

## Bachelor's Degree in Physical Activity and Sports Sciences

### GENERIC COMPETENCES

- Verbal Communication
- Critical Thinking
- Problem solving
- Teamwork
- Ethical Sense

### SPECIFIC COMPETENCES

**SC01** – Learn and understand the scope of study of Physical Activity and Sports Sciences.

**SC02** – Have basic scientific training applied to the various forms of physical activity and sport.

**SC03** – Learn and understand the physiological and biomechanical factors that influence physical activity and sport.

**SC04** – Learn and understand the behavioural and social factors that influence physical activity and sport.

**SC05** – Learn and understand the effects of physical exercise on bodily structure and functions.

**SC06** – Learn and understand the effects of physical exercise on the psychological and social aspects of human beings.

**SC07** – Learn and understand the fundamentals, structures and functions of human motor skills and patterns.

**SC08** – Learn and understand the structure and function of the various human motor skills.

**SC09** – Learn and understand the fundamentals of sport.

**SC10** – Design, develop and evaluate teaching and learning processes related to physical activity and sport, focusing on people's individual and contextual factors.

**SC11** – Promote and assess the development of lifelong and autonomous physical activity and sporting habits.

**SC12** – Plan, develop and monitor training at the different levels.

**SC13** – Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.

**SC14** – Assess people's physical condition and prescribe health-oriented physical exercises.

**SC15** – Identify health risks arising from unsuitable physical activity or other risky behaviours and provide guidelines on how to prevent them.

- SC16** – Plan, develop and evaluate the implementation of physical and sporting activities programmes.
- SC17** – Develop programmes for managing sports organisations, entities and facilities.
- SC18** – Select and know how to use the adequate sports material and equipment for each type of activity.
- SC19** – Understand scientific literature on physical activity and sport in English and other languages widely used in this field.
- SC20** – Apply information and communication technologies (ICTs) in the field of Physical Activity and Sports Sciences.
- SC21** – Understand and act in accordance with the ethical principles required for proper professional practice.