



1º CICLO | LICENCIATURA

Ciências do Desporto

Direction

Rui Miguel Marques Batalau

Number of Semesters

6

ECTS

180

Access Conditions

About

ISMAT launched a new degree course in Sports Sciences in the 2020-2021 academic year. This new degree has a renewed study plan, adapted to the job market and the European context, and has a highly qualified and experienced teaching staff. With strong links to the community and guarantees of employability, this new cycle of studies also has a broad framework for mobility, international cooperation and research.

Course Plan

Course Structure

1º Ano / Comon Core

[Human Anatomy](#) 6 ECTS | [Motor Development and Adaptation](#) 6 ECTS | [Sport Pedagogy](#) 6 ECTS | [TPD - Swimming](#) 6 ECTS | [TPD - Volleyball](#) 6 ECTS | [General Physiology](#) 6 ECTS | [History and Sociology of Sports](#) 6 ECTS | [Teaching of Physical Education](#) 6 ECTS | [TPD - Basketball](#) 6 ECTS | [TPD - Football](#) 6 ECTS |

2º Ano / Comon Core

[TPD - Nature Sports](#) 6 ECTS | [Biomechanics](#) 6 ECTS | [Exercise and health](#) 6 ECTS | [Physiology of Effort](#) 6 ECTS | [TPD - Gymnastics](#) 6 ECTS | [TPD - Handball](#) 6 ECTS | [Biostatistics](#) 6 ECTS | [Body Expression and Dance](#) 6 ECTS | [Sport Psychology](#) 6 ECTS | [TPD - Athletics](#) 6 ECTS |

3º Ano / Comon Core

[Option II](#) 12 ECTS | [Health and Physical Fitness](#) 6 ECTS | [Option I](#) 12 ECTS | [Organization and Management of Sports Entities](#) 6 ECTS | [Research Methodology in Sports](#) 6 ECTS | [Adapted Sports](#) 6 ECTS | [Organization of Sports Events](#) 6 ECTS | [Theory and Methodology of Sports Training](#) 6 ECTS |