

**SPORT SCIENCES SCHOOL OF RIO MAIOR**  
**INTERNATIONAL MOBILITY - ERAMUS+**  
**STUDY PLAN 2025 / 2026**

| <b>Winter Semester</b>                   |             |
|--|-------------|
| <b>Curricular Units for ERASMUS+</b>     | <b>ECTS</b> |
| Motor Control and Learning               | 4           |
| Introduction to Sports Biomechanics      | 4           |
| Sports Pedagogy                          | 5           |
| Project Management                       | 4           |
| Exercise Testing and Prescription        | 5           |
| Portuguese Language and Culture          | 2           |
| Sports Fitness                           | 2           |
| Sports Football                          | 2           |
| Sports Surfing                           | 2           |
| Mountain Sports                          | 2           |
| Physical Activity for Children and Youth | 2           |
| <b>TOTAL ECTS</b>                        | <b>34</b>   |

| <b>Spring Semester</b>                 |             |
|--|-------------|
| <b>Curricular Units for ERASMUS+</b>   | <b>ECTS</b> |
| Exercise and Nutrition across Lifespan | 7           |
| Exercise Physiology                    | 3           |
| Nutrition Intervention Plan            | 9           |
| Physical Activity and Lifestyle        | 3           |
| Portuguese Language and Culture        | 2           |
| Sports Fitness                         | 2           |
| Sports Football                        | 2           |
| Sports Surfing                         | 2           |
| Mountain Sports                        | 2           |
| <b>TOTAL ECTS</b>                      | <b>32</b>   |

INFORMATIONS CONTACT  
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