



Study Plan

School: School of Sciences and Technology

Degree: Bachelor

Course: Sports Sciences (cód. 470)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10645L	Systematic Sports and Expressive Activities I	Human Kinetics	12	Year	312
DES10646L	Human Functional Anatomy	Biological Sciences	6	Semester	156
DES10647L	Initiation to Equitation	Human Kinetics	3	Semester	78
QUI7211L	Fundamentals of Biochemistry	Biochemistry	6	Semester	156
SOC10648L	Elements of Sociology of Sport	Sociology	3	Semester	78
DES0383L	Introduction to the Sciences of Human Physical Activity	Human Kinetics	3	Semester	78
DES10649L	Organization of Sport	Human Kinetics	3	Semester	78

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10650L	Physiological Basis of Physical Activity	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES10651L	Kinesiology	Human Kinetics	3	Semester	78
PED10652L	General Didactics of Physical Activity	Education Sciences	6	Semester	156
MAT0917L	Statistics Applied to Physical Activity	Mathematics	6	Semester	156
PSI10653L	Psychology of Development	Psychology	6	Semester	156

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10654L	Systematic Sports and Expressive Activities II	Human Kinetics	9	Year	234
DES10655L	Kinanthropometry	Human Kinetics	6	Semester	156
DES10656L	Motor Development	Human Kinetics	3	Semester	78
DES10657L	Sports Facilities	Human Kinetics	3	Semester	78
DES10658L	Introduction to Neuroscience	Human Kinetics	3	Semester	78
DES10659L	Nutrition and Sportive Dietetics	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES0404L	General Theory of Sports Training	Human Kinetics	3	Semester	78



2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10660L	Traumatology and Means of Intervention	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78

2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10661L	Motor Control and Learning	Human Kinetics	6	Semester	156
PED10662L	Didactics of Sports and Expressive Activities I	Education Sciences	3	Semester	78
DES10663L	Effort Physiology	*** TRANSLATE ME: Exercício e Saúde ***	6	Semester	156
DES10664L	Theory and Method of Specific Sport Training I	Human Kinetics	6	Semester	156

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10676L	Field Activities	Human Kinetics	3	Semester	78
DES10677L	Mountain Activities	Human Kinetics	3	Semester	78
DES10678L	Sea Activities	Human Kinetics	3	Semester	78
DES10679L	Assessment and Control of Sports Performance	Human Kinetics	3	Semester	31
DES10680L	Sports Development	Human Kinetics	3	Semester	78
DES10681L	Regional Development and Sports	Human Kinetics	3	Semester	78
DES10682L	Sport Events	Human Kinetics	3	Semester	156
FIL10683L	Philosophy of Sport	Philosophy	3	Semester	78
HIS10684L	History of Physical Activity and Sport	History	3	Semester	78
DES10685L	Olympism and Paralympism	Human Kinetics	3	Semester	78
DES10686L	Postural Re-education Techniques	Human Kinetics	3	Semester	78

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
LLT10687L	Technical English	Foreign Languages	3	Semester	78

Group of Free Options

3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10665L	Theory and Method of Specific Sport Training II	Human Kinetics	12	Year	312
DES10666L	Nature Exploration Activities I	Human Kinetics	3	Semester	78
DES10667L	Didactics of Sports and Expressive Activities II	Education Sciences	3	Semester	78



3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10668L	Introduction to Research Methods in Human Kinetics	Human Kinetics	3	Semester	78
PSI1405L	Psychology of Physical Activity	Psychology	3	Semester	78
DES10669L	Health and Physical Condition	*** TRANSLATE ME: Exercício e Saúde ***	6	Semester	156
DES10674L	* Practices of Physical Activity in Basic Education	Human Kinetics	3	Semester	78
DES10675L	* Practices in Exercise and Health	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78

