

COME WITH US AND STUDY

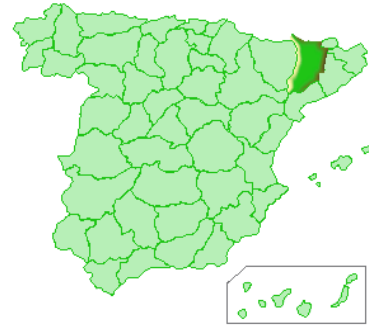


HOW IS THE LIVING IN LLEIDA?	3
LOCALITATION:	3
CLIMATE:.....	3
LANGUAGE:	4
COST OF LIVING AND ACCOMMODATION:.....	4
CULTURE:	5
STUDENT ASSOCIATION:	6
CLUB INEFC:.....	6
STRUCTURE OF DEGREE:	7
COURSES OFFERED BY INEFC LLEIDA	10
MAJORS (ITINERARIES):	10
FIRST YEAR COURSES	10
SECOND YEAR COURSES	11
THIRD YEAR COURSES	12
FOURTH YEAR COURSES	12
OPTIONAL COURSES (THIRD AND FOURTH YEAR)	12
<i>subject 1: further knowledge in teaching physical education</i>	12
<i>subject 2: sciences of sporting performance</i>	13
<i>subject 3: social sciences in sport and physical activity</i>	13
<i>subject 4: complementingthe basis of sports</i>	13
<i>subject 5: design of the curriculum of physical activity and sports</i>	14
<i>subject 6: sporting performance</i>	14
<i>subject 7: school sport</i>	15
<i>subject 8: methodology and research in sports & physical activity</i>	16
<i>subject 9: improvement, mainenance and recovery of health through physical activity</i>	16
<i>subject 10: planning, organization & administration sports and physical activity</i> 16	
<i>subject 11: specific populations and physical activity</i>	16
<i>subject 12: theory and practice of bodily expressision and communication</i>	17
<i>subject 13: theory and practie of fitness conditioning</i>	17
<i>subject 14: theory and practice of outdoor sports</i>	17
<i>subject 15: theory and practice of recreational activities</i>	17
FREE CHOICE SUBJECTS:.....	18

HOW IS THE LIVING IN LLEIDA?

Localitation:

Lleida is a city located in the west- centre of Catalonia (in the north- east of Spain). The city lets you enjoy the tranquillity of the area and the activities in the open air. Barcelona is 1h and a half by car from Lleida (you can take the bus or the train) and you can arrive to Madrid in 5h and a half (if you take the high- speed train in two hours you could be there). Both beach and the mountains are very close to the city and let you practice a lot of outdoor activities. For that reason, the University offers a wide range of courses.



Climate:

Lleida's climate is a little different that you might expect from its geographical location. Summers are very hot (up to 40 degrees in the

middle of July) and winter can become very cold (between 5 and -10 degrees). You would have to take into account that there is many days a great deal of fog, especially in the morning. However, you can enjoy many sunny days.

Language:

The official languages are Catalan and Spanish. Nowadays English is a compulsory subject in primary and secondary school and people speak it more frequently. Nowadays, INEFC is carrying out some projects to incentive English studies. French is known for many people and it's normally understood.

Classes are taught in Spanish. Nevertheless, foreign students wouldn't have to worry about that because our politics of international trade consists of facilitate the introduction of foreign students whenever they need.

Cost of living and accommodation:

Most Students that study in INEFC (National Physical Education of Catalonia) live in Lleida in student flats or in student residences. Living in a flat is the best way to meet Spanish people and understand their costumes. In addition UdL (universitat de Lleida) offers a residence service that can facilitate you addresses and



telephones to find a flat before you arrive. The prices are variable, it depends on the services you want and the localitation of housing. You would have to take into account that INEFC centre is in the outskirts of the city,

and you would have to take public transport to get there. For that reason, at the time you are looking for a home, it's better that it would be near the corresponding bus stop.

Life in Spain is not very expensive compared to the European community countries, but it isn't as cheap as it is believed. Moreover, Lleida is not a city as expensive as Barcelona as other capitals because it is in a rural setting.

The price of living in shared flats could be variable (from 150€ expenditure included until 300€ approximately). The best way to move into the city is by public transport or by food. You would need to take a student's card to use the public transport.

Even if it is a city in a rural setting, is very well placed. The price of external transport is considerably higher but you have a lot of alternatives.

