

HIGHER TECHNICAL PROFESSIONAL COURSES

YOUTH SPORTS COACHING



2017/2018 ACADEMIC YEAR



INSTITUTO
POLITÉCNICO
DA MAIA **IPMAIA**

YOUTH SPORTS COACHING

COORDINATOR

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CONTACT DETAILS

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This Higher Technical Professional Course is a vocational training course taught as part of polytechnic higher education and lasts 4 semesters, corresponding to 120 ECTS.

The course is organised into general and scientific training, technical training and on-the-job training (internship), and each student is awarded with a **Higher Technical Professional Diploma at level 5 of the European Qualifications Framework for Lifelong Learning**.

1. Professional profile

The Higher Technical Professional Course in Youth Sports Coaching aims to train professionals **who are able to draw up, manage and supervise**, with autonomy and using specialised knowledge, the planning and execution of coaching, learning, personal development and sporting development processes for young athletes in different sports.

2. Professional opportunities

Sports coach for children and young people at training clubs and schools; coordinator for technical teams and for the coaching planning and competition process; manager of technical teams specialising in assessing performance ability in young sportspeople; sports department coordinator; manager for teams to promote physical activity and sport and recreational and training actions for a wide range of groups; coordinator and manager of facilities connected to sport.

3. Entry requirements (one of the following)

- 3.1 Having completed a **secondary education course** qualification or a legally equivalent qualification.
- 3.2 Having passed the special exams for assessing capacity to attend higher education for **people over 23** (Decree-Law no. 64/2006 of 21 March).
- 3.3 Holding a technological specialisation diploma, a higher technical professional diploma or a higher education qualification.

4. COURSE STRUCTURE

YEAR 1 - 60 ECTS

	Course units	Sem.	Contact hours	ECTS
Technical training	Anatomy and Physiology	1	50	5
	Sports Systematics I – Handball	1	40	4
	Sports Systematics II – Rugby	1	40	4
	Sporting Discipline of Specialisation I	1	40	4
	Motor Learning and Development	1	40	4
	Observation and Analysis of Sports Skills	1	40	4
	Pedagogy and Didactics of Sport	1	50	5
	Sports Systematics III – Basketball	2	40	4
	Sports Systematics IV – Volleyball	2	40	4
	Sporting Discipline of Specialisation II	2	70	7
	Sports Coaching Theory and Methodology	2	50	5
	Sport Psychology	2	50	5
Nutrition, Trauma and First Aid	2	50	5	
			600	60

YEAR 2 - 60 ECTS

	Course units	Sem.	Contact hours	ECTS
General and scientific training	Communicating in the Portuguese Language	1	50	5
	Interpersonal Relationships	1	50	5
	Economic and Social Culture	1	50	5
	Technical English	1	50	5
	Human Behaviour in Organisations	1	50	5
Technical training	Scientific Research Methods	1	50	5
On-the-job Training	On-the-job Training – Internship (750 hours)	1/2		30
			300	60
	Total		900	120

NOTES:

1) This course in Youth Sports Coaching makes it possible to obtain the Level I Sports Coach course through dual certification, which is duly accredited by the Portuguese Institute of Sports and Youth (IPDJ) for certain sports.

2) Completing the course and obtaining the Higher Technical Professional Diploma in Youth Sports Training does not lead, per se, to recognition for the purposes of awarding a vocational title of sports coach by the competent authority – the Portuguese Institute of Sports and Youth (IPDJ).

FOR FURTHER INFORMATION

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Exclusive conditions

- Extensive parking on campus.
- A comfortable, welcoming environment throughout the campus.
- Easy access by public transport, particularly the metro at ISMAI station.
- An environment with new technologies and sport, improved with the construction of a new, state-of-the-art sports complex.

Address

Avenida Carlos de Oliveira Campos
Castêlo da Maia
4475-690 Maia

Telephone number: (+351) 229 866 026

E-mail: info@ipmaia.pt



Metro/Line C - ISMAI

5. Continuing studies – Bachelor's degrees

- 5.1 The application by holders of Higher Technical Professional Diplomas to attend IPMAIA Bachelor's degrees is subject to the conditions established by the institution body that is competent to do so in accordance with the law and the statutes. Depending on the Higher Technical Professional Course and Bachelor's degree, these conditions may establish the need to pass a specific IPMAIA admission exam, or allow the exemption to perform such an exam.
- 5.2 Credits acquired on the Higher Technical Professional Course may be transferred to a Bachelor's degree programme when continuing studies.

Observations

- a) Students who intend to apply for an IPMAIA Bachelor's degree course and must sit the specific admission exam will receive suitable preparation during the teaching of the Higher Technical Professional Course.

