

PHYSICAL AND SPORTING ACTIVITY SCIENCES DEGREE

Centre [\(see\)](#)

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



[CLICK ON THE CODE OF EACH SUBJECT TO ACCESS THE COURSE HANDBOOK](#)

FIRST YEAR

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

SECOND YEAR

Code	Subject	Credits	Type	Semester
16810	HUMAN PHYSIOLOGY	6	FB	1
16811	HUMAN BIOMECHANICS	6	FB	1
16812	FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS II	6	OB	1
16813	FOUNDATIONS OF INDIVIDUAL SPORTS AND THEIR DIDACTICS II	6	OB	1
16814	FOUNDATIONS OF OPPOSITION SPORTS AND THEIR DIDACTICS	6	OB	1
16815	PHYSIOLOGY OF EXERCISE	6	FB	2
16816	FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS III	6	OB	2

Code	Subject	Credits	Type	Semester
<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	1 and 2
END-OF-DEGREE PROJECT	6	TFG	2

OPTIONAL SUBJECTS

MAJOR IN SPORTS COUNSELING

Code	Subject	Credits	Type	Semester
<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>16832</u>	SPORTS TACTICS AND STRATEGY	6	OP	2
<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 COUNSELLINGSPORTS

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	1 and 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	1 and 2

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