

# INEFC Lleida Campus Study Guide. BSc in Sport Sciences

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## INEFC Lleida Campus Study Guide. BSc in Sport Sciences

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## Foreword

The National Institute of Physical Education of Catalonia (INEFC) is a leading academic and research institution in the field of physical activity and sport. The Lleida campus, affiliated centre of the University of Lleida (UdL), began in 1983 to offer a 5-year degree in Physical Education. Ever since, academic programmes changed to adapt new times until today fully integrates with the ECTS.

Currently, INEFC hosts 800+ undergraduate students (4-year BSc in Sport Sciences, 240 ECTS) and graduated students taking part in Master and Doctorate Programmes. It staffs 50+ lecturers and professors and 30+ administrative and technical professionals.

We are proud of our graduated students, who work worldwide in areas such as sport performance, fitness and health, physical education, sport and leisure or sport management.

Research is a keystone of our institution. INEFC is member of scientific networks, participates in European joint projects and has bilateral agreements with institutions world-wide.

I believe that we encourage international students to come over and, surely, they will take the most of the exchange experience.

Xavier Peirau-Terés, PhD  
Director

The first international exchange students came in 1997 from the *Universität Bayreuth* (Germany) and *Université de Picardie Jules Verne* (France). To date, we have received more than 300 exchange students from 49 partner universities, from 16 countries in Europe, America and Asia.

The language of tuition at the University of Lleida (including INEFC) is Catalan, however most courses are held interchangeably also in Spanish with English materials. Lleida is a welcoming city that provides an ideal environment for international students to enjoy and take profit of one semester or one academic year.

This document provides a summary of the courses offered for exchange students with emphasis of ECTS options and language skills needed to take part on. Regular students must take 6 ECTS for each course-code, and exchange students can choose between a range of ECTS options and will be enrolled with local student groups.

We hope that our catalogue of over 200 ECTS for students with no language skills (Catalan or Spanish) is of your interest. Also, be welcome to take part in the other courses if your language skills are of A2 or B2. INEFC offers a buddy programme with local students that will surely help you to become skilful soon!

Sebastià Mas-Alòs, PhD  
Deputy Director of Support and Innovation

## General considerations

### SEMESTER

- Autumn (*Primer Semestre*)      à      From September to January
- Winter                              à      Snow-related courses held in the end of January and beginning of February. Suitable for incoming students of Autumn and/or Spring
- Spring (*Segon Semestre*)      à      From February to June

### ECTS OPTIONS

All courses for local students are of 6 ECTS. However, international students may choose from other options (more or less ECTS). For example, you can choose between different contents or course units.

### NO LANGUAGE SKILLS?

You can take any of the courses offered at INEFC. No certification is required, is up to each student to decide what courses is willing to take. Some courses require more language skills than others. It is recommended to take part into language courses offered by the UdL during each semester.

1. Language Friendly + (B2 Spanish or Catalan recommended).
2. Language Friendly ++ (A2 of Spanish or Catalan recommended).
3. Language Friendly +++ (No Spanish or Catalan required).

### METHODOLOGY

- Lecture (L)                      à      Big group theoretical lesson. In a classroom.
- Seminar (S)                    à      Smaller group. In a classroom, laboratory, sports field...
- Practical lesson (P)        à      Held in any sport facility at INEFC. Sport clothes are required. Each course may require specific equipment.

### SCHEDULE

The number following L/S/P refers to the amount of lessons per week.

The Schedule written here is illustrative, you must check the official schedules ([click here](#)).

### COURSE CODE

- Blue      à      Health Sciences
- Grey      à      Social Sciences (excluding Teaching Education)
- Red      à      Sports (excluding Outdoor)
- Green    à      Outdoor Sports
- Yellow   à      Physical Education

## Overview

### ECTS by study area

Study Area	Full Year		Autumn Semester		Winter Term		Spring Semester	
	Total	LF+++	Total	LF+++	Total	LF+++	Total	LF+++
Health Sciences	72	17	43	9			29	8
Outdoor Sports	87	55	30	20	27	14	30	21
Physical Education	54	14	24	2			30	12
Social Sciences	30	12	18	6			12	6
Sports – Discipline	97	76	42	35			55	41
Sports – Theory	32	2	12	2			20	0
<b>TOTAL</b>	<b>398*</b>	<b>194*</b>	<b>169</b>	<b>74</b>	<b>27</b>	<b>14</b>	<b>176</b>	<b>88</b>

Note: LF+++, Language Friendly +++ (No Spanish or Catalan required).

\* The total number of ECTS is the result of those provided by regular courses plus two full-year courses that may be of any study area – Bachelor Thesis (6 ECTS LF+++ and Practical Internship (3-20 ECTS, LF+++ for 12 ECTS)

### Sport Disciplines<sup>1</sup>

Students may participate in 35 different sports:

Alpine Skiing, Artistic Gymnastics, Athletics, Badminton, Basketball, Beach Handball, Beach Volleyball, Canyoning, Cross Country Skiing, Enduro MTB, Fitness, Football, Handball, Judo, Kayaking, Nordic Walking, Orienteering, Paddle Tennis, Rafting, Rhythmic Gymnastics, Rock Climbing, Rugby, Rugby Sevens, Sailing, Scuba Diving, Snowboarding, Stand-Up Paddleboarding (SUP), Surfing, Swimming, Tennis, Trail Running, Via Ferrata, Volleyball, Water polo, Windsurfing.

<sup>1</sup>The list refers to courses of the BSc in Sport Sciences Programme. Exchange students may take part as well in specific sports coach diplomas (technical education), jointly organised by INEFC and the Catalan School of Sport, Government of Catalonia ([http://esport.gencat.cat/ca/arees\\_dactuacio/formacio/](http://esport.gencat.cat/ca/arees_dactuacio/formacio/)) (in Catalan). Exchange students may, as well, participate in university competitions organised by the UdL Sports Unit (<http://www.esports.udl.cat/>) (in Catalan). Exchange students may join the *Club INEF Lleida* sports club, for leisure training or competition (sports federation) (<https://www.clubinefleida.com/>) (in Catalan).





## AUTUMN SEMESTER. SUMMARY

## Health Sciences

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800001	Sport Anatomy	Anatomia aplicada a l'Activitat física i l'Esport	1 <sup>st</sup>	2-4-6 ECTS	4
800002	Sport Psychology	Psicologia de l'Activitat física i l'Esport	1 <sup>st</sup>	6 ECTS	0
800011	Exercise Physiology II	Fisiologia de l'Exercici II	2 <sup>nd</sup>	2-6-7 ECTS	2
800015	Statistics and Research Methodology for Physical Activity and Sports	Estadística i metodol. Investigació en Activ. Fis. i Esport	2 <sup>nd</sup>	2-4-6 ECTS	0
800021	Sport Injuries, Return-to-Play and First Aid	Primers auxilis i patologies de l'Act. Física i l'Esport	3 <sup>rd</sup>	3-6 ECTS	3
800026	Sport Kinesiology and Exercise Technology	Cinesiologia i tecnologia de l'exercici físic	3 <sup>rd</sup>	1,5-4,5-6 ECTS	0
800031	Sport Nutrition and Body Composition	Nutrició i Dietètica: Valoració de la composició corporal	4 <sup>th</sup>	6 ECTS	0

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## Outdoor Sports

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++	Extra cost
800019	Outdoor activities – Theory and Adventure Combo I (Equestrian, Climbing, Orienteering, Nordic Walking, Kayaking, Bivouac)	Activitats en el Medi Natural (Teoria i Combinada I: equitació, escalada, orientació, marxa nòrdica, piragüisme, bivac)	2 <sup>nd</sup>	2-3 ECTS	2	160 €
800028	Emerging Sports - Scuba Diving	Esports emergents (Submarinisme)	3 <sup>rd</sup>	3 ECTS	3	325 €
800034	Advanced Sports III - Enduro MTB	Ampliació d'esports III (BTT Enduro)	4 <sup>th</sup>	3-6 ECTS	3	250 €
800034	Advanced Sports III - Cross-Country Skiing	Ampliació d'esports III (Esquí Nòrdic)	4 <sup>th</sup>	3-6 ECTS	3	350 €
800034	Advanced Sports III - Kayaking	Ampliació d'esports III (Piragüisme)	4 <sup>th</sup>	3-6 ECTS	3	260 €
800034	Advanced Sports III - Endurance	Ampliació d'esports III (Resistència)	4 <sup>th</sup>	6 ECTS	6	100 €

## Physical Education

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800003	Basics of Motor Skills	Manifestacions bàsiques de la Motricitat	1 <sup>st</sup>	6 ECTS	0

