

## **Sports Science for Prevention and Wellness / Class LM-67 / 2025-2026**

### **COURSE CURRICULUM**

| <b>Year</b> | <b>course semester</b>                                                                                          | <b>credits</b> |        |
|-------------|-----------------------------------------------------------------------------------------------------------------|----------------|--------|
| I           | ADAPTED PHYSICAL ACTIVITY + TECHNICAL PRACTICAL ACTIVITIES: AFA PROGRAMMING AND EVALUATION OF EFFECTS ON HEALTH | 18             | FIRST  |
| I           | BIOCHEMISTRY AND BIOENERGETICS OF PHYSICAL EXERCISE                                                             | 6              | FIRST  |
| I           | HEALTH AND HEALTH PROMOTION                                                                                     | 6              | FIRST  |
| I           | NEUROPHYSIOLOGY OF MOVEMENT                                                                                     | 6              | FIRST  |
| I           | GENERAL PATHOLOGY                                                                                               | 9              | SECOND |
| I           | PEDAGOGY OF RELATIONSHIPS IN HEALTHCARE                                                                         | 9              | SECOND |
| I           | ENGLISH FOR HEALTH PROMOTION                                                                                    | 6              |        |
| II          | TEACHING PHYSICAL EDUCATION + TECHNICAL AND PRACTICAL ACTIVITIES: TRAINING METHODOLOGY                          | 18             | SECOND |
| II          | MORPHO-FUNCTIONAL IMAGING DIAGNOSTICS                                                                           | 6              | SECOND |
| II          | WORK AND ORGANIZATIONAL PSYCHOLOGY                                                                              | 6              | SECOND |

### **ELECTIVES**

|    |                                                                                   |   |        |
|----|-----------------------------------------------------------------------------------|---|--------|
| II | CARDIOVASCULAR DISEASES AND SPORTS CARDIOLOGY                                     | 6 | FIRST  |
| II | PEDIATRICS, EXERCISE AND HEALTH                                                   | 6 | FIRST  |
| II | WELLBEING, SCHOOL AND SPORT: ASSESSMENT, TEACHING TECHNIQUES AND NEW TECHNOLOGIES | 6 | FIRST  |
| II | GENERAL PHYSIOPATHOLOGY APPLIED TO SPORTS SCIENCES                                | 6 | FIRST  |
| II | MOLECULAR MECHANISMS OF DOPING SUBSTANCES                                         | 6 | FIRST  |
| II | EDUCATION AND PROMOTION OF HEALTHY AND SUSTAINABLE NUTRITION (EPASS)              | 6 | FIRST  |
| II | HEALTH AND SAFETY IN PREVENTIVE AND ADAPTED SPORTS ACTIVITIES                     | 9 | SECOND |

|    |                                             |   |        |
|----|---------------------------------------------|---|--------|
| II | SPORT AND DISABILITY                        | 9 | SECOND |
| II | BIOMECHANICS OF PHYSICAL EXERCISE<br>SECOND | 9 |        |
| II | APPLIED BIOLOGY FOR HEALTH AND WELL-BEING   | 9 | SECOND |
| II | SPORT AND DOPING                            | 9 | SECOND |
| II | SPORTS AND COGNITIVE NEUROSCIENCES          | 9 | SECOND |

No prerequisite courses required