

BACHELOR'S DEGREE IN PHYSICAL ACTIVITY AND SPORTS SCIENCES

MAKE YOUR PASSION YOUR PROFESSION MAXIMIZE YOUR POTENTIAL!

If sport is your passion, consider adding vision, culture and values. We're waiting for you!


The world of sports is becoming one of the most important industries in Spain and, in general, throughout the world, creating more than 214,000 jobs in Spain alone.

Physical exercise helps to improve health and prevent non-communicable diseases. You have a world full of possibilities at your fingertips.

Specific and differentiated training. Success guaranteed.

In response to new demand, the Universidad Europea accepts the challenge of training future sports professionals, teaching them to be able to make the most of, and even create for themselves, new opportunities in the field of training and physical activity, health, sports management and teaching. From day one, we will teach you how to use and apply the most advanced technology used in this sector.



 <p>LOCATION Villaviciosa de Odón, Madrid</p>	 <p>TEACHING METHOD Face-to-face</p>
 <p>START DATE September</p>	 <p>DURATION 4 years</p>
 <p>LANGUAGE English</p>	 <p>ECTS 240</p>

WHAT SETS US APART?

DEGREE IN PHYSICAL ACTIVITY AND SPORTS SCIENCES

◆ HIGHLY RECOGNIZED

We are a top University when it comes to conducting research on Physical Activity and Sports applied to health, according to the I-URG Ranking of Spanish Universities. The newspaper *El Mundo* also recognizes us in its annual ranking as the best private center to study this Degree. We offer the only Degree in Spain that is internationally accredited by the European Health & Fitness Association. This enables our students to broaden their employment possibilities in Europe even further.

ELMUNDO



◆ UNIQUE CURRICULUM

You can specialize in one of three areas: Health and Physical Activity, Leisure and Sports Management, or Sports Training, and add on more than twelve sport-related elective modules (winter sports, golf, outdoor activities, etc.). Expand your resume by:

- ◆ Becoming a Certified Personal Trainer (CTP) and Certified Strength and Conditioning Specialist (CSCS) from the prestigious international body NSCA.
- ◆ Achieving Sports Technician qualifications in a variety of sports, thanks to our University's UFEDEMA Sports Technicians Training Center.

You can take the **Degree in Physical Activity and Sports Sciences + Federative Diploma* in Professional Football Coaching** (Taught by the FFM) to become a football coach in any country in Europe, or a physical trainer, among many other professional opportunities. This diploma is taught in Spanish.

◆ CUTTING-EDGE FACILITIES

We train our students in laboratories specially designed for studying exercise physiology, biomechanics, sports technique training and analysis, physiotherapy, biology and anatomy. We also provide access to a Simulated Hospital and 30,000 square meters of first-class sports facilities, including an indoor and outdoor pool, tennis and paddle tennis courts, a soccer field, a sports hall with basketball courts, an athletics track, a beach volleyball court, as well as in the "Human Performance Research Lab (HPRLab)", a state-of-the-art area for cross-disciplinary learning. It is the perfect link between teachers, students and the sports industry.

Recently, we also opened one of the most modern and advanced sports complexes you can find on university campuses in Spain. This complex is packed with the most cutting-edge technological innovations and impressive equipment, with a high value placed on the biomechanics of our sports equipment. We offer equipment designed by *Cybex and Hammer Strength*, the world leader in strength equipment, which is also par excellence the brand of elite athletes and the most prestigious universities in the United States. We often hold our classes in the scientific laboratories and our new, innovative and functional "Hammer Strength" training room, a space that is totally unique in Spain where our students can put into practice all the knowledge they have learned.

◆ QUALITY WORK EXPERIENCE

From day one, and with prestigious companies and institutions: The High Council for Sports, Spanish Olympic Committee, Association of Spanish Footballers, clubs of the main sports federations, Go Fit and Sanitas.

Thanks to our collaboration with the Real Madrid Foundation and the Real Madrid University School, our students can take part in international projects and attend exclusive conferences led by top sports professionals.



◆ INTERNATIONAL EXPERIENCE

In prestigious universities in the United Kingdom, USA, Canada, France, Portugal, Australia and Italy, among many other countries.

(*) A minimum number of students is needed to offer the Federative Diploma at the University facilities.

CURRICULUM

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	SUBJECT	TYPE	ECTS		SUBJECT	TYPE	ECTS
FIRST YEAR	♦ Human Anatomy	BA	6	ELECTIVES	Sports Training Itinerary		
	♦ Systematics of Movement	OB	6		♦ Training Planning, Monitoring and Management	OPT	6
	♦ The Game: Theory and Practice	OB	4		♦ New Technologies Applied to High-Performance Sports	OPT	6
	♦ Body expression	BA	6		♦ Coach Training for High-Performance Sports	OPT	6
	♦ Psychopedagogy of Physical Activity and Sports	BA	6		♦ Specific Methods of Training and Control Tests in High-Performance Sports	OPT	6
	♦ Theory and History of Physical Activity and Sports	BA	6		♦ Basketball II	OPT	6
	♦ Sociology and Deontology of Physical Activity and Sports	BA	6		♦ Basketball III	OPT	6
	♦ Data Analysis	OB	4		TOTAL ECTS 240		
	♦ Basketball I	OB	4				
	♦ Soccer I	OPT	4				
	♦ Athletics I	OPT	4				
	♦ Golf I	OPT	4				
	SECOND YEAR	♦ Human Movement	OB		6		
♦ Human Physiology		BA	6				
♦ Teaching		BA	6				
♦ Sports Law		BA	6				
♦ Biomechanics of Physical Activity and Sports		OB	6				
♦ Sports Psychology		BA	6				
♦ English		BA	6				
♦ Ecuador Project		OB	2				
♦ Handball I		OPT	4				
♦ Cycling I		OPT	4				
♦ Swimming and Water Activities I		OPT	4				
♦ Volleyball I		OPT	4				
THIRD YEAR		♦ Physical Education at School	OB	6			
	♦ Physical Activity for Health	OB	6				
	♦ Exercise Physiology	OB	6				
	♦ Sports Training	OB	6				
	♦ Sports Facilities and Spaces	OB	6				
	♦ Outdoor Activities	OB	6				
	♦ Sports Management	OB	6				
	♦ Leisure, Recreation and Active Tourism	OB	6				
	♦ Practical Study I	OB	6				
	♦ Soccer II	OPT	6				
FOURTH YEAR	♦ Soccer III	OPT	6				
	♦ Practical Study II	OB	12				
	♦ End of Year Project	OB	6				

ECTS: European Credit Transfer System

BA: Core

LANGUAGE: English

OPT: Optional

OB: Compulsory

• There may be changes to some subjects in the curriculum.