

Open Courses • Lisboa

SURF AND PERFORMANCE - LEVEL 1 - LISBON-COSTA DA CAPARICA



Direction

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Secretariat

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Duration

0 Years

Credits

15 ects

Presentation

STUDY PLAN

1st Year / Common Core

Anual	ects
Adapted Sports	0
Anti-Doping	0
Competitions: Structures, Formats, Resources	0
Ethics in Sport	0
Functioning of the Human Body	0
How to start practicing	0
ISN Security	0
Refereeing and Competition	0
Regulations, Organization, History	0
Specific Didactics - Skimboard Technique	0
Specific Didactics - Stand Up Paddle Technique	0
Specific Didactics - Surf Technique	0
Specific Teaching - Bodyboard Technique	0
Specific Teaching - Longboard Technique	0
Specific Training Methodology - Complementary Training: Technique Training and Physical Condition Training	0
Specific Training Methodology - Training with Special Populations: Adapted Surfing	0
Sports Pedagogy and Didactics	0
Surf Specific Training Methodology	0
Technical Material / Practice Venues	0
Traineeship	0
Training Methodology	0
Workshop	0

Linha direta
para o teu futuro



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