

Among the world's best 500 universities in the area of Life Sciences and Medicine -**QS World University Ranking by Subject-**.

The UAH is Spain's second best public university for teaching quality -**CYD Ranking-**.

First Spanish university to earn 5 stars according to international quality accreditation system -**QS Stars University Ratings (International Accreditation)-**.

Among the World's Top Universities -**QS World University Ranking-** and -**Times Higher Education World University Ranking-**.

Top Spanish University for Employability -**MECD Report on University Student's Labour Insertion-**.

Among the World's Top Universities for Employability -**QS Graduate Employability Ranking-**.

## PROFESSIONAL OPPORTUNITIES

- Management of sports centres, gymnasiums, and other physical training and sports facilities.
- Personal training.
- Physical and sports therapist.
- Organization of sporting events.
- Socio-cultural, leisure, and recreation activities.
- Active tourism.
- Teaching in secondary schools, ongoing education centres, private schools, and universities.



## FACULTY OF MEDICINE AND HEALTH SCIENCES

### SCIENCE AND TECHNOLOGY CAMPUS

Ctra. Madrid-Barcelona, km 33,600  
28805 Alcalá de Henares (Madrid)

[medicinaycienciasdelasalud.uah.es](http://medicinaycienciasdelasalud.uah.es)



#### INFORMATION CENTRE

900 900 411

[www.uah.es](http://www.uah.es)

[ciu@uah.es](mailto:ciu@uah.es)

  /UniversidadDeAlcala

  @UAHes

Degree in

# PHYSICAL ACTIVITY AND SPORTS SCIENCES

Field of Knowledge:  
Health Sciences

## WORLD HERITAGE



## GLOBAL CREDIT DISTRIBUTION

TYPE OF SUBJECT	ECTS
Basic training (Basic)	60,0
Compulsory (COM)	150,0
Optional (OP)	18,0
Cross-curricular	12,0
<b>TOTAL ECTS</b>	<b>240,0</b>

## SPECIALITIES

- Sports Management
- Teaching Physical Activity and Sports
- Physical Activity and Health
- Sports Training

The updated offer of optional matters is available on the website of the Centre

Students wishing to study part time may complete the course programme in 8 years.

Basic: Basic training;  
COM: Compulsory; OP: Optional

## COURSE PROGRAMME

FIRST YEAR	FIRST TERM	Type	ECTS	SECOND TERM	Type	ECTS
	Human Anatomy	Basic	6,0	Human Physiology	Basic	6,0
	Theory and History of Sports	Basic	6,0	Psychology of Physical Activity and Sports *	Basic	6,0
	Academic Intervention in Physical Activity and Sports	Basic	6,0	Cross-curricular I		6,0
	Fundamentals of Athletics	COM	6,0	Fundamentals of Combat Sports	COM	6,0
	Fundamentals of Sports: Basketball and Handball *	COM	6,0	Fundamentals of Gymnastic Activities *	COM	6,0
			<b>TOTAL ECTS</b>	<b>60,0</b>		

SECOND YEAR	FIRST TERM	Type	ECTS	SECOND TERM	Type	ECTS
	Motor Development, Control and Learning	Basic	6,0	Structure and Organisation of Sports Institutions	Basic	6,0
	Exercise Physiology and Bases of Sport Training	Basic	6,0	Physical Activities in the Natural Environment	COM	6,0
	Human Biomechanics	Basic	6,0	Corporal Expression and Dance	COM	6,0
	Sociology of Physical Activity and Sports *	Basic	6,0	Fundamentals of Racket Sports	COM	6,0
	Fundamentals of Water Activities	COM	6,0	Fundamentals of Sports: Football and Volleyball	COM	6,0
			<b>TOTAL ECTS</b>	<b>60,0</b>		

THIRD YEAR	FIRST TERM	Type	ECTS	SECOND TERM	Type	ECTS
	Sport and Recreation	COM	6,0	Initiation in Research in Physical Activity And Sports Sciences	COM	6,0
	Systems of Sports Training	COM	6,0	Teaching Physical Activity and Sports II *	COM	6,0
	Physical Activity and Health	COM	6,0	Nutrition in Sports	COM	6,0
	Teaching Physical Activity and Sports I	COM	6,0	Physical Activity for Special Groups	COM	6,0
	Basic Physical Education and Motor Play	COM	6,0	Optional 1	OP	6,0
			<b>TOTAL ECTS</b>	<b>60,0</b>		

FOURTH YEAR	FIRST TERM	Type	ECTS	SECOND TERM	Type	ECTS
	Practicum (Annual)				COM	12,0
	Planning and Management of Physical Activity and Sports	COM	9,0	Undergraduate Dissertation	COM	9,0
	Planning and Control of Sports Training	COM	6,0	Optional 2	OP	6,0
	Legal Framework for Professionals of Physical Activity and Sports	COM	6,0	Optional 3	OP	6,0
	Cross-curricular II		6,0			
			<b>TOTAL ECTS</b>	<b>60,0</b>		

\*Subject held in English optionally