



**UCAM**  
UNIVERSIDAD  
CATÓLICA DE MURCIA

# BACHELOR'S IN PHYSICAL ACTIVITY AND SPORT SCIENCES



**Lead  
your  
future.**

## General Information

**Location:** UCAM Universidad, Murcia (Spain)

**Commencement:** October

**Duration:** 4 Academic Years

**Seats:** 25

**Credits:** 240 ECTS

**Language:** English

**Tuition Fee:** €6,900

## Contact

International Admissions Office

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[international.ucam.edu/studies](https://international.ucam.edu/studies)

# Plan of Studies 2018/19

## 1<sup>st</sup> YEAR

### SUBJECT

Historical Foundations of Sport  
Conceptual Principles of Sport Sciences  
Sport Psychology and Behavioral Analysis  
Pedagogical Principles in Sport  
Human Anatomy  
Combat Sports and Sports Implements  
Racket Sports  
Ethics  
Sports Initiative Principles  
Individual and Collective Sports I  
Theology and Holy Scripture  
Dance and Physical Expression

## 2<sup>nd</sup> YEAR

### SUBJECT

Sports Physiology  
Sociocultural Principles of Sport  
Data Analysis  
Learning, Development and Motor Control  
Biomechanics in Sport  
Motor Skills and Motor Skills Games  
Individual and Collective Sports II  
Gymnastic Sports and Sports and Music  
Physical Activity in The Outdoors  
Water Sports and Board Sports  
Bioethics  
Theology II and Moral

## 3<sup>rd</sup> YEAR

### SUBJECT

Teaching and Learning Processes in Physical Activities and Sport  
Techniques, Test and Register Tools  
Training Methodology  
Physical Conditioning  
Physical Activity and Health  
Sport Facilities and Equipment  
Humanities  
New Technologies Applied to Physical Activity and Sport  
Design, Administration and Assessment of Physical Activity and Sport  
New Technologies Applied to Physical Activity and Sport  
Prescription of Physical Activity and Sport  
Organization of Sport Systems  
Social Doctrine of the Church

## 4<sup>th</sup> YEAR

### SUBJECT

Research Methodology in Physical Activity and Sport  
Sport Training Control  
Personal Training and Fitness  
Special Needs Groups, Disability and Sport  
Sport Planning and Management  
Sports Recreation  
Practicum  
Final Degree Project

## OPTIONAL

### SUBJECT

Games, Leisure and Recreational Sports  
Training in Values and Olympism in Physical Activity and Sports  
Sport Strategy, Technical and Tactical Skills  
Sports I  
Sports II  
Sports III  
Functional Recovery for Athletes  
Economics and Marketing in Sport Management

## Student Profile

Future undergraduates in Physical Activity and Sport Sciences should be interested in the following areas of knowledge:

- Sport and physical and sports practices.
- Physical Education and teaching sport and physical activity.
- Social and Behavioral Sciences applied to the practice of physical activity and sport.
- Exercise Physiology, oriented towards health and sport performance.
- Morphological Sciences, Biomechanics and Ergonomics applied to physical activity and sport.
- Organization and management of physical activity and sport.

## Career Opportunities

At the end of the Degree in Physical Activity and Sport Sciences you are qualified to practice as a professional in the following fields: Teaching in secondary schools and universities, Teaching in public or private sports centers, Programs of physical activity and health, Sports management, Freelance technician, Design and implementation of recreational sport and tourism, Management of sports facilities and equipment, Manager and promoter of sports companies, Sports performance coach, Director of sports teams, Sports manager, Physical training, Personal training, Design and implementation of regimes (physical exercise, diets, etc.) to promote, maintain and improve physical health.