td>TFG</td>
<td>2</td>
</tr>
<tr>
<td>19061</td>
<td>PRACTICUM MAJOR IN PHYSICAL ACTIVITY AND HEALTH</td>
<td>12</td>
<td>PE</td>
<td>2</td>
</tr>
</tbody>
</table>

**Optional Subjects Not Offered in 2019/2020**

**Major in Sports Management Counselling (Not Offered)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16839</td>
<td>SPORT MARKETING AND NEW TRENDS IN SPORT AND PHYSICAL ACTIVITIES</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16840</td>
<td>STRATEGIC DIRECTING IN SPORT</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16841</td>
<td>FACILITIES AND EVENT MANAGEMENT</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16842</td>
<td>HUMAN RESOURCES MANAGEMENT IN SPORT ORGANIZATIONS</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16843</td>
<td>SPORT STRUCTURE AND ORGANISATION</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16844</td>
<td>ENGLISH APPLIED TO THE REALM OF SPORT MANAGEMENT</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16845</td>
<td>DIGITAL NETWORKS AND MATERIALS FOR SPORT MANAGEMENT</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>19062</td>
<td>END-OF-Degree PROJECT MAJOR IN SPORT MANAGEMENT</td>
<td>6</td>
<td>TFG</td>
<td></td>
</tr>
<tr>
<td>19063</td>
<td>END-OF-Degree PROJECT MAJOR IN RECREATIONAL SPORT</td>
<td>12</td>
<td>PE</td>
<td></td>
</tr>
</tbody>
</table>

**Major in Recreational Sports Counselling (Not Offered)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject</th>
<th>Credits</th>
<th>Type</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>16853</td>
<td>SPORT AND PHYSICAL ACTIVITY WITHIN THE RECREATION CONTEXT: EVOLUTION AND ACTUAL TENDENCIES</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16854</td>
<td>RECREATIONAL SPORT AND PHYSICAL ACTIVITY FOR DIVERSE POPULATIONS: FROM INFANTS TO SENIOR CITIZENS</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16855</td>
<td>SPORT AND PHYSICAL ACTIVITY FOR PERSONS WITH DISABILITIES</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16856</td>
<td>ENVIRONMENTAL KNOWLEDGE FOR THE PRACTICE OF SPORT IN RURAL AND URBAN CONTEXTS</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16857</td>
<td>DIRECTION, PROMOTION AND EVALUATION OF RECREATIONAL SPORT</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16858</td>
<td>BODY EXPRESSION AND RECREATIONAL DANCES</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>16859</td>
<td>ENGLISH APPLIED TO THE CONTEXT OF RECREATIONAL SPORT</td>
<td>6</td>
<td>OP</td>
<td></td>
</tr>
<tr>
<td>19064</td>
<td>END-OF-Degree PROJECT MAJOR IN RECREATIONAL SPORT</td>
<td>6</td>
<td>TFG</td>
<td></td>
</tr>
<tr>
<td>19065</td>
<td>PRACTICUM MAJOR IN RECREATIONAL SPORT</td>
<td>12</td>
<td>PE</td>
<td></td>
</tr>
</tbody>
</table>