

PHYSICAL ACTIVITY AND SPORTS SCIENCES

Graduate profile

The Bachelor's Degree in **Physical Activity and Sports Sciences** is designed to prepare professionals with an in-depth knowledge of the physiology and development of the various systems and elements related to movement. Graduates will also be able to **design, implement** and **evaluate** work **strategies** and **activities** to facilitate the best physical development, the prevention and treatment of injuries and the enjoyment of healthy leisure time, while keeping in mind that the primary objective is individuals' **all-round development**, of which physical development is an important part.

This degree aims to ensure that graduates can develop **intervention models** in a **variety of fields** such as motor skills, physical activity and competition sports, health and quality of life, assistance for people with disabilities, physical education for children and adolescents and that of the population as a whole. Other key areas also include support for the social integration of groups with particular characteristics (substance abuse addiction, immigrants, multiculturalism...) and emerging groups requiring physical activity such as elderly people. Physical activity and sport are now internationally recognised as factors which contribute to personal and social development and better health and quality of life.

The graduate profile is ultimately that of a well-trained practitioner with **specialist knowledge** of the different areas that make up **physical activity** and **sport**: physical education, physical health, training, sports recreation and the management of sports organisations, among others.