

Module (UE) : Skills		Topics (EC)	L	T	P	Dist.	Stage	ECTS	Weighting	
TM7E01-	Sport, health, society	TM7E011 Sport and health: sociological, physiological and psychological approaches	24					3	3	3
TM7E02-	Foreign languages	TM7E021 English		18				3	3	3
TM7E03-	Analysing performance: basic approaches	TM7E031 Analysing psychological, biomechanical and physiological performance factors	24			50		10	10	10
TM7E04-	Analysing performance: professional approaches	TM7E041 Metrology and measurement tools	6		24			8	8	3,5
		TM7E042 Methods for analysing group performance	6		9		1,5			
		TM7E043 Sport and exercise (APS): practices and interventions		3	12		1,5			
		TM7E044 Planning a training programme	5			12	1,5			
TM7E05-	General methodology - career plan	TM7E051 Research methodology		12				6	6	2
		TM7E052 Management	15				2			
		TM7E053 Dissertation methodology	3			10	2			
<b>Total (excluding placements)</b>			<b>83</b>	<b>33</b>	<b>45</b>	<b>72</b>	<b>0</b>	<b>30</b>	<b>30</b>	<b>30</b>

Module (UE) / skills		Topics (EC)	L	T	P	Dist.	Stage	ECTS	Weighting	
TM8E01-	Muscle strengthening and return-to-sport programmes (if a student chooses 2 components, they are excused from taking 2 components at IFM3R (physiotherapy school))	TM8E011 Return-to-sport programmes	12		12			8	8	2
		TM8E012 Motor coordination (healthy or injured subjects)	12			12				2
		TM8E013 Muscle characteristics: physiological and biomechanical approaches	12		12					2
		TM8E014 Neurophysiology and training	15		9					2
		TM8E01R Lifestyle: nutrition and physical activity	24							2
		TM8E02R Public health and epidemiology	12	12						2
		TM8E03R Adapting to extreme conditions	12	12						2
		TM8E04R Cell and molecule adaptation during exercise and training	12	12						2
		TM8E05R Educating about health	12	12						2
		TM8E06R 3D analysis of motor performance	12	12						2
		TM8E07R Approaches, metrology and innovations in ergonomics	12	12						2
		TM8E08R Ergonomics, optimising performance and industrial production	12	12						2
		TM8E01B Mental preparation techniques (level 1)	12	12						2
		TM8E02B Return-to-sport programmes, injury management	12	12						2
		TM8E03B Preparing for the Physical Education Teaching entrance exam: written tests (level 1)	12	12						2
		TM8E04B Developing service activities (level 1): public sector	12	12						2
		TM8E05B Physical conditioning techniques (level 1)	12	12						2
TM8E06B Supporting top-level student athletes	12	12				2				
TM8E07B Using self-confrontation techniques	12	12				2				
TM8E08B Using video analysis as part of training and performance	12	12				2				
TM8E02-	Sports training planning, programming and methodology	TM8E021 Training programming and methodology	14			12		4	4	4
TM8E03-	Intervention practices	TM8E031 Ethics, deontology, law	9					8	8	1,5
		TM8E032 Medical and psychological support	12				1,5			
		TM8E033 Knowledge and practices of expert coaches	24				1,5			
		TM8E034 Sport and exercise (APS): practices and interventions		3	12		1,5			
		TM8E035 English		18			2			
TM8E04-	Methodology and work placement	TM8E041 Statistics and data processing		15				10	10	2
		TM8E042 Individual dissertation support					0			
		TM8E043 Individual work placement support				160	8			
<b>Total (excluding placements)</b>			<b>110</b>	<b>36</b>	<b>45</b>	<b>24</b>	<b>160</b>	<b>30</b>	<b>30</b>	<b>30</b>