## Physical Education (cont.)

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800013	Motor learning and development	Aprenentatge i Desenvolupament Motor	2 <sup>nd</sup>	2-4-6 ECTS	0
800024	Adapted Physical Activity	Principis i bases de l'ensenyament de l'activitat física i de l'esport adaptat	3 <sup>rd</sup>	2-4-6 ECTS	2
800033	Teaching & Evaluation of Educational Processes in Physical Activity and Sports	Intervenció i avaluació de l'ensenyament de l'act.física i de l'esport	4 <sup>th</sup>	3-6 ECTS	0

## Social Sciences

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800017	Sociology and History of Physical Activity and Sport	Sociologia i Història de l'Activitat física i l'Esport	2 <sup>nd</sup>	6 ECTS	6
800025	Sport Law and Organisation	Legislació i organització de l'esport	3 <sup>rd</sup>	3-6 ECTS	0
800035	Sport and Leisure	Esport i recreació	4 <sup>th</sup>	6 ECTS	0

## Sports - Disciplines

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800004	Individual Sports – Athletics	Esports II (Atletisme)	1 <sup>st</sup>	1-2 ECTS	1
800004	Individual Sports - Badminton	Esports II (Badminton)	1 <sup>st</sup>	1-2 ECTS	1
800004	Individual Sports - Swimming	Esports II (Natació)	1 <sup>st</sup>	1-2 ECTS	1
800014	Individual Sports - Artistic Gymnastics	Esports IV (Artística)	2 <sup>nd</sup>	1-2 ECTS	1
800014	Individual Sports - Judo	Esports IV (Judo)	2 <sup>nd</sup>	1-2 ECTS	2
800014	Individual Sports - Rhythmic Gymnastics	Esports IV (Rítmica)	2 <sup>nd</sup>	1-2 ECTS	1
800027	Advanced Team Sports - Basketball	Ampliació d'esports I (Bàsquet)	3 <sup>rd</sup>	2-4-6 ECTS	6
800027	Advanced Team Sports - Football	Ampliació d'esports I (Futbol)	3 <sup>rd</sup>	2-4-6 ECTS	6
800027	Advanced Team Sports - Handball	Ampliació d'esports I (Handbol)	3 <sup>rd</sup>	2-4-6 ECTS	6
800027	Advanced Team Sports - Rugby	Ampliació d'esports I (Rugbi)	3 <sup>rd</sup>	2-4-6 ECTS	6
800027	Advanced Team Sports - Volleyball	Ampliació d'esports I (Voleibol)	3 <sup>rd</sup>	4-6 ECTS	4

## Sports - Theory

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800005	Analysis of Exercise and Sports Structure	Anàlisi de l'estructura funcional dels esports i estructura de l'exercici físic	1 <sup>st</sup>	3-6 ECTS	0
800032	Theory and Methodology of Sports Training III - Planning and periodization	Teoria de l'Entrenament III	4 <sup>th</sup>	2-6 ECTS	2

## WINTER TERM. SUMMARY

### Outdoor Sports

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++	Extra cost
800019	Outdoor activities - Skiing and Snowboarding	Activitats en el Medi Natural (Activitats de neu I)	2 <sup>nd</sup>	2-3 ECTS	2	495 €
800028	Emerging Sports - Alpine Skiing	Esports emergents III (Esquí alpi)	3 <sup>rd</sup>	3-6 ECTS	3	960 €
800028	Emerging Sports - Snowboarding	Esports emergents III (Snowboard)	3 <sup>rd</sup>	3-6 ECTS	3	960 €
800034	Advanced Sports III - Alpine Skiing	Ampliació d'esports III (Esquí alpi)	4 <sup>th</sup>	3-6 ECTS	3	960 €
800034	Advanced Sports III - Snowboarding	Ampliació d'esports III (Snowboard)	4 <sup>th</sup>	3-6 ECTS	3	960 €

## SPRING SEMESTER. SUMMARY

### Health Sciences

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800006	Exercise Physiology I	Fisiologia de l'Exercici I	1 <sup>st</sup>	2-6-7 ECTS	2
800016	Sport Biomechanics	Biomecànica de l'Activitat física i l'Esport	2 <sup>nd</sup>	6 ECTS	0
800029	Health-enhancing physical activity (HEPA) promotion and health-related exercise	Promoció i prescripció d'exercici físic per a la salut	3 <sup>rd</sup>	3-6-8 ECTS	3
800037	Chronic Diseases and Exercise Training	Optativa 2 Disfuncions orgàniques i exercici físic	4 <sup>th</sup>	3-6-8 ECTS	3

## Outdoor Sports

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++	Extra cost
800019	Outdoor activities – Nautical activities (sailing, windsurfing, SUP, kayaking)	Activitats en el Medi Natural (Act. Nàutiques I)	2 <sup>nd</sup>	2-3 ECTS	3	400 €
800019	Outdoor activities - Adventure combo II (Rafting, Climbing, MTB, Kayaking, Canyoning, Via ferrata)	Activitats en el Medi Natural (Combinada II: Rafting, escalada, BTT, caiac, barranquisme, via ferrada)	2 <sup>nd</sup>	2-3 ECTS	3	250 €
800019	Outdoor activities – Ecotourism (trekking, MTB, Nordic walking)	Activitats en el Medi Natural (Ecoturisme)	2 <sup>nd</sup>	2-3 ECTS	0	150 €
800028	Emerging Sports - Orienteering races	Esports emergents (Curses d'Orientació)	3 <sup>rd</sup>	3 ECTS	3	110 €
800028	Emerging Sports - Rock Climbing	Esports emergents (Escalada)	3 <sup>rd</sup>	3 ECTS	3	110 €
800028	Emerging Sports – Sailing and windsurfing	Esports emergents (Nàutiques: vela i windsurf)	3 <sup>rd</sup>	3-6 ECTS	3	790 €
800028	Emerging Sports - Surfing	Esports emergents (Surf)	3 <sup>rd</sup>	3 ECTS	3	350 €
800034	Advanced Sports III – Sailing and windsurfing	Ampliació d'esports III (Vela i windsurf)	4 <sup>th</sup>	3-6 ECTS	3	790 €

## Physical Education

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800007	Didactics of Physical Activity and Sport	Pedagogia i principis didàctics de l'Activ. Fís. i l'Esport	1 <sup>st</sup>	4-6 ECTS	0
800009	Theory and Practice of Games	Teoria i Pràctica del Joc Motor	1 <sup>st</sup>	6 ECTS	6
800010	Creative Movement and Dance	Expressió Corporal i Dansa	1 <sup>st</sup>	6 ECTS	6
800020	Teaching and Learning Physical Activity and Sport	Programació de l'ensenyament de l'Activ. física i l'Esport	2 <sup>nd</sup>	6 ECTS	0
800036	Professional Intervention Skills in Physical Activity Teaching	Optativa 1 Habilitats per a la intervenció professional en l'ensenyament de la motricitat	4 <sup>th</sup>	6 ECTS	0

## Social Sciences

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800030	Sport Management	Gestió de l'Esport	3 <sup>rd</sup>	3-6 ECTS	3
800039	Advances in Sport Management and Organisation	Optativa 4 Recursos per a la gestió i l'organització de l'esport i la recreació	4 <sup>th</sup>	3-6 ECTS	3

