

**Faculty of Sport and Physical Education of Toledo**  
**Degree in Sciences of Sport and Physical Activity**

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<b>Description of the Syllabus</b>	<b>Professional Qualification</b>	Degree in Sciences of Sport and Physical Activity
	<b>Duration</b>	4 academic years
	<b>Division in Cycles</b>	2 cycles
<b>Academic Calendar</b>	<b>Course start date:</b>	2 <sup>nd</sup> October
	<b>Course end date:</b>	30 <sup>th</sup> May
	In the case of semestral subject, the first semester is from 2 <sup>nd</sup> October to 19 <sup>th</sup> January and the second semester is from 12 <sup>th</sup> February to 30 <sup>th</sup> May.	

<b>Name of the Faculty/Centre</b>	<b>Faculty of Sports Sciences of Toledo</b>
<b>Professional Qualification</b>	<b>Degree in Sciences of Sport and Physical Activity</b>
<b>Date of the Syllabus</b>	4 <sup>th</sup> June 1999
<b>Overall number of classes in UCLM credits</b>	300
<b>Overall number of classes in ECTS credits</b>	240

**First Year**

<b>Code</b>	<b>Subject</b>	<b>ECTS Credits</b>
39001	Human Physiology	5
39002	Athletics: Foundation Course	5
39003	Swimming and Aquatic Activities: Foundation Course	5
39004	Rhythmic Gymnastics and Basic Acrobacy: Foundation Course	3,5
39005	Theory of Sport	3,5
39006	Psychology of Sport and Physical Activity	6,5
39007	Functional and System Anatomy	6,5
39008	Development of Motor Functions	5
39009	Physiology of Physical Activity	5,5
39010	Basis of the Physical Fitting-Out	5,5

**Second Year**

Code	Subject	ECTS Credits
39022	Perception, Movement and Motor Function Games	7,5
39020	Team Sports: Foundation Course Basketball, Handball, Volleyball, Football	13
39016	Biomechanics of Movement	5
39017	Motor Functions: Learning and Control	6,5
39019	History of Sport and Physical Activity	3,5
39021	Combat Sports: Foundation Course	3,5
39018	Sociology of Sports	3,5
39023	Movement and Expression	3,5

**Optional Courses for the First Cycle**

Code	Subject	ECTS Credits
39011	Specialisation in Athletics	3,5
39012	Specialisation in Swimming	3,5
39013	Specialisation in Rhythmic Gymnastics	3,5
39014	Life-long Sports	3,5
39015	Racket Sports: Foundation Course	3,5
39024	Folk Games and Sports	3,5
39025	Cycling: Foundation Course	3,5
39026	Specialisation in Basketball	3,5
39027	Specialisation in Handball	3,5
39030	Specialisation in Volleyball	3,5
39028	Specialisation in Football	3,5
39029	Specialisation in Fight and Combat Sports	3,5
39031	Sport and Adapted Physical Activity	3,5

**Third Year**

Code	Subject	ECTS Credits
39032	Physical Activity and Healthy Ways of Life	4
39033	Activity in the Natural Environment	4
39034	Physiology of Exercise	5
39038	Teaching Methodology of Physical Activity and Sport	5
39039	Theory and Practice of Sport Entertainment	5
39035	Fundamentals of Physical Education in School	5
39036	Biomechanics of Sport Techniques	6
39037	Research Methods and Data Analysis in the field of Physical Activity	6

**Cuarto Curso**

Code	Subject	ECTS Credits
39048	Physical Activity and the Elderly	4
39049	Sports and Recreation	4
39050	Didactics of Physical Education in School	5,5
39051	Structure and Organisation of Sport Institutions	4
39052	Planning, Management and Promotion of Physical Activity and Sport Entertainment	5,5
39053	Sport Equipment and Installments	5,5
39055	Practice	10,5
39054	Behavioural Analysis of Sport Performance	4

**Optativas de Segundo Ciclo**

Code	Subject	ECTS Credits
39040	High Level Athletics	4
39041	High Level Swimming	4
39042	High Level Gymnastics	3
39043	Mantenimiento Físico y Estética Corporal	4
39044	Educación Física Adaptada	3
39045	Dietética Deportiva	3
39046	Detección Temprana de Talentos Deportivos	3

39047	Turismo y Práctica Deportiva	4
39056	Baloncesto de Alto Rendimiento	3
39057	Balonmano de Alto Rendimiento	3
39058	Fútbol de Alto Rendimiento	3
39059	Voleibol de Alto Rendimiento	3
39060	Deportes de Lucha y Combate de Alto Rendimiento	3
39061	Competencia Motriz y Procesos de Involución	3
39062	Modelos de Desarrollo Curricular de la Educación Física y E. I.	3
39063	Modelos de Desarrollo Curricular de la Educación Física y E. S.	3
39064	Planificación, Control y Valoración del Rendimiento Deportivo	4
39067	Aspectos Sociológicos de la Actividad Física y del Deporte	3

### Libre Configuración

Code	Subject	ECTS Credits
86051	Deportes con Patines	3