

**Sciences and Techniques of Physical and Sports Activities
Sports Training.**

department of Sports Training.

Master's degree: Sports physical preparation

The department specializes in the formation of sports competencies in the field of elite and high-level sports training in all individual and group disciplines. It finances sports clubs at the national level with sports frameworks formed through agreements concluded with various sports clubs that are active at all levels and in all disciplines.

Field	Branch	Speciality
Sciences and Techniques of Physical and Sports Activities	Sports Training.	Sports physical preparation

First Semester (14 weeks)

Teaching unit	Matter	Credits	Coefficients	Conferences	TD	TP	HV
Fundamental Unit	Theories and methodology of sports training 1	05	02	01h:30	01h:30		42h
	Planning and programming in sports training 1	05	02	01h:30	01h:30		42h
	Determinants of physical development	04	02	01h:30	01h:30		42h
	Applied pedagogy 1	04	02			04h	56h
Methodological unit	tests and measurement 1	03	02	01h:30	01h:30		42h
	Design and construction of scientific research tools	03	02	01h:30	01h:30		42h
	Applied Statistics 1	02	01	01h:30	01h:30		42h
Discovery unit	Injuries and first aid	01	01	01h:30			21h
	Sports medical monitoring	01	01	01h:30			21h
Transversale Unit	English	01	01	01h:30			21h
	COMPUTER SCIENCE	01	01	01h:30			21h
Semester total		30	17	15h	09h	04h	392h

second semester (14 weeks)

Teaching unit	Matter	Credits	Coefficients	Conferences	TD	TP	HV
Fundamental Unit	Theories and methodology of sports training 2	05	02	01h:30	01h:30		42h
	Planning and programming in sports training 2	05	02	01h:30	01h:30		42h
	Determinants of physical development	04	02	01h:30	01h:30		42h
	Applied pedagogy 2	04	02			04h	56h
Methodological unit	tests and measurement 2	03	02	01h:30	01h:30		42h
	Design and construction of scientific research tools	03	02	01h:30	01h:30		42h
	Applied Statistics 2	02	01	01h:30	01h:30		42h
Discovery unit	Sports nutrition	01	01	01h:30			21h
	Sports psychology	01	01	01h:30			21h
Transversale Unit	Sports law and legislation	01	01	01h:30			21h
	English	01	01	01h:30			21h
Semester total		30	17	15h	09h	04h	392h

Third Semester (14 weeks)

Teaching unit	Matter	Credits	Coefficients	Conferences	TD	TP	HV
Fundamental Unit	Training of physical qualities	04	02	01h:30	01h:30		42h
	Sports biomechanics	04	02	01h:30	01h:30		42h
	Sports competition analysis	04	02	01h:30	01h:30		42h
	Injuries and sports rehabilitation	02	01	01h:30			21h
	Applied pedagogy 3	04	02			04h	56h
Methodological unit	Search Forum	07	04			08h	112h
	Preliminary draft note	05	04			05h	70h
Semester total		30	17	06h	04.30h	17h	385h

Fourth semester: (14 weeks)

Teaching unit	Matter	Credits	Coefficients	Weekly volume	Hexagonal size
Fundamental Unit	Field lurking and report	15	08	13h	182h
	graduation thesis	15	09	13h	182h
Semester total		30	17	26h	364h