

BACHELOR'S DEGREE

# SPORTS COACHING



2017/2018 ACADEMIC YEAR



INSTITUTO  
POLITÉCNICO  
DA MAIA **IPMAIA**

# SPORTS COACHING

## COORDINATOR

Nuno Jorge Sousa Pimenta

[coord.ip.td@ipmaia.pt](mailto:coord.ip.td@ipmaia.pt)

## ADMISSION EXAMS

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. 8609/2015 (2nd series), no. 152 of 06/08/2015

Today's sports coaches are expected to have cultural and technical-vocational training at higher education level. This course's overall aim is to train **graduates in Sports Coaching** in accordance with the regime for accessing and working as a sports coach, which relies upon **obtaining a vocational certificate as a sports coach**. **Skills** will be developed in the **areas of coaching, competitions, management, research and education/training, based on the ability to assist, plan, organise, guide and assess the sports coaching process** in a context grounded in practice, research and reflection.

### Professional opportunities

Graduates in Sports Coaching have specialised scientific and vocational training that allows them to lead sports coaching processes or to be members of a technical team in a range of sporting contexts as specialised professionals. **Some examples: Sports coach, assistant sports coach, physical trainer, scouting and statistics, physical recovery**. Completing this Bachelor's degree also gives graduates access to several master's courses in the field of sport: **Sports Coaching; Physical Education and Sport; Sport Management; Physical Exercise and Health**.

### What makes this course different?

When they register, students should indicate the **specialization sport** in which they will carry out specific training and an annual internship. **The specific training in individual sports** is given by **expert teachers** with a vast amount of **practical** experience. Finally, **carrying out an internship** allows students to **apply their knowledge** and put the skills acquired into practice in a real context with supervision. The **study plan** establishes wide-ranging training suitable for the **profile of a level 2 coach\***.

\* See: <http://prodesporto.idesporto.pt/conteudos/listas/PRCS.xls>

## YEAR 1

### SEMESTER 1 • 30 ECTS

- 5 Sporting Discipline of Specialisation I
- 5 Sports Systematics I – Rugby
- 5 Sports Systematics II – Handball
- 4 Motor Skills Learning
- 5 Anatomy and Physiology
- 6 Psychology of Sport

### SEMESTER 2 • 30 ECTS

- 5 Sporting Discipline of Specialisation I
- 5 Sports Systematics III – Basketball
- 4 Motor Growth and Development
- 5 Theory and Methodology of Sports Coaching I
- 6 Physiology of Exercise
- 5 Traumatology and First Aid

---

## YEAR 2

### SEMESTER 1 • 30 ECTS

- 5 Sporting Discipline of Specialisation II
- 5 Sports Systematics IV - Futsal
- 5 Sports Systematics V - Swimming
- 5 Sport Pedagogy
- 6 Theory and Methodology of Sports Coaching II
- 4 Observation and Analysis of Sporting Skills

### SEMESTER 2 • 30 ECTS

- 5 Sporting Discipline of Specialisation II
- 5 Sports Systematics VI – Athletics
- 5 Sports Systematics VII – Volleyball
- 5 Sports Biomechanics
- 5 Sport Pedagogy and Didactics
- 5 Coaching Assessment and Control

---

## YEAR 3

### SEMESTER 1 • 30 ECTS

- 18 Specialisation Internship
- 4 Scientific Research Methodologies
- 4 Nutrition, Training and Competition
- 4 Coaching Sociology

### SEMESTER 2 • 30 ECTS

- 18 Specialisation Internship
- 4 Sports Marketing and Management
- 4 Ethics and Deontology
- 4 English

# FOR FURTHER INFORMATION

🌐 ipmaia.pt • 📘 fb.com/ipmaia.pt



## 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



INSTITUTO  
POLITÉCNICO  
DA MAIA **IPMAIA**