

**Masters • Lisboa**

# ATHLETIC TRAINING



## Direction

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## Secretariat

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## Duration

2 Years

## Credits

120 ects

## Presentation

Master in Sports Training Being a coach means performing an attractive, even passionate, role with a high level of demand. Because of its significance and individual and social consequences, and because of the central place it occupies in sports development, competent coaches are needed; coaches with broad and in-depth knowledge and skills, especially in the technical-scientific and pedagogical-didactic areas, in order to guarantee the adequate training of the athlete, whatever the circumstances and stages of their development. At a time when solutions are being sought at European and national level regarding the training of coaches, this Course aims to make a strong contribution to the definition and acquisition of skills, depending on the nature of the intervention: training of young athletes or high performance, in the sporting modality chosen by the student. The curricular organization (common and diverse), as well as the content of the Curricular Units, is governed by a holistic conception of the sports training system, respecting the singularity and specificity of the intervention situation.



# STUDY PLAN

## 1st Year / Common Core

Semestral	ects	1º Semestre	ects	2º Semestre	ects
Option 1	20	Motor and Technical-Tactical Skills Training	8	Research Methods and Techniques in Sport	8
		Technical-Tactical Observation and Analysis	6	Training and Competition Organization and Planning	8
		Theory and Methodology of Scientific Knowledge	4	Training and Development of Psychological Competencies	6

## 2nd Year / Specialization in High Sports Performance

Anual	ects
Dissertation or Internship in High Performance Sport	60

## 2nd Year / Specialization in Youth Sports Training

Anual	ects
Dissertation or Internship in Training the Young Sportsperson	60