Culture:

It's said that Spanish culture is different from other European community countries. May be the climate help us to be more open with



foreign people and place them in our circles. Although there are many opportunities to enjoy the party, you don't have to think that this is a general rule. The best way to expand your social network is to participate in extra-curricular activities like sport practice and competition, tournaments organized by university students and other courses of interest. The possibility that you would have in INEFC centre

about practical subjects may be a way to interact with Spanish students. Foreign people wonder about the incredible diversity of people and cultures that they can find in the city. For that reasons it's important to have respect with the ideas of the population.

Student association:

INEFC have a student association where you can visit whenever you want. There, you can get information about things related with faculty, studies, parties, excursions, congress... Moreover, you can suggest things to do during the course.



Club INEFC:

INEFC has a sport Club where you can practice sportive activities in a very low cost. You can practice indoor, outdoor and swimming pool activities. When you arrive, you don't have to hesitate to ask for some information.



STRUCTURE OF DEGREE:

INEFC is a four- year degree and it's taught at several centres in Spain. Despite this, the structure may differ in each centre. University of Lleida presents the degree with **many educational opportunities.**

The degree is structured in credits with a different value to the ECTS. For example, 2 credits is equivalent to 1,5 ECTS. Otherwise

you would know is that physical education studies in Lleida are divided in theoretical- practical subjects and theoretical subjects. At the same time, subjects are distributed in *core, compulsory and optional subjects.*

The reason of this distribution is the enormous availability of subjects offered and the approach of five specialties or branches related with sport.

- **Core:** *these subjects are common in all physical education degree of Spain.*
- **Compulsory subjects:** Subjects that UdL offers and considers indispensables.
- **Optional subjects:** proposed by UdL. These can be chosen by the student with freedom or by following guidelines if you want to perform an educational branch.

It's important to know that the educational organization is going to change the next year. The degree will be composed by ECTS credits and there will be more core subjects. However, this changes will be only applied at the first year.

Now, the distribution of matter in the different years will be shown at this point:



- **First year:** All are core subjects (as is exposed in the following point). For that reason, all the students have to study all of them. Some of these subjects have a practical and a theoretical part because they are subjects on the teaching of sports in particular. Moreover this academic year is formed by some theoretical subjects as you could see in this document. You have to take into account that the subjects of these academic year are based on ECTS credits.
- **Second year:** the subjects prescribed for this course are much more theoretical. The practical subjects are chosen by students with the intention of expanding their knowledge about sporting disciplines. They can choose three centre sports (football, handball, basketball, volleyball, swimming, athletics, gymnastic sports... are considered centre sports) and three outdoor sports like beach handball, beach volleyball, sky, snowboard, Nordic sky, canoeing and sailing (take into account the privileged status of the University).
- **Third year:** In this year is when the student must choose a specialized formation. Regardless this, student can attend specialization in a specific sport. As you can see in this document the specializations are:
 - Teaching
 - athletic performance
 - physical activity and health

- physical sporting activities in the natural environment
- Sport management

You don't need to choose one of those branches of formation to be licensed, but provide a wide range of possibilities at the time you are choosing the educational curriculum.

- **Fourth year:** In this academic year you only would have two compulsory subjects. For that reason it is very focused in optional subjects (subjects that students can choose to modelling their curriculum). However, that year requires the completion of some practices and the corresponding memory. The nature of the practices will be in reference to the educational branch chosen.

Don't worry if you are a foreign student, it is much easier that you are thinking. First of all, you have to look for the courses that can interest you and can allow you to validate in your university. You can choose courses of all years whatever you would have to be studying in your country. Then, you have to agree with the head of international mobility of your University possible validations and ask us if you have any doubt.

Possible courses are displayed below, ordered by years and features. Recommended courses for foreign students will be in blue.

COURSES OFFERED BY INEFC LLEIDA

MAJORS (Itineraries):

As previously mentioned, the degree is distributed in 5 specializations.

See it below:

- TEACHING PHYSICAL EDUCATION
- SPORT PERFORMANCE
- FITNESS AND HEALTH
- SPORT MANAGEMENT
- OUTDOOR SPORTS

Core subjects of first course can be seen in the following lines.

<i>FIRST YEAR COURSES</i>	ECTS
- Anatomy of Physical Activity	6
- Motor skills	6
- Pedagogy and basis didactics of physical activity	6
- Psychology of physical activity	6
- Analysis of functional structure of sport and physical exercise structure	6
- Physiology of physical activity	6
- Theory and Practice of Motor Games	6
- Body expression and dance	6
- Team sports	6
- Individual sports	6

In second course, as it has mentioned, there is some core and some other courses that can be chosen according to preferences. However, if you are a foreign student, you can choose those that fit better in your curriculum.

It's possible that there are some courses repeated. This is because of the new educational changes that only will be carried out in the first course during the following year.