## Sports - Disciplines

Code	Course Name in English	Course Name in Catalan	Year	Semester	ECTS Range	ECTS LF+++
800008	Team Sports - Basketball	Esports I (Bàsquet)	1 <sup>st</sup>	Spring	1-2 ECTS	1
800008	Team Sports - Football	Esports I (Futbol)	1 <sup>st</sup>	Spring	1-2 ECTS	2
800018	Team Sports - Handball	Esports III (Handbol)	2 <sup>nd</sup>	Spring	1-2 ECTS	2
800018	Team Sports - Rugby	Esports III (Rugbi)	2 <sup>nd</sup>	Spring	1-2 ECTS	1
800018	Team Sports - Volleyball	Esports III (Voleibol)	2 <sup>nd</sup>	Spring	1-2 ECTS	1
800023	Advanced Individual Sports - Athletics	Ampliació d'esports II (Atletisme)	3 <sup>rd</sup>	Spring	2-4-6 ECTS	2
800023	Advanced Individual Sports - Gymnastics	Ampliació d'esports II (Gimnàstica)	3 <sup>rd</sup>	Spring	2-4-6 ECTS	2
800023	Advanced Individual Sports - Badminton	Ampliació d'esports II (Bàdminton)	3 <sup>rd</sup>	Spring	2-4-6 ECTS	6
800023	Advanced Individual Sports - Judo	Ampliació d'esports II (Judo)	3 <sup>rd</sup>	Spring	2-4-6 ECTS	6
800023	Advanced Individual Sports - Swimming	Ampliació d'esports II (Natació)	3 <sup>rd</sup>	Spring	2-4-6 ECTS	6
800028	Emerging Sports - Fitness	Esports emergents (Fítnes)	3 <sup>rd</sup>	Spring	3 ECTS	3
800028	Emerging Sports - Beach-Handball	Esports emergents (Handbol-platja)	3 <sup>rd</sup>	Spring	1 ECTS	1
800028	Emerging Sports - Paddle Tennis	Esports emergents (Pàdel)	3 <sup>rd</sup>	Spring	3 ECTS	3
800028	Emerging Sports - Rugby Sevens	Esports emergents (Rugbi-7)	3 <sup>rd</sup>	Spring	2 ECTS	2
800028	Emerging Sports - Tennis	Esports emergents (Tennis)	3 <sup>rd</sup>	Spring	3 ECTS	0
800028	Emerging Sports - Beach-Volley	Esports emergents (Volei-platja)	3 <sup>rd</sup>	Spring	1 ECTS	1
800028	Emerging Sports - Water polo	Esports emergents (Waterpolo)	3 <sup>rd</sup>	Spring	2 ECTS	2

## Sports - Theory

Code	Course Name in English	Course Name in Catalan	Year	ECTS Range	ECTS LF+++
800008	Introduction to Team Sports	Esports col·lectius I (Iniciació)	1 <sup>st</sup>	1-2 ECTS	0
800012	Theory and Methodology of Sports Training I - Training principles and endurance	Teoria de l'Entrenament I	2 <sup>nd</sup>	3-6 ECTS	0
800022	Theory and Methodology of Sports Training II - Strength	Teoria de l'Entrenament II	3 <sup>rd</sup>	6 ECTS	0
800038	Advances in Sport Training	Optativa 3 Optimització de l'entrenament esportiu	4 <sup>th</sup>	3-6 ECTS	0

## AUTUMN SEMESTER. COURSES DESCRIPTION

<b>800001</b>	<b>Sport Anatomy</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Upper or lower body anatomy. Practical assessment. 4 ECTS = Upper and lower body anatomy. Practical assessment. 6 ECTS = Full course.
No language skills?	4 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Physical Education and Sport is based on motor skills and this has the functional and structural support of the musculoskeletal system. Sport Anatomy studies the active and passive elements of the musculoskeletal system and its relationships from a structural point of view.
Methodology	1 Lectures + 2 Seminar weekly.
Schedule	L1 Wed (8.30-10.00). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Mo (15.00-16.30). S2 Tue (8.30-10.00) or Tue (10.30-12.00) or Tue (12.00-13.30) or Tue (15.00-16.30).
Choose the course if...	You want to learn the basics of human anatomy and/or you like health studies.

<b>800002</b>	<b>Sport Psychology</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	It provides basic knowledge to understand people's behaviour, with the aim of allowing a better intervention on human relations in different fields of application of physical activity and sport.
Methodology	2 Lectures + 1 Seminar weekly.
Schedule	L1 Wed (10.30-12.00) or Wed (12.00-13.30). L2 Fri (8.30-10.00) or Fri (10.30-12.00). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Mo (15.00-16.30) or Mo (16.30-18.00).
Choose the course if...	You are interested in human psychology and you want to learn how to deal with different behaviours, including individual and group.

<b>800003</b>	<b>Basics of Motor Skills</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	The course studies the result of various manifestations of human motricity, its actions -motor skills- as well as perceptive, physical and socio-motive. All of them are studied according to objective observation and practical analysis of motor skills.
Methodology	1 Lecture + 2 Practical in the Expression Room weekly.
Schedule	L1 Wed (10.30-12.00) or Wed (12.00-13.30). P1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Mo (16.30-18.00) or Wed (8.30-10.00) or Wed (10.30-12.00). P2 Thu (8.30-10.00) or Thu (10.30-12.00) or Thu (12.00-13.30) or Fri (12.00-13.30).
Choose the course if...	You are interested in motor skills and theoretical studies about motricity.

<b>800004</b>	<b>Sports II - Badminton</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). Full course: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic badminton skills and rules.
Methodology	1 Practical lesson weekly in the court. Theory content is done during practice.
Schedule	P1 Wed (15.00-16.30) or Thu (8.30-10.00) or Thu (10.30-12.00) or Thu (12.00-13.30) or Thu (15.00- 16.30).
Choose the course if...	You want to learn how to play basics of badminton, and teach to younger ages and use it as an educational tool in other contexts.

<b>800004</b>	<b>Sports II - Swimming</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic swimming skills and rules.
Methodology	1 Practical lesson weekly in the swimming pool. Swimming suit, cap and flip-flops are provided by the student. Theory content is done during practice.
Schedule	P1 Tue (8.30-10.00) or Tue (10.30-12.00) or Tue (12.00-13.30) or Wed (8.30-10.00) or Wed (10.30-12.00).
Choose the course if...	You want to learn basics skills of swimming in a practical way.

<b>800004</b>	<b>Sports II - Athletics</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic track-and-field skills and rules.
Methodology	1 Practical lesson weekly in the athletics field. Theory content is done during practice.
Schedule	P1 Mo (12.00-13.30) or Mo (15.00-16.30) or Mo (16.30-18.00) or Tue (8.30-10.00) or Tue (10.30-12.00).
Choose the course if...	You want to learn basics skills of athletics in a practical way.



<b>800005</b>	<b>Analysis of Exercise and Sports Structure</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	3 ECTS = "Analysis of Exercise" or "Sport Structure" units. 6 ECTS = Full course.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	This course studies basic structure of motor development and basic theory of sports training, such as the structure of a session/workout.
Methodology	1 Lecture + 2 seminars weekly.
Schedule	<p>"Analysis of Exercise" unit: L1 biweekly + S2 weekly. "Sport Structure" unit: L1 biweekly + S1 weekly.</p> <p>L1     Fri (10.30-12.00) or Fri (12.00-13.30). S1     Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Mo (15.00-16.30) or Mo (16.30-18.00). S2     Tue (8.30-10.00) or Tue (10.30-12.00) or Tue (12.00-13.30) or Wed (15.00-16.30) or Wed (16.30-18.00).</p>
Choose the course if...	You want to know the basics of training theory and motor development. You will design sessions/workouts with a well-prepared structure.

<b>800011</b>	<b>Exercise Physiology II</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Attendance with active participation. 6 ECTS = Full course. 7 ECTS = Full course + extra collaboration.
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6-7 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	The orientation of this course is to focus exercise physiology, based in muscle contractions, neuronal physiology, fatigue and human development.
Methodology	2 Lectures + 1 Seminar weekly.
Schedule	<p>L1     Tue (8.30-10.00) or Tue (10.30-12.00). L2     Thu (8.30-10.00) or Thu (10.30-12.00). S1     Mo (8.30-10.00) or Mo (10.30-12.00) or Wed (8.30-10.00) or Wed (10.30-12.00) or Wed (12.00-13.30).</p>
Choose the course if...	You want to go in-depth on exercise physiology, and do some laboratory work.

<b>800013</b>	<b>Motor Learning and Development</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = "Development" unit. 4 ECTS = "Motor Learning" unit. 6 ECTS = Full course.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Different learning processes in human motor control.
Methodology	2 Lectures + 1 Seminar weekly.
Schedule	"Motor Learning" unit from Set to Nov. "Development" unit from Nov to Dec. L1 Tue (8.30-10.00) or Tue (10.30-12.00). L2 Thu (8.30-10.00) or Thu (10.30-12.00). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Wed (8.30-10.00) or Wed (10.30-12.00) or Wed (12.00-13.30).
Choose the course if...	You like education and psychology. To understand learning processes in different stages.

<b>800014</b>	<b>Sports IV - Artistic Gymnastics</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic artistic gymnastics skills and rules.
Methodology	1 Practical lesson weekly in the sports hall. Theory content is done during practice.
Schedule	P1 Tue (12.00-13.30) or Tue (15.00-16.30) or Wed (8.30-10.00) or Thu (10.30-12.00) or Thu (12.00-13.30).
Choose the course if...	You want to learn and teach basics of artistic gymnastics in a practical way.

