



## Study Plan

**School:** Institute for Research and Advanced Training

**Degree:** Doctorate

**Course:** Human Kinetics (cód. 695)

### 1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES13432D	Seminars on Human Motricity 1	Human Kinetics	12	Semester	312
DES13433D	Seminars on Human Motricity 2	Human Kinetics	12	Semester	312
DES13434D	Thesis Project in Human Kinetics	Human Kinetics	6	Year	156

### 1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Thesis					

### 2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Thesis					

### 2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Thesis					

### 3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Thesis					

### 3rd Year - 6th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Thesis					

## Conditions for obtaining the Degree:

\*\*\* TRANSLATE ME: Para aprovação na componente curricular deste programa de doutoramento é necessário a aprovação (através de avaliação ou creditação) das seguintes unidades curriculares: { \ }newline

{ \ }newline

1º Semestre: { \ }newline

3 UC Obrigatórias num total de 30 ECTS { \ }newline

{ \ }newline

{ \ }newline

{ \ }newline

Para obtenção do grau, é necessário a aprovação da Tese com o total de 150 ECTS no 1º, 2º e 3º Ano \*\*\*

## Program Contents



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### **Seminars on Human Motricity 1 (DES13432D)**

Syllabus consists of cycles of obligatory seminars focusing on different areas of research in Human Kinetics. It is important to emphasize that seminars were designed addressing transversal areas, focusing special attention on research methodologies. The modules to be addressed are the following: Life span Physiological Adaptations (12h); Research Methods in Human Kinetics (16h); Kinetics and Human Development (12h). Each module will consist of 4 hours of seminars.

These seminars or lectures are given by professors and researchers from the University of Évora or other institutions at the invitation of the responsible professor of CU. These seminars are open to the academic community, including students of 1st and 2nd cycles, publicized internally and externally.

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### **Seminars on Human Motricity 2 (DES13433D)**

The CU seminar in Human Kinetics 2 consists of modules on different areas of research in Human Kinetics. These modules are organized into four areas of Human Kinetics:

- Exercise and Health;
- Psychomotricity;
- Sports Performance;
- Sports Management.

For each area, 5 modules are organized, for a total of 20 hours. The proposal form for each module will be annexed. Each student must choose a specific area, in which all of the conferences must be followed. To complete the remaining 20 hours of this course, students must select 5 conference in any of the other three areas. Enrolment in each conference will be held at the beginning of the semester.

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### **Thesis Project in Human Kinetics (DES13434D)**

The syllabus of this course aimed to scientifically frame the problem to investigate, to trace the state of the art of the selected theme, to announce clearly the objectives of the study and to identify possibilities of work and the expected results. The syllabus include: literature review, definition of objectives, proposal of the experimental design, expected results, thesis schedule and public presentation, discussion and defence of the thesis project.