



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

BACHELOR'S IN PHYSICAL ACTIVITY AND SPORT SCIENCES



COMMENCEMENT
September



LOCATION
Murcia, Spain



DURATION
4 Academic Years



TUITION FEE
€6,990 / year



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

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

2nd 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

3rd 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

4th 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

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.