<b>800014</b>	<b>Sports IV - Judo</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic judo skills and rules.
Methodology	1 Practical lesson weekly in the sports hall. Judogi or Kimono is provided by the student. Theory content is done during practice.
Schedule	P1 Tue (10.30-12.00) or Tue (12.00-13.30) or Wed (12.00-13.30) or Fri (10.30-12.00) or Fri (12.00-13.30).
Choose the course if...	You want to learn and teach basics of judo in a practical way.

<b>800014</b>	<b>Sports IV - Rhythmic Gymnastics</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic rhythmic gymnastics skills and rules.
Methodology	1 Practical lesson weekly in the sports hall. Theory content is done during practice.
Schedule	P1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mon (12.00-13.30) or Mo (15.00-16.30) or Thu (15.00-16.30) .
Choose the course if...	You want to learn and teach basics of rhythmic gymnastics in a practical way.

800015	Statistics and Research Methodology for Physical Activity and Sports
SEMESTER	Autumn
ECTS Options	2 ECTS per unit (2-4-6 ECTS total). <ul style="list-style-type: none"> <li>- Introduction of Research Methods.</li> <li>- Descriptive statistics.</li> <li>- Reliability and validity of tests.</li> </ul>
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Introduction and basics of scientific research.
Methodology	2 Lectures + 1 Seminar in the Computer Room weekly.
Schedule	<p>“Introduction of Research Methods” unit from Set to Oct.  “Descriptive statistics” unit from Oct to Nov.  “Reliability and validity of tests” unit in Des.</p> <p>L1 Thu (12.00-13.30).  L2 Fri (12.00-13.30).  S1 Wed (10.30-12.00) or Wed (12.00-13.30) or Wed (15.00-16.30) or Fri (8.30-10.00).</p>
Choose the course if...	You like science knowledge and research. Also, computer work and statistics. You will have an initiation on descriptive statistics and research.

800017	Sociology and History of Physical Activity and Sport
SEMESTER	Autumn
ECTS Options	6 ECTS.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic introduction to sport history and sociology. The impact of sport on society.
Methodology	2 Lectures + 1 Seminar weekly. A final work placement is about implementing a social research.
Schedule	<p>L1 Mo (12.00-13.30).  L2 Tue (12.00-13.30) or Tue (15.00-16.30)  S1 Wed (8.30-10.00) or Wed (10.30-12.00) or Wed (12.00-13.30) or Wed (15.00-16.30).</p>
Choose the course if...	You like history and social behaviour analysis and the importance that sport can have in society.

800019	Outdoor activities – Theory and Adventure combo I (Equestrian + Climbing + Orienteering + Nordic Walking + Kayaking + Bivouac)
SEMESTER	Autumn
ECTS Options	2 ECTS = 100% Attendance prior to practical assessment. 3 ECTS = Full course (Practice and work placement).
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 3 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Introduction to different adventure activities.
Methodology	Extra cost: 160€ Specific equipment is provided by INEFC. Intensive 5-day course in La Seu d’Urgell town. Practice and theory. Any level of skills. Due to organisational issues, you must confirm participation two months prior beginning the course.
Schedule	Five full days in September: 2 <sup>th</sup> to 6 <sup>th</sup> or 7 <sup>th</sup> to 11 <sup>st</sup> or 12 <sup>th</sup> to 17 <sup>th</sup> .
Choose the course if...	You want to try a bit of several adventure sports. You want to enjoy the nature.

800021	Sport Injuries, Return-to-Play and First Aid
SEMESTER	Autumn
ECTS Options	3 ECTS = Attendance with active participation. 6 ECTS = Full course
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	In this course you will learn the different types of sport injuries and first aid in sport. Also, you will learn the process of physical re-education and return-to-play.
Methodology	2 Lectures + 1 Seminar weekly. Sport clothes are required for seminars.
Schedule	L1 Mo (8.30-10.00). L2 Tue (8.30-10.00). S1 Mo (10.30-12.00) or Thu (10.30-12.00) or Thu (12.00-13.00) or Thu (15.00-16.30).
Choose the course if...	You are interested in first aid and injury prevention or recovery. Recommended if you want to work in return-to-play or rehabilitation.

800024	Adapted Physical Activity
SEMESTER	Autumn
ECTS Options	2 ECTS = Attendance with active participation. 4 ECTS = To agree with the teacher. 6 ECTS = Full course.
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 4-6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	You will learn about the principles of adapted physical activity in different sessions with groups of people with disabilities.
Methodology	2 Lectures + 1 Seminar in the Sports Hall weekly.
Schedule	L1 Wed (12.00-13.30) or Wed (15.00-16.30). L2 Thu (8.30-10.00) or Thu (10.30-12.00). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Tue (10.30-12.00) or Tue (12.00-13.30) or Thu (15.00-16.30).
Choose the course if...	You want to learn working with people with handicap.

800025	Sport Law and Organisation
SEMESTER	Autumn
ECTS Options	3 ECTS = "Sports Law" or "Organisation of Sport" units. 6 ECTS = Full course.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Sport legislation in the current Spanish context.
Methodology	2 Lectures + 1 Seminar.
Schedule	L1 Mon (12.00-13.30). L2 Tue (12.00-13.30). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mon (15.00-16.30) or Tue (10.30-12.00) or Tue (12.00-13.30) or Tue (15.00-16.30).
Choose the course if...	You are interested in working in Spain or want to know about Spanish legislation.

<b>800026</b>	<b>Sport Kinesiology and Exercise Technology</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	1,5 ECTS = Seminars, "Specific active muscular exercise" unit. 4,5 ECTS = Seminars, "Specific joint-region exercises" unit. 6 ECTS = Full course.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	This course studies the characteristics of human movement in a kinetic approach, using new technologies. It also studies functional and compensatory exercises.
Methodology	1 Lecture + 2 Practical lessons in the gym. Sport clothes are required for practical lessons.
Schedule	L1 Fri (12.00-13.30). P1 Wed (10.30-12.00) or Wed (12.00-13.30) or Wed (15.00-16.30) or Wed (16.30-18.00). P2 Thu (8.30-10.00) or Thu (10.30-12.00) or Thu (12.00-13.30) or Thu (15.00-16.30).
Choose the course if...	You want to learn about functional exercises for different applications.

<b>800027</b>	<b>Advanced Sports I – Basketball</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching basketball. Not suitable for beginners in basketball skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the Sports Hall. Theory content is done during practice.
Schedule	P1 Wed (8.30-10.00). P2 Fri (8.30-10.00). Not compatible with "Advanced Team Sports - Volleyball". Compatible with "Advanced Team Sports – Handball, Football and Rugby".
Choose the course if...	You want to practice much of basketball and coach it.

<b>800027</b>	<b>Advanced Sports I - Football</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching football. Not suitable for beginners in football skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lessons. Theory will be imparted in the practical lessons. Football boots are provided by the student.
Schedule	P1 Five full days in September: 4 <sup>th</sup> to 8 <sup>th</sup> . P2 Five full days in September: 12 <sup>th</sup> to 15 <sup>th</sup> . Not compatible with "Advanced in Team Sports - Rugby or Handball". Compatible with "Advanced in Team Sports - Basketball or Volleyball".
Choose the course if...	You want to practice much of football and coach it.

<b>800027</b>	<b>Advanced Sports I - Handball</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching handball. Not suitable for beginners in handball skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the Sports Hall. Theory content is done during practice.
Schedule	P1 Wed (10.30-12.00). P2 Fri (8.30-10.00). No compatible with "Advanced in Team Sports - Football or Rugby" courses. Compatible with "Advanced in Team Sports - Basketball or Volleyball".
Choose the course if...	You want to practice much of handball and coach it.



<b>800027</b>	<b>Advanced Sports I - Rugby</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching rugby. Not suitable for beginners in rugby skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the rugby pitch. Theory content is done during practice. Rugby boots are provided by the student. No piercings nor earrings allowed.
Schedule	P1 Wed (10.30-12.00). P2 Fri (8.30-10.00). No compatible with "Advanced in Team Sports - Football or Handball" courses. Compatible with "Advanced in Team Sports - Basketball or Volleyball".
Choose the course if...	You want to practice much of rugby and coach it.

<b>800027</b>	<b>Advanced Sports I - Volleyball</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	4 ECTS = Practical Attendance with active participation. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	4 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advances in learning and teaching volleyball. Suitable for beginners although intermediate skills are recommended.
Methodology	Theory lessons from Sep to Oct. 2 Practical lessons, from Oct to Dec, in the Sports Hall.
Schedule	P1 Five full days in September: 4 <sup>th</sup> to 8 <sup>th</sup> . P2 Five full days in September: 12 <sup>th</sup> to 15 <sup>th</sup> . Not compatible with "Advanced Team Sports - Basketball". Compatible with "Advanced Team Sports – Handball, Football and Rugby".
Choose the course if...	You want to practice much of volleyball and coach it.