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Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10676L	Field Activities	Human Kinetics	3	Semester	78
DES10677L	Mountain Activities	Human Kinetics	3	Semester	78
DES10678L	Sea Activities	Human Kinetics	3	Semester	78
DES10679L	Assessment and Control of Sports Performance	Human Kinetics	3	Semester	31
DES10680L	Sports Development	Human Kinetics	3	Semester	78
DES10681L	Regional Development and Sports	Human Kinetics	3	Semester	78
DES10682L	Sport Events	Human Kinetics	3	Semester	156
FIL10683L	Philosophy of Sport	Philosophy	3	Semester	78
HIS10684L	History of Physical Activity and Sport	History	3	Semester	78
DES10685L	Olympism and Paralympism	Human Kinetics	3	Semester	78
DES10686L	Postural Re-education Techniques	Human Kinetics	3	Semester	78

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
LLT10687L	Technical English	Foreign Languages	3	Semester	78

Group of Free Options

3rd Year - 6th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10670L	Movement-Biomechanical Analysis	Human Kinetics	6	Semester	156
DES10671L	Adapted Physical Activity	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES10672L	Nature Exploration Activities II	Human Kinetics	3	Semester	78
DES10673L	Equitation Didactics	Human Kinetics	3	Semester	78
DES10674L	Practices of Physical Activity in Basic Education	Human Kinetics	3	Semester	78



3rd Year - 6th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10675L	Practices in Exercise and Health	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES10665L	* Theory and Method of Specific Sport Training II	Human Kinetics	12	Year	312

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10676L	Field Activities	Human Kinetics	3	Semester	78
DES10677L	Mountain Activities	Human Kinetics	3	Semester	78
DES10678L	Sea Activities	Human Kinetics	3	Semester	78
DES10679L	Assessment and Control of Sports Performance	Human Kinetics	3	Semester	31
DES10680L	Sports Development	Human Kinetics	3	Semester	78
DES10681L	Regional Development and Sports	Human Kinetics	3	Semester	78
DES10682L	Sport Events	Human Kinetics	3	Semester	156
FIL10683L	Philosophy of Sport	Philosophy	3	Semester	78
HIS10684L	History of Physical Activity and Sport	History	3	Semester	78
DES10685L	Olympism and Paralympism	Human Kinetics	3	Semester	78
DES10686L	Postural Re-education Techniques	Human Kinetics	3	Semester	78

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
LLT10687L	Technical English	Foreign Languages	3	Semester	78

Group of Free Options



Conditions for obtaining the Degree:

*** TRANSLATE ME: Ciências do Desporto

Para obtenção do grau de licenciado em Ciências do Desporto é necessário obter aprovação a 165 ECTS em unidades curriculares obrigatórias e 15 ECTS em unidades curriculares optativas, distribuídas da seguinte forma:

1º Ano

1º Semestre:

1 UC Obrigatória Anual num total de 12 ECTS. Esta disciplina anual terá a carga equitativamente dividida pelos dois semestres do primeiro ano.

6 UC Obrigatórias num total de 24 ECTS

2º Semestre:

5 UC Obrigatórias num total de 24 ECTS

2º Ano

3º Semestre:

1 UC Obrigatória Anual num total de 9 ECTS. Esta disciplina anual terá a sua carga com 6 ECTS no 3.º semestre e 3 no 4.º semestre.

7 UC Obrigatórias num total de 24 ECTS

4º Semestre:

4 UC Obrigatórias num total de 21 ECTS

1 UC Optativa num total de 6 ECTS

3º Ano

5º Semestre:

1 UC Obrigatória Anual num total de 12 ECTS. Esta disciplina anual terá a sua carga equitativamente dividida pelos dois semestres do 3º ano.

