

PHYSICAL EDUCATION AND SPORT SCIENCES

- SPECIALISATION IN SPORTS COACHING

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Who is this course for? People who have a Bachelor's degree in Physical Education and Sport, a similar subject, or a legal equivalent.

Publication in the Official Gazette: Notice no. 11310/2014 (2nd series), no. 195 of 9 October

This course is based on a new model for training coaches that aims to meet the need to base professional practice on technical and scientific knowledge and skills. Since this is a Master's course focused on sports coaching, the goal is to obtain skills based on science and practice that include multidisciplinary knowledge of leading, evaluating and guiding teams and individuals. The course offers students the opportunity to carry out a work placement at a sports institution that is part of the Portuguese sports system or a foreign sports system. Achieving the coaching qualification, taking into account each student's individual training profile, will allow students to coach sports teams or become specialist members of technical teams for high performance sport.

Professional opportunities

Those who complete this course will be qualified to carry out duties as sports coaches, observers (coach analysts), fitness coaches, physical trainers, performance analysts, technical coordinators at sports clubs and trainers for coaches.

Recognition of general training

Level 3. Handball, basketball, football, swimming, competitive swimming, water polo, rugby and volleyball.

Recognition of specific training and work placement

Level 3. Handball

Level 2. Football, basketball and volleyball.

Note: Recognition by the Portuguese Institute of Sport and Youth for the remaining sports is pending.

What makes this course different?

With a range of teachers who have scientific careers recognised in Portugal and internationally, this course is based on up-to-date, relevant research areas. The course structure also includes general and specific training that is duly adapted and guided by the profiles in the national coach training plan. This means that there is a bridge between academic, technical and scientific knowledge and performing the duties of a sports coach. Completing a work placement at an institution of recognised standing in the Portuguese or international sports system allows students to interact with specialist coaches and apply the knowledge they have acquired in a real setting, under supervision. The course includes the recognised excellence of the Research Center in Sports Sciences, Health and Human Development (CIDESD), a research and development unit accredited by the Foundation for Science and Technology.

YEAR 1
SEMESTER 1 • 30 ECTS

- 10 Specific Training I
- 5 Research Methods and Techniques
- 5 Observation of Behaviour in Sport
- 6 Sports Coaching Planning
- 4 Psychology of Sports Coaching

YEAR 1
SEMESTER 2 • 30 ECTS

- 7 Competencies of a Sports Coach
- 7 Effort Physiology and Traumatology in Sports Coaching
- 9 Specific Training II
- 5 Methodology of Sports Coaching
- 2 Thematic Seminars

YEAR 2
SEMESTER 1 • 60 ECTS

30+30 Work Placement or Dissertation