

HIGHER TECHNICAL PROFESSIONAL COURSES

LEISURE SPORTS



2017/2018 ACADEMIC YEAR



INSTITUTO
POLITÉCNICO
DA MAIA **IPMAIA**

LEISURE SPORTS

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 Leisure Sports aims to train **professionals who are able to develop skills in the field of recreational and leisure sports (indoor and outdoor)**. They will be able to accomplish the **coordination and supervision of personal and sports management of children, young people, adults, the elderly and specific groups**. They should be able to put into practice suitably justified conceptual and technical knowledge and ethical values for those purposes.

2. Professional opportunities

Manager/coordinator of group and individual leisure sports activities; leader/monitor/coordinator of nature exploration physical activities; leader/monitor/coordinator for expressive rhythmic activities; manager/coordinator for aquatic leisure activities; manager/coordinator for sports events/projects and sports facilities; lifeguard (in accordance with the protocol with the Portuguese Maritime Rescue Institute – ISN).

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
General and scientific training	Communicating in the Portuguese Language	2	50	5
	Human Behaviour in Organisations	2	50	5
	Economic and Social Culture	2	50	5
	Interpersonal Relationships	1	50	5
	Technical English	1	50	5
Technical training	Anatomy and Physiology	1	40	4
	Group Sports Practices and Activities I – Football and Basketball	1	60	6
	Expressive Rhythmic Activities	1	50	5
	Individual Sports Practices and Activities – Athletics and Tennis	2	60	6
	Physical Activity in Nature Exploration	1	50	5
	Mountain Biking	2	50	5
	Sports Practice Organisation and Management	2	40	4
			600	60

YEAR 2 • 60 ECTS

	Course units	Sem.	Contact hours	ECTS
Technical training	Group Sports Practices and Activities II – Volleyball and Handball	1	60	6
	Events and Sports Facility Management	1	40	4
	Physical Activity for Specific Populations	1	50	5
	Aquatic Leisure Activities	1	50	5
	Basic Life Support and First Aid	1	50	5
	Life-Saving Techniques for Aquatic Environments	1	50	5
On-the-job Training	On-the-job Training – Internship (750 hours)	2		30
			300	60
	Total		900	120

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.