5 UC Obrigatórias num total de 18 ECTS

1 UC Optativa num total de 6 ECTS

6º Semestre:

6 UC Obrigatórias num total de 21 ECTS

1 UC Optativa num total de 3 ECTS

Program Contents

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Systematic Sports and Expressive Activities I (DES10645L)

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Human Functional Anatomy (DES10646L)

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Initiation to Equitation (DES10647L)

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Fundamentals of Biochemistry (QUI7211L)



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Elements of Sociology of Sport (SOC10648L)

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Introduction to the Sciences of Human Physical Activity (DES0383L)

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Organization of Sport (DES10649L)

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General Didactics of Physical Activity (PED10652L)

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Statistics Applied to Physical Activity (MAT0917L)

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Psychology of Development (PSI10653L)

1. Concept of Development:
2. From birth to school entry in: Development in infancy
3. Entry into the School to Adolescence: The developing child
4. Development and adolescence
5. Development and adulthood
6. Development and aging

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Systematic Sports and Expressive Activities II (DES10654L)



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Kinanthropometry (DES10655L)

- I - Growth and Proportionality
- II - Sexual dimorphism
- III - Body composition
- IV - Morphology Typology
- V - Secular trends
- VI - Maturation
- VII - Body composition densitometry
- VIII - Somatotype

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Motor Development (DES10656L)

- 1. Introduction to Motor Development
 - 1.1. Fundamental concepts
 - 1.2. Theoretical Perspectives
- 2. Growth and aging
 - 2.1 Development of organic systems
- 3. Development of motor skills
 - 3.1 Movements reflexes and spontaneous movements
 - 3.2. Rudimentary skills
 - 3.3. Core Skills
- 4. Perceptual-motor development
 - 4.1. Sensory and perceptual development
 - 4.2. Perception-action development
- 5. Constraints of Motor Development
 - 5.1. Socio-cultural Constraints
 - 5.2. Structural constraints
- 6. Motor Development and disability
 - 6.1. Down Syndrome
 - 6.2. Cerebral Palsy
- 7. The Motor Development in Aging
- 8. Secular trend and Motor Development
- 9. Valuation techniques in Motor Development
 - 9.1. Framework
 - 9.2. The Bruininks-Oseretsky Test
 - 9.3. Peabody Development Motor Scales
 - 9.4. KTK test
 - 9.5. Fitnessgram
 - 9.6. Test of Gross Motor Development
 - 9.7. Fullerton batteries for older people

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Sports Facilities (DES10657L)

- 1. The types and classification of spaces and sports facilities.
- 2. Indicators for ordering of artificial sports facilities.
- 3. Planning methodologies for sports facilities.
- 4. Planning stages of sports facilities.
- 5. Main parameters for management of sports facilities.
- 6. Upkeep and maintenance of sports facilities.
- 7. Management of sporting equipping.



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Introduction to Neuroscience (DES10658L)

Anatomical and functional organization of the nervous system (micro and macro)

Organizational principles that govern the structure and functioning of the nervous system (micro and macro).

Morphology and physiological processes of functioning of nerve cells

The nerve stimulus

Reception, transduction, transmission and processing of stimulus.

Process and transmission of information for performance (motor or otherwise)

Anatomy, organization and morphology of the different constituents of the central nervous system to perform their specific functions

Specific sensory reception

Structuring, planning and motor control

Emotion, cognition and motor action

Cognition and emotion in motor activities

Embodied cognition

Higher cortical functions, language and motor skills

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Nutrition and Sportive Dietetics (DES10659L)

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General Theory of Sports Training (DES0404L)

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Traumatology and Means of Intervention (DES10660L)

I. Traumatology in physical activity and sports

- The competitive nature of the athlete;
- The pathophysiological process of sports injuries;
- Early return to the sporting activity;
- Injury prevention as the key issue;
- Injuries in different physical activities and sports
- The first aid

• The importance of inflammation control (PRICE)

II. Functional training as a methods of regeneration

- Assessment in functional training
- Anatomy and functional movement
- Movement analysis
- Functional movement systems and patterns
- Movement correction strategies
- Implementation of movement correction strategies

• Development of functional training programs

III. Equipment Resources in Functional Training

- Equipment choice in functional training
- Adaptation of equipment to meet the needs of the exercises
- Equipment and evaluation

IV. Exercise progression and equipment



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Motor Control and Learning (DES10661L)

