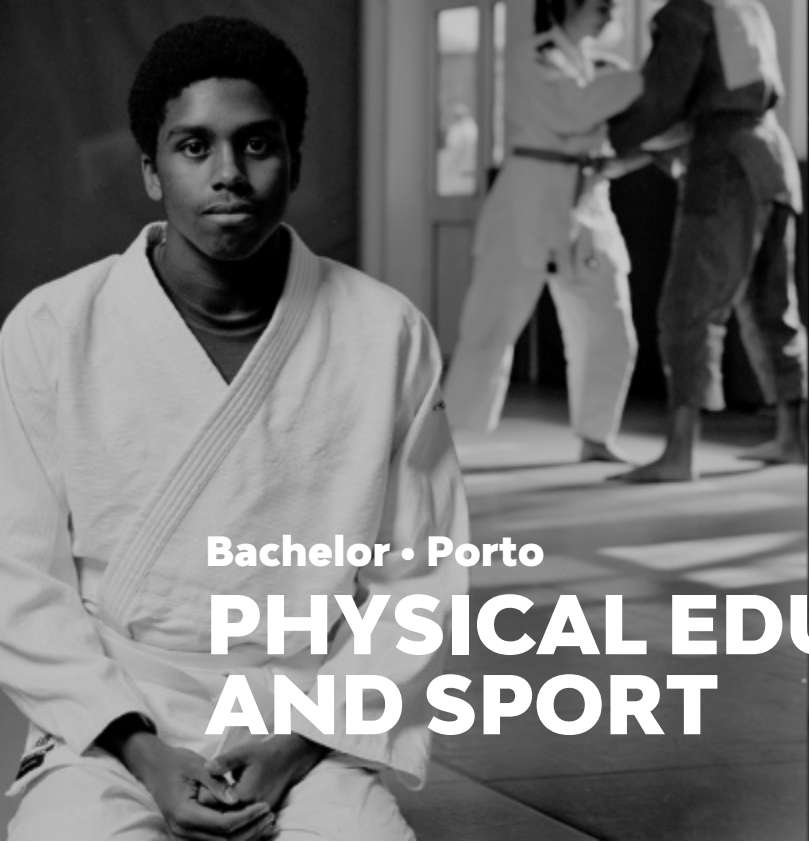




Bachelor • Porto

PHYSICAL EDUCATION AND SPORT



Direction

Inês Marques Aleixo
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Secretariat

Gisela Ribeiro
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Duration

3 Years

Credits

180 ects

Exams

Have one of the following sets:

- 02 Biologia e Geologia and 16 Matemática
- 02 Biologia e Geologia and 18 Português
- 06 Filosofia and 18 Português
- 16 Matemática and 18 Português
- 09 Geografia and 18 Português
- 13 Inglês and 18 Português

Presentation

STUDY PLAN

1st Year / Common Core

1º Semestre	ects	2º Semestre	ects
Basketball	3	Athletics	4
Functional Anatomy	5	Biochemistry and Cell Biology	3
Gymnastics I	3	Data Analysis	4
History Of Physical Education and Sports	4	Morphophysiology I	4
Introduction to Research in Sport and Physical Activity	3	Motor Learning and Adaptation	4
Motor Development and Kineanthropometry	4	Nature Sports, Recreation and Leisure	4
Option I	4	Option II	3
Sport Pedagogy	4	Sports Sociology	4

2nd Year / Common Core

1º Semestre	ects	2º Semestre	ects
Combat Sports	3	Gymnastics II	3
Morphophysiology II	5	Handball	3
Nutrition and Physical Activity	4	Observation and Analysis in Sport	4
Option III	4	Option IV	4
Skating	2	Physiology of Effort	5
Sports Biomechanics	4	Rugby	2
Teaching Strategies and Techniques	5	Swimming	4
Volleyball	3	Traumatology and First Aid	5

3rd Year / Common Core

Anual	ects	1º Semestre	ects	2º Semestre	ects
Project	10	Adapted Sports	3	Exercise Prescription and Evaluation	4
		Football Internship/Sports Internship	20	Organization and Management of Sport	4
		Physical Activity and Public Health	3	Philosophy of Sport	3
		Physical Education Planning and Evaluation	4	Sport Psychology	4
		Theory and Methodology of Sports Training	5		

Linha direta
para o teu futuro



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