SECOND YEAR COURSES

- Physiology of physical activity	6
- Biomechanics of Sport	6
- Motor Learning	4.5
- Human Motor Function	4.5
- Sociology of Sports	4
- Research Methodology and Statistics Applied to Physical activity	6
- ECC – Hapkido	2
- ECC – Aerobics	2
- ECC – Beach Handball	2
- ECC – Futsal	2
- ECC – Beach Volleyball	2
- ECC – Tennis	2
- ECC – Sailing & Windsurfing I	2
- ECC – Kayaking I	2
- ECC – Alpine skiing & Snowboarding I	2
- ECC – Cross Country-Skiing I	2
- Sport Activities. Basis of Didactics. Cooperative & Cooperative- Opposition Games	3
- Sport Activities. Basis of Didactics. Contemporary Dance, Ballroom, Jazz	3
- Sport Activities. Basis of Didactics. Didactics	3
- Sport Activities. Basis of Didactics. Introjectives	3
- Advanced Basis of Sports. Swimming	6
- Advanced Basis of Sports. Rugby	6
- Advanced Basis of Sports. Badminton	6
- Advanced Basis of Sports. Volleyball	6
- Advanced Basis of Sports. Gymnastics	6
- Advanced Basis of Sports. Football	6
- Advanced Basis of Sports. Rhythmic Gymnastics	6
- Advanced Basis of Sports. Basketball	6
- Advanced Basis of Sports. Athletics	6
- Advanced Basis of Sports. Judo	6

- [Advanced Basis of Sports. Handball](#) 6
- Research Project II 3

At third and fourth year, the number of *core* courses is minor but you have many *optional* to choose. The last one's are exposed sorted by speciality below.

THIRD YEAR COURSES

- Fitness and Health 8
- [Outdoor Sports](#) 4
- Programming the Physical Education & Sport. Teaching of Adapted Physical Activity 6
- Sport and Recreation 4
- Learning Process of Exercise and Sport 6
- Training Theory 6
- Planning of Physical Activity and Sports 6
- Structure and Organization of Sport Institutions 4

FOURTH YEAR COURSES

- Planning and evaluation of Sports Training 6
- Management of Events and Sport installations 6
- Internship – Practical (*Practicum*) 12

OPTIONAL COURSES (Third and Fourth Year)

** Courses in Italics are included in more than one subject*

The credit value of all Optional Courses is 4.5 Credits

SUBJECT 1: FURTHER KNOWLEDGE IN TEACHING PHYSICAL EDUCATION

- Didactics of scholar Physical Education (3rd Year)
- Creative and Interdisciplinary Aspects: Tools for Education Innovation (3rd Year)

- Development Psychology applied to Physical Education (3rd Year)
- *Adapted Physical Education to people with motor and sensory disabilities* (4th Year)
- *Adapted Physical Education to people with mental disabilities* (4th Year)
- *Didactic Strategies Applied to Physical Education* (3rd Year)

SUBJECT 2: SCIENCES OF SPORTING PERFORMANCE

- Exercising under stressful situations (3rd Year)
- Sport Performance Physiology (3rd Year)
- Sport Performance Psychology (4th Year)
- *Nutrition and Dietetics applied to Physical Activity* (4th Year)
- *Instrumental Techniques applied to Biomechanics of Sports* (4th Year)
- *Psychology of Organizations and Human Resources* (3rd Year)
- *Introduction to Computer Science* (4th Year)

SUBJECT 3: SOCIAL SCIENCES IN SPORT AND PHYSICAL ACTIVITY

- *Ethics and Professionalism in Sportive and Physical Activities* (4th Year)
- Quality Management of Sport Services (4th Year)
- *Psychology of Organizations and Human Resources* (3rd Year)
- *Social Research applied to Physical Activity and Sport* (3rd Year)

SUBJECT 4: COMPLEMENTING THE BASIS OF SPORTS

- Beach Handball (4th Year)
- *Kayaking II* (3rd Year)
- *Sailing & Windsurfing II* (3rd Year)
- *Cross-Country Skiing II* (3rd Year)
- Beach Volleyball (3rd Year)

SUBJECT 5: DESIGN OF THE CURRICULUM OF PHYSICAL ACTIVITY AND SPORTS

- Curriculum in Physical Education: Evaluation (4th Year)
- Curriculum in Physical Education: Design and Development (4th Year)