<b>800028</b>	<b>Emerging Sports – Scuba-diving</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic scuba-diving skills. Open Water Diver certificate.
Methodology	Extra cost: 325€ + travel expenses. Specific equipment is provided by INEFC. 2 weekends in May in the Catalan Mediterranean coast. Practice and theory.
Schedule	From 20 <sup>th</sup> to 22 <sup>nd</sup> or 25 <sup>th</sup> to 27 <sup>th</sup> or 28 <sup>th</sup> to 23 <sup>th</sup> of September. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn scuba-diving. You want to enjoy the nature.

<b>800031</b>	<b>Sport Nutrition and Body Composition</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Sport nutrition and the effect of food on different physiological processes. Assessment of body composition.
Methodology	2 Lectures + 1 Seminar.
Schedule	L1 Wed (8.30-10.00). L2 Fri (8.30-10.00). S1 Wed (10.30-12.00) or Wed (12.00-13.30) or Fri (10.30-12.00) or Fri (12.00-13.30).
Choose the course if...	You want to know more about nutrition and its impact on sport performance.

<b>800032</b>	<b>Theory and Methodology of Sports Training III - Planning and periodization</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 6 ECTS = Full course
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	The course offers studies on planning and periodization in sport training.
Methodology	2 Lectures + 1 Practical lesson (several sport facilities). Sports clothes are required for practical lessons.
Schedule	L1 Mo (12.00-13.30) or Mo (15.00-16.30). L2 Tue (12.00-13.30) or Tue (15.00-16.30). P1 Tue (8.30-10.00) or Tue (10.30-12.00) or Wed (10.30-12.00) or Wed (12.00-13.30) or Wed (15.00-16.30) .
Choose the course if...	You want to design weekly, monthly and yearly training plans.

<b>800033</b>	<b>Intervention and evaluation of teaching physical activity and sport</b>
<b>SEMESTER</b>	<b>Autumn</b>
ECTS Options	3 ECTS = "Intervention of teaching PA and Sport" unit. 6 ECTS = Full course
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	This course is about the design, intervention and evaluation of learning cycles based on case studies.
Methodology	2 Lectures + 1 Seminar in the classroom.
Schedule	L1 Thu (10.30-12.00) or Thu (12.00-13.30). L2 Fri (12.00-13.30) or Fri (12.00-13.30). S1 Tue (8.30-10.00) or Tue (10.30-12.00) or Tue (12.00-13.30) or Wed (12.00-13.30) or Thu (8.30-10.00).
Choose the course if...	You are interested in the physical education and want to know and apply different evaluation techniques.

800034	Advanced Sports III – MTB
SEMESTER	Autumn
ECTS Options	3 ECTS = Practical Attendance with active participation. 6 ECTS = Full course (Practical + Work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	The aim of this course is to have a more advanced and specialised approach on mountain biking. The course is demanding on technical skills.
Methodology	Four seminar lessons in INEFC plus an intensive 5 day course in Aínsa town. Practice and theory. Extra cost 225€. Bike and equipment must be provided by the student. Experience in biking is required.
Schedule	From 4 <sup>th</sup> to 8 <sup>th</sup> and 11 <sup>st</sup> to 15 <sup>th</sup> of September. Due to organisational issues, you must confirm participation two months prior beginning the course. No compatible with "Emerging Sports III - Kayaking nor Endurance". Compatible with "Emerging Sports III - Alpine Skiing and Cross-Country Skiing."
Choose the course if...	You want to practice much of enduro mountain biking. You want to enjoy the nature.

800034	Advanced Sports III - Cross-Country Skiing
SEMESTER	Autumn term
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment. 6 ECTS = Full course (Practice, theoretical exam and work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advanced and specialised approach on cross-country skiing.
Methodology	Extra cost: 325€ + travel expenses (to pay by end Nov). Skies and specific equipment are provided by INEFC. Intensive 5-day course in the Pyrenees, at Llanos del Hospital Resort. Practice and theory. Any level of skiing skills.
Schedule	From 4 <sup>th</sup> to 8 <sup>th</sup> and 11 <sup>st</sup> to 15 <sup>th</sup> of September. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You like cross-country skiing and you want to learn in a practical way with a chill atmosphere. You want to enjoy the nature.

800034	Advanced Sports III - Kayaking
SEMESTER	Autumn
ECTS Options	3 ECTS = Practical Attendance with active participation. 6 ECTS = Full course (Practical + Work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	The aim of this course is to have a more advanced and specialised approach on kayaking. Suitable for beginners.
Methodology	Extra cost: 260€ + travel expenses. Kayak and specific equipment provided by INEFC. Only 3 <i>incoming</i> students (due to <i>numerus clausus</i> ). Four seminar lessons in INEFC plus an intensive 5-day course in Ponts, Camarasa and l'Ametlla de Mar towns. Practice and theory.
Schedule	From 4 <sup>th</sup> to 8 <sup>th</sup> and 11 <sup>st</sup> to 15 <sup>th</sup> of September. Due to organisational issues, you must confirm participation two months prior beginning the course. No compatible with "Emerging Sports III – MTB". Compatible with "Emerging Sports III - Alpine Skiing AND Cross-Country Skiing".
Choose the course if...	You want to practice much of kayaking. You want to enjoy the nature.

800034	Advanced Sports III - Endurance
SEMESTER	Autumn
ECTS Options	6 ECTS.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	The aim of this course is to have a more advanced and specialised approach on endurance sport (Trail running).
Methodology	Location Pyrenees. Intensive course. Extra cost: Travel expenses and accommodation.
Schedule	From 4 <sup>th</sup> to 8 <sup>th</sup> and 11 <sup>st</sup> to 15 <sup>th</sup> of September. Due to organisational issues, you must confirm participation two months prior beginning the course. No compatible with "Emerging Sports III - MTB nor Kayaking". Compatible with "Emerging Sports III - Cross-Country Skiing and Alpine Skiing".
Choose the course if...	You want to practice Trail Running.

800035	Sport and Leisure
SEMESTER	Autumn
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	This course is based on the application of sport from a recreational point of view with different population groups.
Methodology	2 Lectures + 1 Practical lesson in the Sports Hall.
Schedule	L1 Mon (10.30-12.00). L2 Tue (8.30-10.00) or Tue (10.30-12.00). P1 Tue (12.00-13.00) or Tue (15.00-16.30) or Wed (10.30-12.00) or Thu (12.00-13.30).
Choose the course if...	You want to learn about sport and exercise as leisure.

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## WINTER TERM. COURSES DESCRIPTION

800019	Outdoor activities - Skiing and Snowboarding
SEMESTER	Winter term
ECTS Options	2 ECTS = 100% Attendance prior to practical assessment. 4 ECTS = Full course (Practice and work placement).
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 4 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Introduction to skiing and snowboarding.
Methodology	Extra cost: 495€ (to pay by end Nov). Skies and equipment must be provided by the student or rented in the resort. Intensive 5-day course in the Pyrenees, at Baqueira-Beret Resort. Practice and theory. Any level of skiing skills. The first day the student may be invited to “Emerging Sports - Alpine Skiing” if good level of skiing.
Schedule	From 14 <sup>th</sup> to 19 <sup>th</sup> of January. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You like skiing or snowboarding and you want to learn in a practical way with a chill atmosphere. You want to enjoy the nature.

800028	Emerging Sports - Alpine Skiing
SEMESTER	Winter term
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment. 6 ECTS = Full course (Practice, theoretical exam and work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Intermediate approach on alpine skiing.
Methodology	Extra cost 960€ (to pay by end Nov). Skies and equipment must be provided by the student or rented in the resort. Intensive days course in the Pyrenees, at Baqueira-Beret Resort. Practice and theory. Pre-intermediate level of skiing skills is required. The first day the student may be moved to “Outdoor activities – Skiing and snowboarding”.
Schedule	From 14 <sup>th</sup> to 19 <sup>th</sup> of January. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to improve your skiing skills. You want to enjoy the nature.

