

# 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
<b>Total</b>	<b>240</b>



**CLICK ON THE CODE OF EACH SUBJECT TO ACCESS THE COURSE HANDBOOK**

## FIRST YEAR

Code	Subject	Credits	Type	Semester
<a href="#">16804</a>	BODY EXPRESSION	6	OB	1
<a href="#">16806</a>	FUNCTIONAL HUMAN ANATOMY	6	FB	1
<a href="#">16807</a>	SPORT INITIATION	6	OB	1
<a href="#">20704</a>	METHODOLOGICAL FOUNDATIONS AND SOCIAL BASES OF PHYSICAL ACTIVITY AND SPORTS SCIENCE	6	FB	1
<a href="#">20705</a>	LEARNING AND MOTOR CONTROL	6	FB	1
<a href="#">16802</a>	PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORT	6	FB	1
<a href="#">16803</a>	BASIC MOTOR LEARNING AND GAMES	6	OB	1
<a href="#">16808</a>	FOUNDATIONS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS I	6	OB	2
<a href="#">16810</a>	HUMAN PHYSIOLOGY	6	FB	2
<a href="#">20706</a>	FUNDAMENTALS OF AQUATIC SKILLS AND DIDACTICS	6	OB	2

## SECOND YEAR

Code	Subject	Credits	Type	Semester
<a href="#">20707</a>	NUTRITION AND ACCIDENT PREVENTION IN PHYSICAL ACTIVITY AND SPORT	6	FB	1
<a href="#">20708</a>	HUMAN BIOMECHANICS AND KINESIOLOGY	6	FB	1
<a href="#">20709</a>	FUNDAMENTALS OF COLLECTIVE BALL SPORTS AND THEIR DIDACTICS II	9	OB	1
<a href="#">20710</a>	FUNDAMENTALS OF INDIVIDUAL SPORTS AND THEIR DIDACTICS	9	OB	1
<a href="#">16814</a>	FOUNDATIONS OF OPPOSITION SPORTS AND THEIR DIDACTICS	6	OB	2

Code	Subject	Credits	Type	Semester
<u>16815</u>	PHYSIOLOGY OF EXERCISE	6	FB	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>16823</u>	SPORT COACHING I	6	OB	1
<u>16828</u>	PHYSICAL ACTIVITIES FOR PEOPLE WITH DISCAPACITIES	6	OB	1
<u>20711</u>	PHYSICAL ACTIVITY AND QUALITY OF LIFE I	6	OB	1
<u>20712</u>	MANAGEMENT AND ORGANIZATION OF SPORT AND RECREATION I	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>20713</u>	PHYSICAL ACTIVITY AND QUALITY OF LIFE II	6	OB	2
<u>20714</u>	NEW TRENDS IN PHYSICAL ACTIVITY, FITNESS AND CONDITIONING	6	OB	2
<u>20715</u>	MANAGEMENT AND ORGANIZATION OF SPORT AND RECREATION II	6	OB	2

### FOURTH YEAR

Code	Subject	Credits	Type	Semester
	OPTIONAL ITINERARIES OF PROFESSIONAL ORIENTATION	42	OP	1 and 2
<u>20716</u>	EXTERNAL INTERSHIP	12	PE	Annual
<u>16831</u>	END-OF-DEGREE PROJECT	6	TFG	Annual

### OPTIONAL SUBJECTS

#### MAJOR IN SPORTS COUNSELING

Code	Subject	Credits	Type	Semester
<u>20717</u>	SPORTS TRAINING: FROM CHILDHOOD TO ADULTHOOD (*)	6	OP	1
<u>20718</u>	PREVENTION AND FUNCTIONAL REEDUCATION OF INJURIES (*)	6	OP	1
<u>20719</u>	FATIGUE AND RECOVERY (*)	6	OP	1
<u>20720</u>	MOTOR BEHAVIOR AND SPORTS PERFORMANCE	6	OP	1
<u>20761</u>	PERFORMANCE EVALUATION AND TRAINING CONTROL (*)	6	OP	2
<u>20721</u>	PROGRESS IN TRAINING PROGRAM DESIGN (*)	6	OP	2
<u>20722</u>	NEW TECHNOLOGIES APPLIED TO SPORTS TRAINING (*)	6	OP	2

Code	Subject	Credits	Type	Semester
<u>20723</u>	EXTERNAL ACADEMIC INTERNSHIPS OF MENTION IN PROFESSIONAL ORIENTATION IN SPORTS TRAINING (*)	12	PE	Annual

(\*) Compulsory subject to obtain this mention.

#### MAJOR IN PHYSICAL EDUCATION COUNSELLINGSPORTS

Code	Subject	Credits	Type	Semester
<u>16847</u>	DIDACTICS OF PHYSICAL EDUCATION (*)	6	OP	1
<u>16850</u>	EVALUATION OF TEACHING AND LEARNING IN PHYSICAL EDUCATION (*)	6	OP	1
<u>20724</u>	BACKGROUND, PERSPECTIVES AND CHALLENGES OF SCHOOL PHYSICAL EDUCATION (*)	6	OP	1
<u>20725</u>	DIDACTIC APPLICATIONS IN PHYSICAL EDUCATION - I (*)	6	OP	1
<u>20726</u>	DIDACTIC APPLICATIONS IN PHYSICAL EDUCATION - II (*)	6	OP	1
<u>16851</u>	PHYSICAL EDUCATION AND DIVERSITY: ANALYSIS AND PROPOSALS	6	OP	2
<u>20727</u>	PHYSICAL EDUCATION AND SCHOOL HEALTH	6	OP	2
<u>20728</u>	EXTERNAL ACADEMIC INTERNSHIPS OF MENTION IN PROFESSIONAL GUIDANCE IN PHYSICAL EDUCATION (*)	12	PE	Annual

(\*) Compulsory subject to obtain this mention.

#### 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>20729</u>	EVALUATION FOR INJURY RISK REDUCTION AND PREVENTION IN PHYSICAL ACTIVITY AND SPORT (*)	6	OP	1
<u>16866</u>	ASSESSMENT IN PHYSICAL ACTIVITY AND HEALTH: PEOPLE, PROGRAMS AND MEANS	6	OP	2
<u>20730</u>	END-OF-DEGREE PROJECT MAJOR IN PHYSICAL ACTIVITY AND HEALTH (*)	6	OP	2
<u>20731</u>	PRACTICUM (*)	12	PE	Annual

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CENTRE

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