

**Open Courses • Lisboa**

# **SURF AND PERFORMANCE - LEVEL 2 - LISBON - COSTA DA CAPARICA**



## **Direction**

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## **Duration**

0 Years

## **Credits**

18 ects

## **Presentation**

# STUDY PLAN

## 1st Year / Common Core

Anual	ects
Adapted Sports	0
Anti-doping	0
Ethics in Sport	0
Nutrition in Sport	0
Organization and Management	0
Refereeing and Judging in Competition	0
Specific Didactics - Technique Analysis and Travelling in the Wave	0
Specific Didactics - Training Technique and Tactics in Surfing	0
Specific Teaching - Longboard Technique and Tactics Training	0
Specific Teaching - Long-term Athlete Development Plan	0
Specific Training Methodology - Complementary Training and Technical Training	0
Specific Training Methodology - Motor Skills Training in Surfing	0
Specific Training Methodology - Training for Surfers with Disabilities	0
Sport Psychology	0
Sports Pedagogy and Didactics	0
Sports Physiology	0
Sports Traumatology	0
Theory and Methodology of Sports Training	0
Traineeship	0
Workshops	0

Linha direta  
para o teu futuro



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