800028	Emerging Sports - Snowboarding
SEMESTER	Winter term
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment. 6 ECTS = Full course (Practice, theoretical exam and work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Intermediate approach on snowboarding.
Methodology	Extra cost 960€ (to pay by end Nov). Snowboard and equipment must be provided by the student or rented in the resort. Intensive days course in the Pyrenees, at Baqueira-Beret Resort. Practice and theory. Pre-intermediate level of snowboard skills is required. The first day the student may be moved to “Outdoor activities – Skiing and snowboarding”.
Schedule	From 14 <sup>th</sup> to 19 <sup>th</sup> of January and from 28 <sup>th</sup> of January to 2 <sup>nd</sup> of February. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to improve your snowboarding skills. You want to enjoy the nature.

800034	Advanced Sports III – Alpine Skiing
SEMESTER	Winter term
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment. 6 ECTS = Full course (Practice, theoretical exam and work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advanced and specialised approach on alpine skiing.
Methodology	Extra cost 960€ (to pay by end Nov). Skis and equipment must be provided by the student or rented in the resort. Intensive days course in the Pyrenees, at Baqueira-Beret Resort. Practice and theory. Upper level of skiing skills is required. The first day the student may be moved to “Outdoor activities – Skiing and snowboarding” or “Emerging Sports – Alpine Skiing”.
Schedule	From 5 <sup>th</sup> to 9 <sup>th</sup> of February. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to improve your alpine skiing skills. You want to enjoy the nature.



800034	Advanced Sports III – Snowboarding
SEMESTER	Winter term
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment. 6 ECTS = Full course (Practice, theoretical exam and work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advanced and specialised approach on snowboarding.
Methodology	Extra cost 960€ (to pay by end Nov). Snowboard and equipment must be provided by the student or rented in the resort. Intensive days course in the Pyrenees, at Baqueira-Beret Resort. Practice and theory. Upper level of skiing skills is required. The first day the student may be moved to “Outdoor activities – Skiing and snowboarding” or “Emerging Sports – Snowboarding”.
Schedule	From 14 <sup>th</sup> to 19 <sup>th</sup> of January and from 28 <sup>th</sup> of January to 2 <sup>nd</sup> of February. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to improve your snowboarding skills. You want to enjoy the nature.

## SPRING SEMESTER. COURSES DESCRIPTION

<b>800006</b>	<b>Exercise Physiology I</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Attendance with active participation. 6 ECTS = Full course 7 ECTS = Full course + extra collaboration.
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6-7 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Course Summary	To have a first approach to the most basic aspects of exercise physiology, studying exercise-related metabolic processes, cardiac and respiratory systems.
Methodology	2 Lectures + 1 Seminar in lab weekly.
Schedule	L1 Mo (10.30-12.00) or Mo (12.00-13.30). L2 Thu (10.30-12.00) or Thu (12.00-13.30). S1 Mon (8.30-10.00) or Wed (8.30-10.00) or Thu (8.30-10.00) or Fri (8.30-10.00) or Fri (10.30-12.00) or Fri (12.00-13.30).
Choose the course if...	You want to learn basics of human physiology and do laboratory testing.

<b>800007</b>	<b>Didactics of physical activity and sport</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	4 ECTS = Attendance with active participation. 6 ECTS = Full course.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	The orientation of this course is to have a first approach on practical intervention with students, designing practical sessions and team-work.
Methodology	1 Lecture + 2 Practical lessons in a Sports Hall weekly.
Schedule	L1 Thu (10.30-12.00) or Thu (12.00-13.30). P1 Mon (8.30-10.00) or Mon (15.00-16.30) or Mon (16.30-18.00) or Tue (12.00-13.30). P2 Wed (15.00-16.30) or Wed (16.30-18.00) or Thu (15.00-16.30) or Thu (16.30-18.00).
Choose the course if...	You want a first insight into education. You want to do practical interventions.

<b>800008</b>	<b>Sports I - Volleyball</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Basic volleyball skills and rules.
Methodology	1 Practical lesson. Theory will be imparted in the practical lessons.
Schedule	P1 Tue (12.00-13.30) or Tue (15.00-16.30) or Tue (16.30-18.00) or Thu (10.30-12.00) or Thu (15.00-16.30).
Choose the course if...	You want to learn different ways of teaching team sports, so that you have different options on the future (such as analytics, games, etc.).

<b>800008</b>	<b>Sports I - Basketball</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic basketball skills and rules.
Methodology	1 Practical lesson weekly in the sports hall. Theory content is done during practice.
Schedule	P1 Mon (15.00-16.30) or Mon (16.30-18.00) or Fri(8.30-10.00) or Fri (10.30-12.00) or Fri(12.00-13.30).
Choose the course if...	You want to learn and teach basics of basketball in a practical way.

<b>800008</b>	<b>Sports I - Football</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic football skills and rules.
Methodology	1 Practical lesson weekly in the football pitch. Theory content is done during practice. Football boots necessary.
Schedule	P1 Mon (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Wed (10.30-12.00) or Wed (12.00-13.30).
Choose the course if...	You want to learn and teach basics of football in a practical way.

<b>800009</b>	<b>Theory and Practice of Motor Skills Games</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	6 ECTS.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	The orientation of this course is to learn basic motor game applications and identify different properties and conducts.
Methodology	1 Lecture + 2 Practical lesson in a Sports Hall weekly.
Schedule	L1 Mon (12.00-13.30) or Tue (10.30-12.00) or Tue (12.00-13.30). P1 Mon (10.30-12.00) or Mon (12.00-13.30) or Mon (15.00-16.30) or Tue (10.30-12.30) or Tue (16.30-18). P2 Wed (8.30-10.00) or Wed (10.30-12.00) or Wed (12.00-13.30) or Wed (15.00-16.30).
Choose the course if...	You want to learn to use games in different situations as a teacher/coach in a practical way.

<b>800010</b>	<b>Creative Movement and Dance</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	6 ECTS.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	The course will be based on fostering motor creativity and introducing different dance pedagogy approaches and styles.
Methodology	3 Practical lessons weekly. Theory will be imparted in the practical lessons.
Schedule	P1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Mo (15.00-16.30) or Mo (16.30-18.00). P2 Tue (8.30-10.00) or Tue (10.30-12.00) or Tue (12.00-13.30) or Tue (15.00-16.30). P3 Wed (8.30-10.00) or Wed (10.30-12.00) or Wed (15.00-16.30) or Wed (16.30-18.00) or Thu (8.30-10.00).
Choose the course if...	You want to be introduced in the world of expression and dance in a fun and very practical way.

<b>800012</b>	<b>Theory and Methodology of Sports Training I - Training principles and endurance</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	3 ECTS = "Training principles" or "Endurance training" units. 6 ECTS = Full course.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	The course provides an insight into training principles and endurance training.
Methodology	2 Lectures + 1 Practice in different sport facilities weekly.
Schedule	L1 Tue (10.30-12.00) or Tue (12.00-13.30). L2 Fri (10.30-12.00) or Fri (12.00-13.30). P1 Mo (8.30-10.00) or Mo (12.00-13.30) or Mo (15.00-16.30) or Mo (16.30-18.00).
Choose the course if...	You want to learn how to train endurance in different situations and sport disciplines. Highly recommended if you want to work in performance sport.

<b>800016</b>	<b>Sport Biomechanics</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	6 ECTS = Full course.
No language skills?	6 ECTS: Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Studies of the mechanical properties of different types of tissues and joints of the human body. Seminars are about several software for analyses.
Methodology	2 Lectures + 1 Seminar in the Computer Room weekly.
Schedule	L1 Tue (8.30-10.00) or Tue (10.30-12.00). L2 Thu (8.30-10.00) or Thu (10.30-12.00). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Wed (8.30-10.00) or Wed (10.30-12.00).
Choose the course if...	You want to study the human body from a biomechanical point of view. Very recommended if you want to have a wide knowledge in Sport Sciences.

<b>800018</b>	<b>Sports III - Handball</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic handball skills and rules.
Methodology	1 Practical lesson weekly in the Sports Hall. Theory content is done during practice.
Schedule	P1 Mon (8.30-10.00) or Mo (10.30-12.00) or Mon (12.00-13.30) or Wed (8.30-10.00) or Wed (10.30-12.00).
Choose the course if...	You want to learn and teach basics of handball in a practical way.

<b>800018</b>	<b>Sports III - Rugby</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic rugby skills and rules.
Methodology	1 Practical lesson weekly in the rugby pitch. Theory content is done during practice. Rugby boots necessary. No piercings or earrings allowed.
Schedule	P1 Mon (8.30-10.00) or Mon (10.30-12.00) or Mon (12.00-13.30) or Thu (8.30-10.00) or Thu (10.30-12.00).
Choose the course if...	You want to learn and teach basics of rugby in a practical way.

