

(*) Indicates that there are additional or special requirements, consult the end of the document



Santa Cruz de Marcenado, 27
28015 Madrid - España.

Physical Activity and Sport Sciences

Integrated Programme in Life and Nature Sciences
International offering 2024-2025

NOTE: For courses at **3rd year and above**, it is highly recommended that interested students be already studying physical activity and sport sciences at their home university.

NOTE: All subjects include physically practical work, in addition to laboratory or analysis time. This content composes between 30% and 75% of the teaching hours.

FIRST SEMESTER (September to January only)

ECTS	Acad. Year	Course Name	Language
6	1	Theory and History of Physical Activity and Sports	Spanish
6	1	Human anatomy	Spanish
6	1	Basic Fundamentals of Basketball and its Teaching	Spanish
6	1	Fundamentals of Gymnastics and its Teaching	Spanish
6	1	Basic Fundamentals of Swimming and its Teaching	Spanish
6	2	Didactics of Physical Education	Spanish
6	2	Physiology of Exercise *	Spanish
6	2	Biomechanics of Physical Activity and Sports *	Spanish
6	2	Basic Fundamentals of Volleyball and its Teaching	Spanish
6	2	Teaching Physical Education I	Spanish
6	3	Programming of Physical Activity and Sports for the Improvement of Quality of Life *	Spanish
6	3	Evaluation of Healthy Physical Condition *	Spanish
6	3	Motor Skills and Exercise Systematics *	Spanish
6	3	Sports Training I *	Spanish
6	3	Development of the Participatory and Solidarity *	Spanish
6	4	Advanced Fundamentals of Athletics and its Teaching *	Spanish
6	4	Advanced Fundamentals of Handball and its Teaching *	Spanish
6	4	Nutrition in Physical Activity and Sports *	Spanish
6	4	Sports Recreation *	Spanish
6	4	Physical Activity and Sports in the Natural Environment *	Spanish
6	4	Management and Organization of Sports Companies *	Spanish
6	4	Advanced Fundamentals of Swimming and its Teaching *	Spanish
6	4	Advanced Fundamentals of Volleyball and its Teaching *	Spanish

SECOND SEMESTER (January to May / June only)

ECTS	Acad. Year	Course Name	Language
6	1	Sociology of Physical Activity and Sports	Spanish
6	1	General Physiology	Spanish

Syllabi:

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6	1	Human Mobility	Spanish
6	1	Basic Fundamentals of Athletics and its Teaching	Spanish
6	1	Basic Fundamentals of Soccer and its Teaching	Spanish
6	2	Psychology of Physical Activity and Sports	Spanish
6	2	Statistics applied to Physical Activity and Sports	Spanish
6	2	Basic Fundamentals of Handball and its Teaching	Spanish
6	2	Fundamentals of Racket Sports and their Teaching	Spanish
6	2	Teaching Physical Education II *	Spanish
6	3	Physical Activity and Sports for people with Disabilities *	Spanish
6	3	Body Expression and Dance *	Spanish
6	3	Sports Training II *	Spanish
6	4	Advanced Fundamentals of Basketball and its Teaching *	Spanish
6	4	Advanced Fundamentals of Soccer and its Teaching *	Spanish
6	4	Physiotherapy in Physical Activity and Sports *	Spanish
6	4	Body Expression II *	Spanish
6	4	Sporting Event Management *	Spanish
6	4	Organization and Management of Sports Facilities *	Spanish

*** ANNOTATIONS AND SPECIAL REQUIREMENTS:**

Physiology of Exercise

It is necessary to have passed a course in General Physiology / Human Physiology

Biomechanics of Physical Activity and Sports

It is necessary to have passed a course equivalent to Human Anatomy

Advanced Fundamentals of Athletics and its Teaching

It is necessary to have passed a course equivalent to Basic Fundamentals in this sport.

Advanced Fundamentals of Handball and its Teaching

It is necessary to have passed a course equivalent to Basic Fundamentals in this sport.

Advanced Fundamentals of Swimming and its Teaching

It is necessary to have passed a course equivalent to Basic Fundamentals in this sport.

Advanced Fundamentals of Volleyball and its Teaching

It is necessary to have passed a course equivalent to Basic Fundamentals in this sport.

Teaching Physical Education II

It is necessary to have passed a course equivalent to Teaching Physical Education I.

Sports Training II

It is necessary to have passed a course equivalent to Sports Training I.

Advanced Fundamentals of Basketball and its Teaching

It is necessary to have passed a course equivalent to Basic Fundamentals in this sport.

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Advanced Fundamentals of Soccer and its Teaching

It is necessary to have passed a course equivalent to Basic Fundamentals in this sport.

Physiotherapy in Physical Activity and Sports

It is necessary to have passed courses related to anatomy, biomechanics, and sport physiology.

Body Expression II

It is necessary to have passed a course equivalent to Body Expression and Dance I.

Sporting Event Management

It is necessary to have passed a course equivalent to Sports Company

Organization and Management of Sports Facilities

It is necessary to have passed a course equivalent to Sports Company