



**Bachelor • Lisboa**

# PHYSICAL EDUCATION AND SPORT



## Direction

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## Secretariat

Faculdade de Educação Física e  
Desporto - Licenciatura Efd  
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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

The Bachelor's Degree in Physical Education and Sports at Universidade Lusófona-Centro Universitário Lisboa is aligned with the Bologna Process and aims to ensure a solid overall education in the area of *its* specialization, combined with the indispensable acquisition of specific skills chosen by the student, corresponding to different professional performances. The curricular structure of the course with three specializations, Physical Education and School Sports, Sports Training and Exercise and Well-being, allows students to make legitimate choices when choosing an increasingly differentiated and demanding profession.

# STUDY PLAN

## 1st Year / Sports Training

Anual	ects	1º Semestre	ects	2º Semestre	ects
Anatomophysiology	7	Statistics	3	Biochemistry	2
History Of Physical Education and Sports	7	Theory of Sports Training I - Athletics	5	Option 1	9
Modality Option I - Sports Training	9	Theory of Sports Training I - Gymnastics I	3		
Motor Development and Adaptation	7				
Pedagogy of Sport and Physical Activities	8				

## 1st Year / Exercise and Wellness

Anual	ects	1º Semestre	ects	2º Semestre	ects
Anatomophysiology	7	Statistics	3	Biochemistry	2
Fitness I (Group Activities)	8	Theory of Sports Training I - Gymnastics I	3	Theory of Sports Training I - Adventure Sport	4
Fitness II (Individual Activities)	7			Theory of Sports Training I - Tennis/Badminton/Table Tennis	4
History Of Physical Education and Sports	7				
Motor Development and Adaptation	7				
Pedagogy of Sport and Physical Activities	8				

## 1st Year / Physical Education and School Sports

Anual	ects	Semestral	ects	1º Semestre	ects	2º Semestre	ects
Anatomophysiology	7	Theory of Sports		Biochemistry	2	Statistics	3
History Of Physical Education and Sports	7	Training I - Adventure Sport	5	Theory of Sports Training II - Tennis/Badminton/Table Tennis	5	Theory of Sports Training I - Gymnastics I	3
Motor Development and Adaptation	7	Theory of Sports Training I - Athletics	5				
Pedagogy of Sport and Physical Activities	8	Theory of Sports Training II - Basketball	4				
		Theory of Sports Training II - Football	4				

## 2nd Year / Exercise and Wellness

Annual	ects	1º Semestre	ects	2º Semestre	ects
Fitness III (Group Activities)	6	Biomechanics	4	Applied Informatics	3
Fitness IV (Individual Activities)	6	Theory of Sports Training II - Team Sports (Basketball, Football and Volleyball)	4	Dance	5
Physiology of Effort	7	Traumatology and Physical Activity	3	Nutrition and Physical Activity	3
Sociology of Sports and Leisure	5				
Teaching Strategies and Techniques	7				
Theory of Sports Training II - Aquatic Activities	7				

## 2nd Year / Sports Training

Annual	ects	Semestral	ects	1º Semestre	ects	2º Semestre	ects
Modality Option II - Sports Training	10	Option 2	9	Biomechanics	4	Applied Informatics	3
Physiology of Effort	7			Traumatology and Physical Activity	3	Dance	5
Sociology of Sports and Leisure	5					Nutrition and Physical Activity	3
Teaching Strategies and Techniques	7					Theory of Sports Training II - Swimming	4

## 2nd Year / Physical Education and School Sports

Annual	ects	Semestral	ects	1º Semestre	ects	2º Semestre	ects
Physiology of Effort	7	Theory of Sports Training III - Gymnastics II	3	Applied Informatics	3	Biomechanics	4
Sociology of Sports and Leisure	5	Theory of Sports Training III - Skating	2	Dance	5	Traumatology and Physical Activity	3
Teaching Strategies and Techniques	7	Theory of Sports Training III - Swimming	4	Nutrition and Physical Activity	3		
		Theory of Sports Training IV - Handball	4				
		Theory of Sports Training IV - Judo/Wrestling/Stick Fencing	4				
		Theory of Sports Training IV - Rugby	2				
		Theory of Sports Training IV - Volleyball	4				

### 3rd Year / Exercise and Wellness

Anual	ects	1º Semestre	ects	2º Semestre	ects
Health and Physical Fitness	5.5	Philosophy of Physical Activities	2.5	Psychology of Sport and Physical Activities	5
Option I (Specialisation)	12	Psychophysiology	5	Sports Organization and Development and Physical Activities	4
Option II (Training Complement)	5				
Project	5				
Theory and Methodology of Sports Training	6				
Traineeship	10				

### 3rd Year / Physical Education and School Sports

Anual	ects	1º Semestre	ects	2º Semestre	ects
Option I (Specialisation)	12	Philosophy of Physical Activities	2.5	Health and Physical Fitness	2.5
Option II (Training Complement)	5	Sports Organization and Development and Physical Activities	5	Psychology of Sport and Physical Activities	5
Planning and Assessment Techniques in Physical Education	10			Psychophysiology	5
Project	5				
Theory and Methodology of Sports Training	8				

### 3rd Year / Sports Training

Anual	ects	1º Semestre	ects	2º Semestre	ects
Option I (Training Complement)	5	Health and Physical Fitness	2.5	Philosophy of Physical Activities	2.5
Project	5	Modality Option III - Sports Training	5	Sports Organization and Development and Physical Activities	5
Theory and Methodology of Sports Training	8	Psychology of Sport and Physical Activities	5		
Traineeship	17	Psychophysiology	5		