<b>800018</b>	<b>Sports III - Volleyball</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Practical assessment. 2 ECTS = Full course. 80% Attendance prior to practical assessment.
No language skills?	1 ECTS: Language Friendly +++ (No Spanish or Catalan required). 2 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic volleyball skills and rules.
Methodology	1 Practical lesson weekly in the Sports Hall. Theory content is done during practice.
Schedule	P1 Thu (8.30-10.00) or Thu (10.30-12.00) or Thu (12.00-13.30) or Fri (10.30-12.00) or Fri (12.00-13.30)
Choose the course if...	You want to learn and teach basics of volleyball in a practical way.

800019	Outdoor activities – Nautical activities (Sailing + Windsurfing + SUP + Kayaking)
SEMESTER	Spring
ECTS Options	2 ECTS = 100% Attendance prior to practical assessment. 3 ECTS = Full course (Practice and work placement).
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Introduction to sailing and windsurfing.
Methodology	Extra cost: 400€. Sailing, windsurfing and specific equipment is provided by INEFC. Intensive 5-day course in Sant Pere Pescador town (Mediterranean coast). Practice and theory. Any level of sailing skills.
Schedule	From 27 <sup>th</sup> of April to 30 <sup>th</sup> of April. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn how to teach and sail in a practical way, in a chill atmosphere. You want to enjoy the nature.

800019	Outdoor activities - Adventure combo II (Rafting + Climbing + MTB + Kayaking + Canyoning + Via Ferrata)
SEMESTER	Spring
ECTS Options	2 ECTS = 100% Attendance prior to practical assessment. 3 ECTS = Full course (Practice and work placement).
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Introduction to different adventure activities.
Methodology	Extra cost: 250€. Specific equipment is provided by INEFC. Intensive 5-day course in the Pyrenees. Practice and theory. Any level of skills.
Schedule	From 27 <sup>th</sup> to 30 <sup>th</sup> of April. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to try a bit of several adventure sports. You want to enjoy the nature.



800019	Outdoor activities – Ecotourism (Trekking + MTB + Nordic Walking)
SEMESTER	Spring
ECTS Options	2 ECTS = 100% Attendance prior to practical assessment. 3 ECTS = Full course (Practice and work placement).
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Introduction to different nature activities.
Methodology	Extra cost: 150€ Specific equipment is provided by INEFC. Intensive 5-day course in l'Espluga de Francolí and Poblet towns. Practice and theory.
Schedule	From 2 <sup>nd</sup> to 4 <sup>th</sup> of April. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn important practical issues of these activities. You want to enjoy the nature.

800020	Teaching and Learning Physical Activity and Sport
SEMESTER	Spring
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	This course is about learning the different methods of class planning, that is, aims, contents, methods... Students will learn how to adapt programme features (aims, contents, methods) according to different target groups.
Methodology	2 Lectures + 1 Seminar weekly.
Schedule	L1 Wed (8.30-10.00) or Wed (12.00-13.30). L2 Fri (8.30-10.00) or Fri (10.30-12.00). S1 Mo (8.30-10.00) or Mo (10.30-12.00) or Mo (12.00-13.30) or Wen (10.30-12.00).
Choose the course if...	You are looking to be a teacher or a coach. Recommended as a basic knowledge for physical education teachers or working with children.

<b>800022</b>	<b>Theory and Methodology of Sports Training II - Strength</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	The course is about strength training.
Methodology	2 Lectures + 1 Practical lesson in the gym weekly.
Schedule	L1 Mo (10.30-12.00) or Mo (12.00-13.30). L2 Wed (8.30-10.00) or Wed (10.30-12.00). P1 Mo (15.00-16.30) or Tue (10.30-12.00) or Tue (12.00-13.30) or Tue (15.00-16.30) or Tue (16.30-18.00).
Choose the course if...	You want to learn how to train strength in different situations and sport disciplines. Recommended if you love gym training and you would like to work in performance sports.

<b>800023</b>	<b>Advanced Sports II - Athletics</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 4-6 ECTS: Language Friendly + (B2 Spanish or Catalan recommended).
Summary	Advances in learning and teaching athletics.
Methodology	2 practical lessons weekly in the Athletics Field. Theory content is done during practice.
Schedule	P1 Tue (8.00-10.00). P2 Thu (8.00-10.00).
Choose the course if...	You want to practice much of athletics and coach it.

<b>800023</b>	<b>Advanced Sports II - Badminton</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching badminton. Not suitable for beginners in badminton skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the Sports Hall. Badminton racket is provided by the student. Theory content is done during practice.
Schedule	P1 From 29 <sup>th</sup> of January to 2 <sup>nd</sup> of February. P2 From 5 <sup>th</sup> to 9 <sup>th</sup> February.
Choose the course if...	You want to practice much of badminton and coach it.

<b>800023</b>	<b>Advanced Sports II - Gymnastics</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	2 ECTS: Language Friendly +++ (No Spanish or Catalan required). 4-6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advances in learning and teaching gymnastics. Not suitable for beginners in gymnastics skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the Sports Hall. Theory content is done during practice.
Schedule	P1 Tue (8.00-10.00). P2 Thu (8.00-10.00).
Choose the course if...	You want to practice much of gymnastics and coach it.

<b>800023</b>	<b>Advanced Sports II – Judo</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching judo. Not suitable for beginners in judo skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the Sports Hall. Kimono/judogi is provided by the student. Theory content is done during practice.
Schedule	P1 From 29 <sup>th</sup> of January to 2 <sup>nd</sup> of February. P2 From 5 <sup>th</sup> to 9 <sup>th</sup> February.
Choose the course if...	You want to practice much of judo and coach it.

<b>800023</b>	<b>Advanced Sports II - Swimming</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Practical Attendance with active participation. 4 ECTS = Practical + Work placement. 6 ECTS = Full course. 80% Attendance precondition for practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Advances in learning and teaching swimming. Not suitable for beginners in swimming skills, final enrolment will be decided after the first practical lesson.
Methodology	2 Practical lesson weekly in the swimming pool. Swimming suit, cap and flip-flops are provided by the student. Theory content is done during practice.
Schedule	P1 Tue (8.00-10.00). P2 Thu (8.00-10.00).
Choose the course if...	You want to practice much of swimming and coach it.

<b>800028</b>	<b>Emerging Sports – Fitness</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	3 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	First approach on group fitness workouts – Spinning®-like, Zumba®-like, body pump®-like, functional workout...
Methodology	1 Practical Lesson at Sports Hall. Theory content is done during practice.
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to lead group fitness workouts.

<b>800028</b>	<b>Emerging Sports - Beach-Handball</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic beach-handball skills and rules.
Methodology	1 Practical lesson weekly. Theory content is done during practice.
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to learn and teach basics of beach-handball in a practical way.

<b>800028</b>	<b>Emerging Sports - Paddle Tennis</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	3 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic paddle tennis skills and rules.
Methodology	1 Practical lesson weekly. Theory content is done during practice. Specific equipment is provided by INEFC. Lessons held in <i>Padel Indoor Club</i> (Lleida town).
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to learn and teach basics of paddle tennis in a practical way.

<b>800028</b>	<b>Emerging Sports – Rugby Sevens</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	2 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic rugby sevens skills and rules.
Methodology	1 Practical lesson in the rugby pitch weekly. Rugby boots are provided by the student. No piercings or earrings allowed. Theory content is done during practice.
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to learn and teach basics of rugby sevens in a practical way.

<b>800028</b>	<b>Emerging Sports - Tennis</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	3 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Basic tennis skills and rules.
Methodology	1 Practical lesson weekly. Theory content is done during practice. Specific equipment is provided by INEFC. Lessons held in the Catalan Tennis Federation, La Caparrella (300m from INEFC).
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to learn and teach basics of tennis in a practical way.

<b>800028</b>	<b>Emerging Sports - Beach-Volley</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	1 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic beach-volley skills and rules.
Methodology	1 Practical lesson weekly. Theory content is done during practice.
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to learn and teach basics of beach-volley in a practical way.

800028	Emerging Sports – Water polo
SEMESTER	Spring
ECTS Options	2 ECTS = Full course with 80% attendance.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic water polo skills and rules.
Methodology	1 Practical lesson in the swimming pool weekly. Swimming suit, cap and flip-flops are provided by the student. Theory content is done during practice.
Schedule	P1 Fri (8.00-13.30).
Choose the course if...	You want to learn and teach basics of water polo in a practical way.

