

 UEMCUniversidad Europea
Miguel de Cervantes

THE IDEAL RECIPE TO IMPROVE
THE HEALTH AND
PERFORMANCE OF ATHLETES

DOUBLE DEGREE IN PHYSICAL ACTIVITY AND SPORTS SCIENCES WITH HUMAN NUTRITION AND DIETETICS

FACULTY OF HEALTH SCIENCES

6 years

SPECIFIC
ACADEMIC
PLAN (PAE)



IN-CLASS



- ✓ PRACTICAL TRAINING WITH A COMPANY FOCUS
- ✓ WORK PLACEMENTS
- ✓ TEACHERS IN TOUCH WITH THE PROFESSION
- ✓ EXCELLENT EMPLOYMENT PROSPECTS

VALLADOLID (SPAIN)
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www.international.uemc.es



YouTube



CAREER OPPORTUNITIES

Graduates in both degrees are highly valued for their professional preparation, capacity and versatility.

PHYSICAL ACTIVITY AND SPORT SCIENCE

- Training, physical preparation, technical guidance, sports management.
- School physical education, guided activities.
- Physical activity for health: motor re-education, disabilities.

DIETITIAN-NUTRITIONIST

- In public and private health: primary, specialist, mutual care.
- In the socio-health area: educational institutions, residences, catering services, food industry, etc.
- In physical activity and sport: sports centres, gyms, clubs, personal training.
- In the area of leisure, recreation and aesthetics: physical and aesthetic treatment centres.



WE FOSTER YOUR
TALENT AND YOUR
PROFESSIONAL CAREER



PROFESSIONAL FOCUS
AND JOB OPPORTUNITIES



UEMC ENTREPRENEURS
CLUB



INTERNATIONAL
MOBILITY

DOUBLE DEGREE IN PHYSICAL ACTIVITY AND SPORTS SCIENCES WITH HUMAN NUTRITION AND DIETETICS

FACULTY OF HEALTH SCIENCES

STUDY PROGRAMME

FIRST YEAR			
1º SEMESTER	ECTS	2º SEMESTER	ECTS
Functional Anatomy	6	Physiology	6
Information Technologies	6	Pedagogy	6
Foundations of History and Society	6	English I	6
Foundations of Sport I	6	Foundations of Sport III	6
Foundations of Sport II	6	Foundations of Sport IV	6
Food Chemistry	6	Biochemistry	6
Food and Culture	6		

THIRD YEAR			
1º SEMESTER	ECTS	2º SEMESTER	ECTS
Training Methodology	6	Training Planning and Control	6
Pathologies and Physical Exercise	6	Prescription of Exercise for Special Population Groups	6
Didactics	6	Analysis of Physical Activity and Sport	6
Effective Communication Techniques	6	Facilities and Equipment	6
Structure and Organisation of Institutions	6	Sports Systems Planning and Management	6
Nutrition I	6	Nutrition II	6

FIFTH YEAR			
1º SEMESTER	ECTS	2º SEMESTER	ECTS
Practicum I (HND)			12
Pharmacology	6	Food Hygiene and Safety	6
Food Toxicology	6	Mass Catering	6
Food Legislation	6	Dietetics II	6
Dietetics I	6	Nutritional Education	6
		Food Legislation	6

SECOND YEAR			
1º SEMESTER	ECTS	2º SEMESTER	ECTS
Physiology of Exercise	6	Corporal Expression and Dance	6
English II	6	Biomechanics	6
Research Methodology	6	Statistics	6
Games and Basic Motor Skills	6	Physical Activity in Nature	6
Psychology	6	Learning and Motor Development	6
Pathophysiology	6	Nutrition Psychology	6
Bromatology	6		

FOURTH YEAR			
1º SEMESTER	ECTS	2º SEMESTER	ECTS
Practicum (PASS)			12
Sports Legislation and Ethics	6	Activities for Sports Centres	6
Business Economics	6	Optional 3 (PASS)	6
Food Microbiology	6	Optional 4 (PASS)	6
Optional 1 (PASS): Nutrition and Supplements	6	Endocrinology	6
Optional 2 (PASS)	6	Immunology	6
		Dissertation (PASS)	6

SIXTH YEAR			
1º SEMESTER	ECTS	2º SEMESTER	ECTS
Practicum II (HND)			12
Diet Therapy	6	Community Nutrition	6
Optional 1 (HND)	6	Optional 3 (HND)	6
Optional 2 (HND)	6	Optional 4 (HND)	6
		Dissertation (HND)	6

SCHOLARSHIPS AND STUDY GRANTS



For the specific academic plan, the student may choose any of the optional subjects from both degrees. This excludes the subject Nutrition and Supplements from the PHYSICAL ACTIVITY AND SPORTS SCIENCES study programme, which must be selected as an optional subject.

Prospectus published in June 2018. Applicable as of the academic year 2018-2019. The content of these programmes may be subject to variation depending on legislative changes and their implementation. Subject to internal organisational requirements.