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Didactics of Sports and Expressive Activities I (PED10662L)

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Effort Physiology (DES10663L)

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Theory and Method of Specific Sport Training I (DES10664L)

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Field Activities (DES10676L)

- 1 - Group Dynamics games
- 2 - Sight Orientation (urban and rural)
- 3 - Mapped Orientation (urban and rural)
- 4 - Mountain Biking mapped orientation
- 5 - The mountain bike components
- 6 - The safety in rope maneuvers
- 7 - Ropes, the fittings and unions
- 8 - The anchorages and moorings
- 9 - The assembly techniques, monitoring ascents, descents and crossings in natural and artificial obstacles
- 10 - Kayak and canoe: safety, navigation and rescue in dams and small rivers
- 11 - Sailing Ships: the typology, navigation and rescue dams and bays
- 12 - The concepts of project planning
- 13 - Projections of project development
- 14 - The forecasting techniques applied to planning
- 15 - Hierarchy of planning
- 16 - Techniques of planning and scheduling a project
- 17 - Permits and licenses
- 18 - Conceptualization of the project
- 19 - Support and Sponsorship
- 20 - Management of resources (human and material)
- 21 - Communication and event publicity

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Mountain Activities (DES10677L)

Mountain Activities

- Ski,
- Snowboard.



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Sea Activities (DES10678L)

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Assessment and Control of Sports Performance (DES10679L)

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Sports Development (DES10680L)

Basic sports development

The Portuguese Sports System

The role of Local Authorities

The aspect of the sport hall

Public Policy Municipal Sports

The responsibilities of Municipal Agencies

Intervention models of Departments of Sport

Municipal services, sports

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Regional Development and Sports (DES10681L)

1. Sports in Municipalities

1.1. The Portuguese sports system

1.2. The role of local authorities

1.3. Public policies municipal sports

1.4. The missions of the municipal

1.5. Social functions of municipalities

2. Legal Responsibilities of Municipalities

2.1. Regime powers and duties of municipalities

2.2. Legislation applied to the sport in the counties

3. Responsibilities Intervention Models of Sport

3.1. Areas of intervention in sport

3.2. Municipal services to sport

3.3. Municipal enterprises and sport

3.4. Success stories

4. Municipal Management of Sport

4.1. The instruments of municipal action

4.2. Sports Development Strategic Plans

4.3. Atlas Sports Halls

4.4. Networking Municipal Sports Equipment, Artificial

4.5. Municipal Programs Association Support Sport

5. Future Prospects and International

5.1. The European reality

5.2. The administrative regionalization of sport in Portugal



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Sport Events (DES10682L)

1. Classification of Events
 - 1.1. The characteristics of the event
 - 1.2. The types of sport events
2. Structure and Organization of Sport Events
 - 2.1. Phases of sporting events
 - 2.2. Organization models of sport events
 - 2.3. Organization areas and work
3. Funding and Impact of Sport Events
 - 3.1. The socio-economic and socio-political sporting events
 - 3.2. The repercussion on the image of cities
 - 3.3. The impact on tourism
 - 3.4. The state system support of to international events
 - 3.5. The sponsorship of sporting events
4. Case study
 - 4.1. Presentation of case studies relating to the organization of international sports competitions such as the European and World Championships and Olympic Games, among others.

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Philosophy of Sport (FIL10683L)

1. Introduction.
2. Sport as competition.
3. Body, physical activity and sport in the western tradition.
4. Modern sport and the Olympics (Pierre Coubertin).
5. Sport and education.
6. Problems with modern sport.

