



UNIVERSIDADE DE COIMBRA

## Faculty of Sport Sciences and Physical Education

### Course units taught in English

Degree	Semester	Course Unit	ECTS
LCD	2	Practical Studies I - Rugby	1,25
LCD	3	Biomechanics	4,5
LCD	3	Physiology of Exercise	4,5
LCD	4	Exercise Prescription	6
LCD	5	Sports Psychology	4
LCD	5	Sport and Exercise in Special Populations	4
MTDCJ	1	Growth and Maturation in the Young Athlete	5
MTDCJ	1	Readiness and Talent in Sports	4
MTDCJ	2	High Performance Sport	3
MTDCJ	2	Dissertation	8
MB	1	Advanced Biomechanics	6
MB	2	Muscle Adaptations to Exercise	6
MB	2	Auxology and Motor Development	4
MB	2	Muscle Adaptations to Aging	3
MB	2	Physical Activity Immunology	4
MB	2	Exercise Prescription	3
MB	2	Seminar I	2
MB	2	Seminar II	2
MB	2	Elaboration of the Dissertation Project	6
MB	3	Dissertation	60
DCD	1	Sport Biology	7,5
DCD	2	Research Methodology in Sport Sciences II	7,5
DCD	2	Optimization of Sport Performance	7,5

LCD - Bachelor's Degree in Sport Sciences

MTDCJ – Master Course in Youth Sports Training

MB – Master Course in Biokinetics

DCD - Doctorate Program in Sport Sciences

Degree	Semester	Course unit	ECTS
MESPE	1	Psychology of Exercise and Health in Special Groups	5.0
MESPE	1	Psychopedagogy in the context of Special Educational Needs	5.0
MESPE	1	Research Methods in Social and Human Sciences	6.0
MESPE	2	Attitudes Towards Disabilities in Adapted Physical Activities	4.0
MESPE	2	Exercise Physiology and Exercise Prescription in Special Groups	6.0
MESPE	2	Research Project	4.0
MESPE	Semestrial	Assessment Techniques in Adaptive Physical Activity	3.0
MESPE	1	Aquatic Exercise and Games	3.0



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MESPE	1	Exercise and physical activity for individuals with cognitive and developmental disorders	3.0
MESPE	1	Physical Exercise and Well-being in the Elderly	3.0
MESPE	1	Professional in-training I	4.0
MESPE	2	Energy consumption, physical activity and sedentary behaviour in special groups	3.0
MESPE	2	Exercise and Mental Health in Psychiatric Groups	3.0
MESPE	2	Exercise and Physical Activity for Individuals with Physical Disabilities	3.0
MESPE	2	Exercise and Physical Activity in Groups with Sensorial Disabilities	3.0
MESPE	2	Professional in-training II	4.0
MESPE	2	Specificity of the diets in groups with a tendency to inactivity	3.0
MESPE	Annual	Dissertation	60

MESPE - Master in Exercise, Health and Well-being for Special Groups