

BACHELOR'S DEGREE

# SPORT, FITNESS AND WELLNESS



2019/2020 ACADEMIC YEAR



INSTITUTO  
POLITÉCNICO  
DA MAIA **IPMAIA**

# SPORT, FITNESS AND WELLNESS

## COORDINATOR

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## ADMISSION EXAMS AND

### PREREQUISITES

Biology and Geology (02); or

Mathematics Applied to Social

Sciences (17); or Portuguese (18).

Requires the satisfaction of prerequisites of GROUP E - Functional and Physical Fitness (Medical Statement).

## PUBLICATION IN THE OFFICIAL GAZETTE

Notice no. 7359/2018 (2nd series), no.

104 of 30/05/2018

This Bachelor's degree pursues the general goal of graduating in Sport, Fitness and Wellness. It is a 1st cycle course with 6 semesters (180 ECTS), whose main objective is to train qualified and specialized professionals who can act with competence and commitment in a rapidly expanding sector, with urgent needs of qualified human resources :

- at the level of gymnasiums and academies, in physical activities in the areas of fitness;
- in personalized training (PT);
- in physical evaluation and physical exercise prescription;
- in the technical direction of gymnasiums;
- in physical activity for recreation and leisure, focusing on the promotion of health and well-being.

## Career Opportunities and Employability

Gymnasiums and academies, fitness and wellness centers, health clubs, public administration institutions and rehabilitation clinics are the natural market for holders of a Bachelor's degree in Sport, Fitness and Wellness, who are qualified to conduct, among others, the following tasks:

- Teaching specific fitness and wellness activities, such as: bodybuilding, localized, water aerobics, cardiofitness, step, indoor cycling, body & mind, crosstraining, swimming, pilates;
- Providing physical condition assessments and exercise prescription in different populations, including children, pregnant women, the elderly and people with chronic diseases;
- Developing personalized training programs to maintain and improve the physical condition and well-being of young people and adults;
- Leading teams for the development and monitoring of programs to promote the health and well-being of the population, and public health surveillance;
- Conducting the technical direction of gymnasiums and academies, fitness and wellness centers, and health clubs;
- Teaching in Curriculum Enrichment Activities (AEC) - Physical and Sports Activity, 1st Cycle of Basic Education (cf. Dispatch no. 14460/2008).

## What makes this course different?

The degree in Sport, Fitness and Wellness at IPMAIA provides a full professional and personal development for students, enhanced by the academic relationship with highly qualified teachers, with a strong connection to the world of sports organizations, in the context of an excellent Academic Campus.

National students will be able to contact with colleagues from different nationalities, cultures and visions, and may also benefit from incentives for international exchange programs

## YEAR 1

### SEMESTER 1 • 30 ECTS

- 4 Anatomophysiology I
- 3 Anthropology of Sport and Exercise
- 5 Physical Activity, Health and Wellness
- 5 Fitness I
- 4 Introduction to Scientific Research in Sport and Exercise
- 4 Psychology of Development in Sport and Exercise
- 5 Systematics of Sport I

### SEMESTER 2 • 30 ECTS

- 5 Anatomophysiology II
- 5 Motor Control and Learning
- 4 Motor Development
- 6 Fitness II
- 4 Nutrition in Sport and Exercise
- 3 Psychology of Health and Wellness
- 3 Systematics of Sport II

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## YEAR 2

### SEMESTER 1 • 30 ECTS

- 5 Evaluation and Prescription of Exercise I
- 5 Biomechanics of Sports Activities
- 5 Physiology of Effort
- 6 Fitness III
- 5 Sports Management I
- 4 Systematics of Sport III

### SEMESTER 2 • 30 ECTS

- 5 Evaluation and Prescription of Exercise II
- 6 Fitness IV
- 5 Methodologies of Scientific Research in Sport and Exercise
- 5 Pedagogy of Sport and Exercise
- 5 Psychology of Sport and Exercise
- 4 Traumatology and First Aid

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## YEAR 3

### SEMESTER 1 • 30 ECTS

- 4 Evaluation and Prescription of Exercise III
- 4 Group Dynamics in Sport and Exercise
- 7 Fitness V
- 7 Fitness VI
- 4 Sports Management II
- 4 Sociology of Sport

### SEMESTER 2 • 30 ECTS

- 3 Physical Activity in Work Context
- 3 Fitness Ethics, Deontology and Legislation
- 3 English
- 4 Public Health and Physical Activity
- 17 Internship

# 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  
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4475-690 Maia

**Telephone number:** (+351) 229 866 026

**E-mail:** info@ipmaia.pt



**Metro/Line C** - ISMAI



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