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History of Physical Activity and Sport (HIS10684L)

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Olympism and Paralympism (DES10685L)

1. Olympic and Paralympic Evolution
 - 1.1. Olympic and paralympic background
 - 1.2. Olympic and paralympic values
2. Olympism and Paralímpic Organization
 - 2.1. Olympic and paralympic movement
 - 2.2. Institutional structure of olympic and paralimpic
 - 2.3. Olympic and paralimpic in Portugal
3. Olympic and Paralympic Events
 - 3.1. Olympic and paralympic applications
 - 3.2. Olympic and paralympic competitions
 - 3.3. Olympic and paralympic missions
 - 3.4. Olympic and paralympic legacy



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Postural Re-education Techniques (DES10686L)

I. Basic Anatomy of Posture

1. Osteology and Myology
 - 1.1. Spine and upper and lower limbs
 - 1.2. Joint movements
 - 1.3. Types of muscle contraction
 - 1.4. Role of agonists, antagonists and synergists
 - 1.5. Muscular balance
 - 1.6. Work on strength and flexibility
 - 1.7. Pelvic and scapular stability

2. Postural alignment and postural assessment

- 2.1. Ideal posture
- 2.2. Methods of assessing posture

II. Pathologies and prescription in Postural Reeducation

1. Pathologies of postural alignment
 - 1.1. Pathologies of the spine
 - 1.2. Pathologies of the lower limbs
2. Prescription of exercise for postural disorders
 - 2.1. Theoretical study of postural reeducation techniques
 - 2.2. Planning and teaching sessions
3. Experience of postural reeducation techniques

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Technical English (LLT10687L)

Reading comprehension in English

1. Reading for general orientation
2. Reading for information and argument
 - 2.1. for gist
 - 2.2. for specific information
 - 2.3. for detailed information
 - 2.4. for implications
3. Reading and following instructions

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Theory and Method of Specific Sport Training II (DES10665L)

Given that the U.C. is taught by several teachers, where students are integrated into technical teams from several institutions, the program contents are specific to each of the different options.

Thus, I refer to the programs of each option to query their contents.

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Nature Exploration Activities I (DES10666L)

- 1.1 - animation techniques and group dynamics
- 1.2 - Guidance and Mapping
- 1.3 - Mountaineering and Climbing
- 1.4 - Canoeing and Sailing
- 1.5 - Mountain bike



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Didactics of Sports and Expressive Activities II (DES10667L)

A. Contents cutting across all sports

1 - Aspects related to the teaching-learning process

Purpose of teaching objectives and teaching-learning process

Functions and powers of the teacher

Planning and evaluation

2 - General conditions of planning factors

space available

material conditions

Characteristics of the group

Characterization of individual students

3 - Specific factors that condition the planning lessons

Thematic unit plan

Structure of the swimming lesson

contents

specific objectives

educational functions

Organization of class

Number of tasks to be performed

Degree of difficulty of the tasks

Length of session and exercise

Intensity of effort

Relationship between the content

Lesson Plan

- The teacher in class

Levels at which the teacher

discipline

climate

management

instruction

feedback

Specificity of the teacher / student relationship

Procedures facilitating and encouraging the good teacher / student relationship

- Assessment of teacher performance

- Use of checklists

B. The sports to address:

1. In Curricular Enrichment Activities

1.1. Physical Activities

Exploration of Nature

Displacements and equilibrium

Rhythmic and expressive

Games

Handling activities

Opposition and struggle

2. In more advanced levels of education

1.2. Individual sports activities

athletics

gymnastics

swimming

2.1 - Athletics:

Racing

Releases

jumps

2.2 - Swimming:

Adaptation to aquatic

Teaching swimming techniques

Teaching techniques starting

Teaching techniques for turning

2.3 - Gymnastics:

Rhythmic Gymnastics sports



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Introduction to Research Methods in Human Kinetics (DES10668L)

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Psychology of Physical Activity (PSI1405L)

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Health and Physical Condition (DES10669L)

- 1 - Diabetes Mellitus
- 2 - Dyslipidemia
- 3 - Hypertension
- 4 - Obese
- 5 - Metabolic Syndrome
- 6 - Osteoporosis
- 7 - Arthritis
- 8 - Fibromyalgia
- 9 - The elderly
- 10 - Children

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Practices of Physical Activity in Basic Education (DES10674L)

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Practices in Exercise and Health (DES10675L)

- 1 - Practical Application Protocols assess cardiorespiratory
- 2 - Practical Application Protocols muscle strength evaluation
- 3 - Practical Application Protocols flexibility assessment
- 4 - Practical Application of the Exercise Prescription
 - 4.1 - Exercise type, intensity, duration, frequency
 - 4.2 - Types of exercise programs
- 5 - Practical Preparation of Group Classes



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Movement-Biomechanical Analysis (DES10670L)

Kinematic analysis using video.

