

Open Courses • Lisboa

SURF AND PERFORMANCE - LEVEL 2 - PRAIA GRANDE-ERICEIRA



Direction

Sandro Maximiliano
treinadores.surf@ulusofona.pt

Secretariat

Inês Sousa
secretariado.ilutd@ulusofona.pt

Duration

0 Years

Credits

18 ect

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



963 640 100



217 515 500



info@ulusofona.pt



@u.lusofona.pt

WWW.ULUSOFONA.PT