



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

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3rd PRIVATE
UNIVERSITY IN SPAIN



BACHELOR'S IN PHYSICAL ACTIVITY AND SPORT SCIENCES



COMMENCEMENT
October



LOCATION
Murcia (Spain)



DURATION
4 Academic Years



TUITION FEE
€7,450



CREDITS
240 ECTS



SEATS
25

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.

Curriculum

1st YEAR

SUBJECT

History of Sport (FB, 6 ECTS)

Human Anatomy and Kinesiology of the Locomotor System (FB, 6 ECTS)

Dance and corporal expression (OB, 4.5 ECTS)

Motor skills and motor games (OB, 4.5 ECTS)

Swimming (OB, 4.5 ECTS)

Leisure and recreation (OB, 4.5 ECTS)

Ethics and bioethics (FB, 6 ECTS)

Pedagogical foundations of physical - sporting activity (FB, 6 ECTS)

Basketball (OB, 4.5 ECTS)

Combat and adversarial sports (OB, 4.5 ECTS)

Racquet sports (OB, 4.5 ECTS)

Physical activity in nature (OB, 4.5 ECTS)

2nd YEAR

SUBJECT

Psychology of physical - sporting activity (FB, 6 ECTS)

Physiology of Sport (FB, 6 ECTS)

Biomechanics of Sport (FB, 6 ECTS)

Football (OB, 6 ECTS)

Athletics (OB, 6 ECTS)

Epistemology and Methodology of Sport Science Research (FB, 6 ECTS)

Sociology of Sport (FB, 6 ECTS)

Learning, development and motor control (FB, 6 ECTS)

Handball and Volleyball (OB, 6 ECTS)

Water sports (OB, 6 ECTS)

3rd YEAR

SUBJECT

Teaching and Learning Processes in Physical Activities and Sport (OB, 6 ECTS)

Methodology of Sport Training (OB, 6 ECTS)

Health education (OB, 6 ECTS)

Organisation and Management of Sport Systems (OB, 6 ECTS)

Adapted and inclusive sport (OB, 6 ECTS)

Design, intervention and evaluation of physical activity and sport (OB, 6 ECTS)

Sport training planning (OB, 6 ECTS)

Physical exercise prescription (OB, 6 ECTS)

Physical conditioning (OB, 6 ECTS)

Sports equipment and facilities (OB, 6 ECTS)

4th YEAR

SUBJECT

External Practices (PE, 9 ECTS)

Theology (OB, 3 ECTS)

Social Doctrine of the Church (OB, 3 ECTS)

Final Degree Project (TFG, 6 ECTS)

OPTIONAL

SUBJECT

Professional Practice I: Physical Education Teacher (OP, 6 ECTS)

New technologies and innovation in physical education (PO, 4.5 ECTS)

Physical Education for Diversity (PO, 4.5 ECTS)

School sport (PO, 4.5 ECTS)

Professional practice II: Physical trainer (PO, 6 ECTS)

Assessment and control of physical - sports performance (PO, 4.5 ECTS)

New trends in fitness (PO, 4.5 ECTS)

Sports technification (PO, 4.5 ECTS)

Professional practice III: Physical - sports rehabilitation (PO, 6 ECTS)

Physical exercise for health and quality of life in special populations (OP, 4.5 ECTS)

Prevention of injuries in physical - sport activities (OP, 4.5 ECTS)

Nutrition and kinanthropometry (PO, 4.5 ECTS)

Professional practice IV: Sports Director (OP, 6 ECTS)

Entrepreneurship and sustainability in sport (PO, 4.5 ECTS)

Economics and marketing of the sports company (PO, 4.5 ECTS)

Management of the human team (PO, 4.5 ECTS)

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.