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800028	Emerging Sports – Orienteering Races
SEMESTER	Spring
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	The aim of this course is to have a more advanced and specialised approach on orienteering techniques and training skills. Suitable for beginners.
Methodology	Extra cost: 110€ + travel expenses. Specific equipment is provided by INEFC. Location TBC. Practice and theory.
Schedule	From 10 <sup>th</sup> to 12 <sup>th</sup> of May and 17 <sup>th</sup> to 19 <sup>th</sup> of May. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn about orienteering training and competition. You want to enjoy the nature.

800028	Emerging Sports – Rock Climbing
SEMESTER	Spring
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	The aim of this course is to have a more advanced and specialised approach on climbing. Suitable for beginners.
Methodology	Extra cost: 110€ + travel expenses. Specific equipment is provided by INEFC. Location TBC. Practice and theory.
Schedule	From 12 <sup>th</sup> to 14 <sup>th</sup> and 19 <sup>th</sup> to 21 <sup>st</sup> of April. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn climbing. You want to enjoy the nature.

800028	Emerging Sports – Sailing and Windsurfing
SEMESTER	Spring
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment. 6 ECTS = Full course (Practice and work placement).
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required) 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended)
Summary	The aim of this course is to have a more advanced and specialised approach on sailing and windsurfing.
Methodology	Extra cost: 790€ Sailing, windsurfing and specific equipment is provided by INEFC. Intensive days course in Empuriabrava (Mediterranean coast). Practice and theory. Pre-intermediate level of sailing skills required. The first day the student may be moved to “Outdoor activities – Sailing and Windsurfing”.
Schedule	From 8 <sup>th</sup> to 11 <sup>st</sup> of June. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn how to teach and sail in a practical way, in a chill atmosphere. You want to enjoy the nature.

800028	Emerging Sports – Surfing
SEMESTER	Spring
ECTS Options	3 ECTS = 100% Attendance prior to practical assessment.
No language skills?	Language Friendly +++ (No Spanish or Catalan required).
Summary	Basic surfing skills.
Methodology	Extra cost: 250€ + travel expenses. Specific equipment is provided by INEFC. 4 intensive days in the Portuguese coast. Practice and theory.
Schedule	From 21 <sup>st</sup> to 24 <sup>th</sup> of March. Due to organisational issues, you must confirm participation two months prior beginning the course.
Choose the course if...	You want to learn surfing. You want to enjoy the nature.

800029	Health-enhancing physical activity (HEPA) promotion and health-related exercise
SEMESTER	Spring
ECTS Options	3 ECTS = Attendance with active participation. 6 ECTS = Full course. 8 ECTS = Extra participation with complementary activities.
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6-8 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	This course shows health-enhancing physical activity programmes and exercise promotion for health.
Methodology	2 Lectures + 1 Seminar weekly.
Schedule	L1 Mo (8.30-10.00). L2 Wed (12.00-13.30). S1 Wed (8.30-10.00) or Wed (10.30-12.00) or Wed (12.00-13.30) or Wed (15.00-16.30) or Thu (10.30-12.00).
Choose the course if...	You want to know more about health promotion programmes and their applicability with different age groups and characteristics.

800030	Sport Management
SEMESTER	Spring
ECTS Options	3 ECTS = Work placements. 6 ECTS = Full course.
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	This course offers studies on sport management. SWOT analysis, marketing, economics, strategies.
Methodology	2 Lectures + 1 Seminar weekly.
Schedule	L1 Tue (12.00-13.30). L2 Wed (12.00-13.30). S1 Tue (10.30-12.00) or Wed (10.30-12.00) or Thu (10.30-12.00) or Thu (12.00-13.30).
Choose the course if...	You are interested in working in sports management or want to create a company.

800036	Professional Intervention Skills in Physical Activity Teaching
SEMESTER	Spring
ECTS Options	6 ECTS.
No language skills?	Language Friendly + (B2 Spanish or Catalan recommended).
Summary	In this course you will learn the different professional skills in teaching and how to treat people and groups in an ethical way.
Methodology	2 Seminars.
Schedule	S1 Thu (9.00-13.00). S2 Fri (9.00-13.00).
Choose the course if...	You want to learn essential skills in teaching or coaching.

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<b>800037</b>	<b>Chronic diseases and exercise training</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	3 ECTS = Attendance with active participation. 6 ECTS = Full course. 8 ECTS = Extra participation with complementary activities.
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6-8 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Exercise prescription for people with chronic diseases: metabolic, musculoskeletal, neurological, cardiovascular, respiratory, mental disorders, cancer and others.
Methodology	2 Seminars weekly.
Schedule	S1 Mon (10.30-13.30) S2 Tue (8.30-11.30)
Choose the course if...	You want to work in the health-related exercise. You will learn how to prescribe exercise for a large number of diseases.

<b>800038</b>	<b>Advances in Sport Training</b>
<b>SEMESTER</b>	<b>Spring</b>
ECTS Options	3-6 ECTS = Attendance with different participation (to be agreed with the teacher). 6 ECTS = Full course.
No language skills?	Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advances in concepts towards sport performance.
Methodology	4 Lectures weekly.
Schedule	L1 Thu (10.00-12.00). L2 Thu (14.00-16.00). L3 Fri (10.00-12.00). L4 Fri (14.00-16.00).
Choose the course if...	You want to work in the field of sport elite performance.

800039	Advances in Sport Management and Organisation
SEMESTER	Spring
ECTS Options	3 ECTS = Work placements. 6 ECTS = Full course.
No language skills?	3 ECTS: Language Friendly +++ (No Spanish or Catalan required). 6 ECTS: Language Friendly ++ (A2 of Spanish or Catalan recommended).
Summary	Advances in concepts towards sport management – diagnose, analyses and decision-making towards management of activities and equipment.
Methodology	3 Seminars weekly.
Schedule	S1 Mo (8.30-10.30) or Mo (10.30-12.00). S2 Tue (8.30-10.30) or Tue (11.00-13.00) or Tue (12.00-13.30). S3 Wed (8.30-10.30) or Wed (12.00-13.30).
Choose the course if...	You want to work in sport management.

## FULL YEAR COURSES DESCRIPTION

<b>800041</b>	<b>Practical internship</b>
<b>SEMESTER</b>	<b>Autumn and/or Spring</b>
<b>ECTS Options</b>	3-20 ECTS. 1 ECTS = 10h of internship.
<b>No language skills?</b>	Depending on the host institution. Need to prove language skills before arrival (Catalan, Spanish and/or English). If no Catalan or Spanish skills then coming the full year is recommended, to provide more time to find a suitable host institution.
<b>Summary</b>	Traineeship in companies or organisations to provide a first insight into working experience. Locations can be local (Lleida area), regional (Catalonia area) or national (Spanish area). Host institutions can work within the scope of the areas covered by the BSc in Sport Sciences: Sport (sport clubs); Exercise and Health (personal trainers / fitness centres / sport clubs, healthcare settings); Sport Management (public administration, sport associations, fitness companies); Physical Education (school sport, leisure sport); Outdoor activities (tourism companies, ski resorts, adventure companies). Note that physical education curricula at school settings are excluded (they are for MSc internships).
<b>Methodology</b>	Each student gets assigned a mentor from INEFC, who will manage with the host institution. Before starting the internship, a preliminary assignment is done. After the internship the student presents a diary.
<b>Schedule</b>	Two semesters recommended. If only one semester, then the calendar adjusts. Although it depends on the host institution, student and INEFC mentor, the general calendar is: Sep to Oct Students application and allocation. Nov to Dec Agreement between host institution, student and INEFC mentor. Jan to Apr Internship. May Final evaluation.
<b>Choose the course if...</b>	You want to apply your knowledges in real work situations.

800042	Bachelor Thesis
SEMESTER	Full year
ECTS Options	6 ECTS
No language skills?	Depending on the INEFC thesis director. Need to prove language skills before arrival (Catalan, Spanish and/or English).
Summary	Original and innovative BSc Degree dissertation. It may consist of an intervention or a study design. The study object may be any within the areas covered by the BSc in Sport Sciences: Sport coaching (sport analysis, game scouting, technical skills, tactics...); Exercise and Health (sports injuries, return-to-play, exercise prescription, HEPA promotion); Sport Management (business plan, organisation management); Physical Education (adapted physical activity, leisure programmes).
Methodology	Each student gets assigned a mentor from INEFC, who will guide throughout the year. The student writes a dissertation and present an oral communication to an evaluation board.
Schedule	The general calendar is: Sep to Oct Students application of interest and allocation with mentors. Nov to Dec Initial planning. Project draft. Jan to May Thesis writing with guidance. June Oral communication (evaluation).
Choose the course if...	You want to undergo a deep study to one specific study object.