

PHYSICAL EDUCATION AND SPORT

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Admission exams: Biology and Geology (02) or Mathematics Applied to Social Sciences (17) or Portuguese (18)

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The Bachelor's degree in Physical Education and Sport, which is accredited by the Agency for Assessment and Accreditation of Higher Education (A3ES), has the following main goals: To prepare professionals who are able to carry out and organise sport, teach in pre-primary and primary education and work appropriately in the fields of sports coaching, physical recreation and physical activities with people who have special needs;

To provide students with knowledge, expertise and soft skills which help them understand values, attitudes, methods and techniques that, combined with the training given on this course, are advantageous because they stimulate students' interest in pursuing their studies; To improve and develop students' skills that are the driving force in the technical performance of essential practices required by the activity plans they organise and in which they are involved.

Professional opportunities

Upon completion of the course our graduates will have a comprehensive and adequate profile. They will be specialists ready to work in the following fields: Physical education (Primary schools - *1º ciclo*); Sports coaching (Sport clubs – the course is recognised as equivalent to level I and II general coach training elements and level I specific coach training for different sports); Physical activities (gyms and local authorities); Adapted physical activity (specialist centres for specific groups).

What makes this course different?

Physical education and sport are important areas of intervention in our society. With the training provided on this course, we aim to train graduates who are able to go beyond what was once called a profession to achieve what we now consider professionalism. We seek to broaden the areas in which knowledge can travel, removing boundaries to the dissemination of knowledge and introducing ethical and social dimensions that are suitable for the Portuguese and European contexts. This training allows students to pursue studies at Master's level: Physical Education, Sports Coaching, Sport Management or Physical Exercise and Health.

The training programme is in line with the activities of the Research Center in Sport, Health and Human Development (CIDESD) - R&D unit which is accredited by the Foundation for Science and Technology, fostering student involvement in internationally relevant research and innovation projects.

Internationalisation

Students may apply for periods of mobility for studies in around 150 higher education institutions of more than 30 countries, as well for international internships, with possibility of financial support.

YEAR 1

SEMESTER 1 • 30 ECTS

- 3 Athletics I
- 3 Gymnastics I
- 3 Football
- 3 Combat Sports
- 4 Anato-Physiology I
- 4 Introduction to Physical Education and Sport
- 6 Development and Motor Learning
- 4 Scientific Research Principles

SEMESTER 2 • 30 ECTS

- 3 Athletics II
- 3 Gymnastics II
- 3 Indoor Football
- 3 Racket Sports
- 4 Anato-physiology II
- 4 History of Physical Education and Sport
- 4 Psychology of Sport and Physical Activity
- 6 Scientific Research Methods

YEAR 2

SEMESTER 1 • 30 ECTS

- 3 Handball
- 3 Swimming I
- 4 Gymnasium Activities
- 4 Physiology of Exercises I
- 4 Contemporary Educational Theories
- 4 Sociology of Sport and Physical Activity
- 5 Sport Biomechanics
- 3 Methodology of Physical Recreation

SEMESTER 2 • 30 ECTS

- 3 Swimming II
- 3 Rugby
- 4 Rhythmic Activities
- 4 Physiology of Exercise II
- 4 Ethics and Deontology
- 4 Pedagogy of Sport and Physical Activity
- 4 Fundamentals of Sport Coaching
- 4 Fundamentals of Adapted Physical Activity

YEAR 3

SEMESTER 1 • 30 ECTS

- 3 Volleyball
- 3 Basketball
- 4 Aquatic Activities
- 4 Bodybuilding
- 4 Physical Education Teaching Methodology
- 4 Sport Coaching Methodology
- 4 Methodology of Physical Exercise and Health
- 4 Methodology of Adapted Physical Activity Methodology

SEMESTER 2 • 30 ECTS

- 5 Outdoor and Nature Exploration Activities
- 4 Nutrition and Physical Exercise
- 4 Traumatology and First Aid
- 4 Introduction to Sport Management
 - * [Option 1 - Physical Education Teaching](#)
- 4 Advanced Methodology of Physical Education Teaching
 - 9 Supervised Activities in Physical Education Teaching
- 4 *[Option 2 - Sport Training](#)
 - 9 Advanced Methodology of Sport Coaching
 - Supervised Activities in Sport Coaching
- 4 *[Option 3 - Physical Exercise and Health](#)
 - 9 Advanced Methodology of Physical Exercise and Health
 - Supervised Activities in Physical Exercise and Health
- *[Option 4 - Adapted Physical Activity](#)
 - 4 Advanced Methodology of Adapted Physical Activity
 - 9 Supervised Activities in Adapted Physical Activity

Note The course units that deal with specific sports may be taught in a different semester if decided by the competent bodies.

***not available for Erasmus+ Incoming Students**