SUBJECT 6: SPORTING PERFORMANCE

- *Athletics I – Endurance. Long Hurdles. (3rd Year)*
- *Athletics II – Velocity. Short Hurdles (3rd Year)*
- *Athletics III – Throws (4th Year)*
- *Athletics IV – Jumps (4th Year)*
- *Football I (3rd Year)*
- *Football II (3rd Year)*
- *Football III (4th Year)*
- *Football IV (4th Year)*
- *Volleyball I (3rd Year)*
- *Volleyball II (3rd Year)*
- *Volleyball III (4th Year)*
- *Volleyball IV (4th Year)*
- *Handball I (3rd Year)*
- *Handball II – Planning (3rd Year)*
- *Handball III – Coaching (4th Year)*
- *Handball IV (4th Year)*
- *Basketball I – Formation (3rd Year)*
- *Basketball II – Performance (3rd Year)*
- *Basketball III – Coaching & Fitness training (4th Year)*
- *Basketball IV – Training plan & Control (4th Year)*
- *Alpine skiing & Snowboarding I (3rd Year)*
- *Alpine skiing & Snowboarding II (3rd Year)*
- *Alpine skiing & Snowboarding III (4th Year)*
- *Alpine skiing & Snowboarding IV (4th Year)*
- *Rhythmic Gymnastics I (3rd Year)*
- *Rhythmic Gymnastics II (3rd Year)*

- Rhythmic Gymnastics III (4th Year)
- Rhythmic Gymnastics IV (4th Year)
- *Judo I (3rd Year)*
- Judo II (3rd Year)
- Judo III (4th Year)
- Judo IV (4th Year)
- Rugby I (3rd Year)
- *Swimming I – Formation (3rd Year)*
- Swimming II – Performance (3rd Year)
- Swimming III – Training Plan & Control (4th Year)
- *Swimming IV - Health (4th Year)*
- Tennis I (3rd Year)
- Tennis II (3rd Year)
- Tennis III (4th Year)
- Tennis IV (4th Year)

SUBJECT 7: SCHOOL SPORT

- Structure and Organization of School Sport (4th Year)
- Educational and Recreational Aquatic Activities (3rd Year)
- Initiation to Sports: Psychological Guidelines (4th Year)
- *Ethics and Professionalism in Sportive and Physical Activities (4th Year)*
- *Coaching Team Sports (4th Year)*
- *Athletics I (3rd Year)*
- *Volleyball I (3rd Year)*
- *Basketball I (3rd Year)*
- *Judo I (3rd Year)*
- *Swimming I – Formation (3rd Year)*
- *Rhythmic Gymnastics I (3rd Year)*

SUBJECT 8: METHODOLOGY AND RESEARCH IN SPORTS & PHYSICAL ACTIVITY

- *Introduction to Computer Science (4th Year)*
- *Social Research applied to Physical Activity and Sport (3rd Year)*
- *Research into Exercise Physiology (4th Year)*
- *Computer Means for Data Structure, Order and Analyze (4th Year)*
- *Instrumental Techniques applied to Biomechanics of Sports (4th Year)*
- *Organization of Sport Institutions (4th Year)*

SUBJECT 9: IMPROVEMENT, MAINTENANCE AND RECOVERY OF HEALTH THROUGH PHYSICAL ACTIVITY

- *Educating for Health (3rd Year)*
- *Physiology of Exercising for Health (3rd Year)*
- *The Locomotive Apparatus in Sport I (3rd Year)*
- *The Locomotive Apparatus in Sport II (4th Year)*
- *Physical Activity in Health & Disease (4th Year)*
- *Nutrition and Dietetics applied to Physical Activity (4th Year)*

SUBJECT 10: PLANNING, ORGANIZATION & ADMINISTRATION SPORTS AND PHYSICAL ACTIVITY

- *Ecomanagement of Sport (4th Year)*
- *Coaching Team Sports (4th Year)*
- *Economic Management of Sport Associations (4th Year)*
- *Sports Club and Law (3rd Year)*
- *Sport Marketing (4th Year)*
- *Sport Management in Local Municipalities (3rd Year)*
- *Design and Construction of Sport Facilities (4th Year)*

SUBJECT 11: SPECIFIC POPULATIONS AND PHYSICAL ACTIVITY

- *Exercise and Ageing (3rd Year)*
- *Adapted Physical Education to people with motor and sensory disabilities (4th Year)*

- *Adapted Physical Education to people with mental disabilities (4th Year)*
- *Swimming IV - Health (4th Year)*

SUBJECT 12: THEORY AND PRACTICE OF BODILY EXPRESSION AND COMMUNICATION

- Skills of non-verbal Communication (3rd Year)
- *Didactic Strategies Applied to Physical Education (3rd Year)*
- *Aerobic & Fitness: Improvement and Maintenance (4th Year)*

