

Sports Training

DEGREE PROGRAM

Introductory course in University Studies		YEAR 01		YEAR 02		YEAR 03	
1 st Period	2 nd Period	3 rd Period	4 th Period	5 th Period			
Introduction to Academic Reading and Writing	Psychology	PE&S Psychology	History of PE&S	Social Sciences of PE&S			
University, Society and Knowledge	Functional Anatomy	Physiology of Sport	Professional Ethics	Physical and Sports Evaluation			
Contemporary Problems	Motor Development	Emergency Management and CPR	Training Methods	Technology and Sports Performance			
Introduction to Academic Maths and Statistics	PE&S Legislation	Public Policies for PE&S	Physical Activity, Health and Quality of Life	Administration and Management of the Organizations			
	PE and Sport Practice 1	PE and Sport Practice 2	Sports Training. Psychomotor Learning	Sociomotor Sports Training			
	Foreign Language Level 1	Informatics	Foreign Language	Pre-professional Practices			
			Elective Course 1	Elective Course 2			