



Universidad Autónoma  
de Madrid

## PHYSICAL AND SPORTING ACTIVITY SCIENCES DEGREE

### ACADEMIC YEAR 2020/2021

Studies	Physical and Sporting Activity Sciences Degree
Centre	Faculty of Education: Universidad Autónoma de Madrid Campus de Cantoblanco 28049 – Madrid Phone: 914978623  <a href="#">Web page</a> ↗
Knowledge Branch	Social and Legal Sciences
ECTS Credits	240

ECTS CREDITS	
Basic training (FB)	60
Compulsory (OB)	120
Optional (OP)	42
External practical (PE)	12
End-of-degree Project (TFG)	6
<b>Total</b>	<b>240</b>

### FIRST YEAR

Code	Subject	Credits	Type	Semester
<u>16800</u>	SOCIOLOGY OF PHYSICAL ACTIVITY AND SPORT	6	FB	1
<u>16801</u>	PHYSICAL EDUCATION: TEACHING AND LEARNING	6	FB	1
<u>16802</u>	PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORT	6	FB	1
<u>16803</u>	BASIC MOTOR LEARNING AND GAMES	6	OB	1
<u>16804</u>	BODY EXPRESSION	6	OB	1



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Code	Subject	Credits	Type	Semester
<u>16805</u>	TECHNOLOGIES APPLIED TO PHYSICAL ACTIVITY	6	FB	2
<u>16806</u>	FUNCTIONAL HUMAN ANATOMY	6	FB	2
<u>16807</u>	SPORT INITIATION	6	OB	2
<u>16808</u>	FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS I	6	OB	2
<u>16809</u>	FOUNDATIONS OF INDIVIDUAL SPORTS AND THEIR DIDACTICS I	6	OB	2

## SECOND YEAR

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

## THIRD YEAR

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



#### FOURTH YEAR

Subject	Credits	Type	Semester
OPTIONAL ITINERARIES OF PROFESSIONAL ORIENTATION	42	OP	1 and 2
PRACTICUM	12	PE	2
END-OF-DEGREE PROJECT	6	TFG	2

#### OPTIONAL SUBJECTS

##### MAJOR IN SPORTS COUNSELING

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

##### MAJOR IN PHYSICAL EDUCATION COUNSELLINGSPTS

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



#### MAJOR IN PHYSICAL ACTIVITY AND HEALTH

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

#### OPTIONAL SUBJECTS NOT OFFERED IN 2020/2021

#### MAJOR INSPORTS MANAGEMENT COUNSELLING (NOT OFFERED)

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

#### MAJOR IN RECREATIONAL SPORTS COUNSELLING (NOT OFFERED)

Code	Subject	Credits	Type	Semester
16853	SPORT AND PHYSICAL ACTIVITY WITHIN THE RECREATION CONTEXT: EVOLUTION AND ACTUAL TENDENCIES	6	OP	
16854	RECREATIONAL SPORT AND PHYSICAL ACTIVITY FOR DIVERSE POPULATIONS: FROM INFANTS TO SENIOR CITIZENS	6	OP	



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16855	SPORT AND PHYSICAL ACTIVITY FOR PERSONS WITH DISABILITIES	6	OP	
16856	ENVIRONMENTAL KNOWLEDGE FOR THE PRACTICE OF SPORT IN RURAL AND URBAN CONTEXTS	6	OP	
16857	DIRECTION, PROMOTION AND EVALUATION OF RECREATIONAL SPORT	6	OP	
16858	BODY EXPRESSION AND RECREATIONAL DANCES	6	OP	
16859	ENGLISH APPLIED TO THE CONTEXT OF RECREATIONAL SPORT	6	OP	
19064	END-OF-DEGREE PROJECT MAJOR IN RECREATIONAL SPORT	6	TFG	
19065	PRACTICUM MAJOR IN RECREATIONAL SPORT	12	PE	