SUBJECT 13: THEORY AND PRACTICE OF FITNESS CONDITIONING

- *Aerobic & Fitness: Improvement and Maintenance (4th Year)*
- *Swimming IV - Health (4th Year)*
- *Educating for Health (3rd Year)*
- *Physiology of Exercising for Health (3rd Year)*
- *Weight Lifting Techniques (4th Year)*

SUBJECT 14: THEORY AND PRACTICE OF OUTDOOR SPORTS

- *Kayaking II (3rd Year)*
- *Sailing & Windsurfing II (3rd Year)*
- *Cross-Country Skiing II (3rd Year)*
- *Organization of Outdoor Activities (4th Year)*
- *Equestrian Studies I (3rd Year)*
- *Equestrian Studies II (3rd Year)*
- *Equestrian Studies II (4th Year)*
- *Equestrian Studies IV (4th Year)*
- *Economic Management of Sport Associations (4th Year)*

SUBJECT 15: THEORY AND PRACTICE OF RECREATIONAL ACTIVITIES

- *Traditional Motor Games and Sports: Fundamentals and Applications (3rd Year)*

- *Equestrian Studies I (3rd Year)*
- *Equestrian Studies II (3rd Year)*
- *Equestrian Studies II (4th Year)I*
- *Equestrian Studies IV (4th Year)*
- *Kayaking II (3rd Year)*
- *Sailing & Windsurfing II (3rd Year)*
- *Cross-Country Skiing II (3rd Year)*

FREE CHOICE SUBJECTS:

Students of Lleida have to include 31 extracurricular credits (UdL credits) to finish the degree. This credits could be coursed in INEFC or another faculty of Lleida. INEFC centre offers a lot of possibilities as you could see in the next point.

** The following courses were offered during the Academic Year 2008-09.*

The updated list will be ready once the semester starts with some changes on it.

FIRST SEMESTER (Sept – Dec)

- | | |
|---|-----|
| - <i>Acrosport</i> | 3 |
| - Practical issues of technique in Swimming | 3,5 |
| - <i>Badminton – Performance I</i> | 4,5 |
| - Creation of sport services company | 4 |
| - Artistic Gymnastics – Performance | 3 |
| - Fitness and Back Injuries Prevention | 4 |
| - Equestrian Studies: Initiation of Equestrian Work on Floor. Horse Body Language | 4,5 |
| - Initiation to Excel | 3 |
| - <i>Methods for Endurance Training (as an optative subject)</i> | 3 |
| - Fitness Programmes for Quality of Life | 4,5 |
| - Educational Programmes for Rugby in School (non-assistance course) | 3 |
| - Equestrian Work on Floor: Basic Techniques of training colts | 4,5 |
| - Physical exercise and preventing back pain | |
| - Nordic walking as a healthy activity. | 3 |

- Introduction to acrobatics with clothes
- Maintenance of sport equipments 4,5
- Economics concepts of sport 4,5

SECOND SEMESTER (Jan – May)

- Use of English in Sport Sciences (a course in English- initiation) 3
- Doping and Ergogenic Aids 2.5
- Cross –Country Skiing III 4.5
- Kayaking III 4.5
- Sailing & Windsurfing III 4.5
- Sailing Instructor (Level IV) 4.5
- Badminton – Performance II 4.5
- Initiating to Wheel Gymnastics – Röhhrad 3
- Back Wellness – Level I 2
- Tennis – Top Performance 3
- Acrobatics, Acrosport and Expressive Movement. Gimnastrada 4.5
- Hip-Hop, Funk and Choreography 4
- Swimming-Pool Management 3
- Direction Skills: from activities to people 4.5
- Management of Sport Projects 4.5
- Laws and Rules to Sport Facilities 3
- Organization and Direction of Activities in Sport Centres 4.5
- Training Methods to Aesthetic Strength 3
- Training Methods to Sport Strength 3
- Initiating to Trampoline and Mini-Tramp 3
- The Nordic Walking, Activity for Health 3
- Aqua fitness 2.5
- Initiating to Skating 2
- Electroneurostimulation 2
- Sport Massage 3
- Sportive Recovery Process: Readaptation 3
- Sportive Recovery Process: Reeducation 3

- Surface Anatomy. Analytic Passive Stretching	3
- Equestrian Work on floor. History of Horses	4.5
- Basic Techniques of training ridden colts	4.5
- Quantitative and Qualitative Analysis of Techniques. Methodology of Correction	3
- Conflicts. Skills to intervene efficiently	3
- Sport and Sustainability I	1
- Sport and Sustainability II	3