

Candidate profile

Recommended entry profile for the Bachelor's Degree in Physical Activity and Sports Sciences (CAFYD) at the UD:

- 1. Core academic competences:** Have acquired the competences of the Baccalaureate level, with special emphasis on subjects such as biology, physics, mathematics and physical education, which are relevant to the degree.
- 2. Interest in physical activity, sport and health:** Demonstrate a clear interest in sport, physical activity, health promotion, and well-being, with a willingness to engage in sports and recreational activities.
- 3. Ethical and social commitment:** Have ethical values and exercise social responsibility, with sensitivity towards the principles of equality, social justice, and a commitment to improving quality of life through sport.
- 4. Interpersonal skills:** The ability to communicate effectively, work in a team, and develop interpersonal relationships in diverse contexts, both with colleagues and with future users of physical activity-related services.
- 5. The ability for critical reflection and problem-solving:** Demonstrate the ability to critically reflect on complex situations, make informed decisions, and solve problems in the field of physical activity and sport.
- 6. Interest in scientific knowledge:** Curiosity about the scientific method, with the ability to learn and apply scientific principles related to anatomy, physiology, biomechanics, and physical training.
- 7. A vocation for service and teaching:** Have a vocation for working with people, whether in educational, sporting, or recreational contexts, and a keen interest in promoting the holistic development of individuals through physical activity.

This profile aims to attract students who, in addition to having a strong academic foundation, demonstrate a genuine interest in sport and health, teamwork skills, communication abilities, and solid ethical values, all of which are essential for a future career in the field of physical activity and sport.