- Linear and Angular Kinematics
- Coordinate System
- Position, Velocity and acceleration
- analytical method and numerical calculation
- direct measurement techniques (accelerometry, goniometry).
- Instrumentation and Methodology used in the analysis Kinematics through video.
- Procurement procedures.
- Estimation of error data processing.
- Accuracy, consistency, validity and noise.
- Two-dimensional and three-dimensional analysis.
- Procedures for calculation.
- Analysis two-dimensional and three-dimensional analysis.
- Instrumentation, software and calculation procedures for kinematic analysis.

Analysis of Musculoskeletal loading.

- Linear and Angular Kinetics
- Newton's Laws
- Impulse, Work and Power
- Moment of Inertia, and Angular Moment and Torque
- Mechanical Work, Energy and Muscle Power
- Methods and instrumentation for kinetic analysis.
- Direct measurement of forces (Dinamografia - Platform Forces, Isokinetic).
- Application of the platform in motion analysis.
- Analysis and interpretation of data obtained.
- Synchronization between kinematic and kinetic data.
- Differences between Centre of mass (CoM) and Centre of pressure (CoP).
- Methods of calculating the load on the Musculoskeletal System.
- Muscle forces in inverse dynamics.
- Mechanical Work, energy and power.
- Causes of Muscular inefficiency.
- Calculation of internal work and external work.
- Instrumentation, software and calculation procedures for kinematic analysis.

Biomechanics and Motor Control.

- Posture.
- Posture Control.
- Methods and Cinematic and Kinetic analysis of posture.
- Centre of Pressure (CoP)
- Importance of the analysis of CoP sway to the study postural control.
- Variability and movement.
- Analysis of the variability in a time series.
- Non linear parameters used in the analysis of the movement.
- Mathematical models of sporting movements.
- Simulation, optimization and sensitivity analysis.
- Instrumentation, software and calculation procedures for the analysis of time series.
- Use of nonlinear methods to study time series collected.

Muscle Mechanics.

- Mechanical properties of skeletal muscle.
- Characteristics of the relationship between muscle length and strength, force - speed.
- Muscular Efficiency.
- Fundamentals of Mechanics of materials.
- Injury and Biomechanics.
- Surface Electromyography (EMG) and Biomechanics.
- Procurement procedures.
- Processing and analysis of data obtained.
- Processing time domain and frequency domain.
- Using EMG to estimate muscle strength.
- Collection, processing, and data for use in group work.



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Adapted Physical Activity (DES10671L)

1. WHO Concepts
2. Placement of the AFA
3. Special Educational Needs (SEN)
4. Disability specific legislation
5. Paralympics Games
6. Deficiencies and diseases / chronic conditions
7. Physical Education

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Nature Exploration Activities II (DES10672L)

- 1.1 - animation techniques and group dynamics
- 1.2 - Guidance and Mapping
- 1.3 - Mountaineering and Climbing
- 1.4 - Canoeing and Sailing
- 1.5 - Mountain bike
- 1.6 - Alternative Sports

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Equitation Didactics (DES10673L)

- Vaulting with saddle and vaulting without saddle (without stirrups)
- Vaulting in Saddle (with stirrups)
- Horseback on Gymnastics
- Horse Ridding
- Horse Ridding outside
- Guidance for a Training Session
- The " Dressage"
- Show Jumping
- Profiles of Horse Riding Teachers
- The Introduction to Horse Riding Teaching and pedagogy.
- Horse Base Gymnastics
- The Teaching of the Horse
- The Theory of Training in Horse Riding