

**HEALTH SCIENCES CENTER
PHYSICAL EDUCATION AND SPORTS DEGREE**

OBJECTIVE:

To form upright professionals in the areas of physical education and sports through the fields of physical activity for health, physical education, sports, sports administration and physical activity and sports research, with the purpose to create proper lifestyles aimed for health improvement and support human and social development.

CANDIDATE PROFILE:

- Strong inclination to health and sports care
- Interested on physical culture
- Self-learning ability
- Ability to observe and analyze
- To be apt to communicate
- Knowledge in the use of information technologies
- Open to changes and innovation
- Enterprising
- Proactive
- Methodical

GRADUATE PROFILE:

Knowledge in:

- Anatomic, physiologic and biologic sciences to know the structure, functioning of the organism and metabolic mechanisms on physical activity which allow identify the effects of physical exercise on the various stages of life.
- Sports nutrition to know metabolic mechanisms on physical activity
- Biomechanics to know load axis, lean points and muscular groups required to achieve correct articulation mobility during physical training.
- Injury prevention, kinesiology, field physiotherapy and primary attention of sport related injuries.
- Public health, to establish prevention of health alterations on a multidisciplinary way, as to promote healthy lifestyles to contribute people's quality life.
- Social and humane sciences to understand physical culture and sports thru different eras.
- Recreation, time and leisure administration to develop and apply physical activity programs aimed for different population groups in either public or private sectors.
- Pedagogic tools to support teaching-learning of physical culture on basic, mid and higher education.
- To help moral development of individuals by promoting humane motor skills and fomenting educational, recreational, social and/or therapeutic from a pedagogic point of view.
- Fundamentals and sport practice, design, application, evaluation, organization and projection of different type of sports.
- Training, methodology of sport training aimed for sport training plan elaboration its application and evaluation.
- Sports management and administration in order to manage, develop and organize companies, organizations and institutions aimed for sport, physical activity and recreation.
- Phys activity research methodology to generate knowledge of physical activity and sports based on social needs.

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SKILLS:

- To elaborate, develop and apply physical exercise programs in accordance to different life stages promoting healthy lifestyles.
- To detect social needs related to Phys culture, sports and recreation in order to improve people's life conditions.
- To detect and conveniently channel physical conditions that limit or affect exercise performance.
- To apply Phys Ed methods, didactics, planning and evaluation within different school groups in order to develop reliable teaching educational status.
- To develop team and individual expertise promoting Phys culture and sports.
- To detect and guide sport related talented individuals improving their development.
- To apply pre-established devices, parameters and regulations on high performance sports evaluations.
- To manage, administrate, direct and organize sport, designing Phys and recreational activities strengthening Phys culture in companies, institutions and sport organizations.
- To identify, analyze, evaluate, execute and resolve problems in relation to physical activity and sports within society.
- To apply scientific fundamentals of physical and sport activities in public and private institutions.
- To efficiently manage public and private institutions on relation to health and sports and appointed resources.
- Public speech.

ATTITUDES:

- Service vocation
- Proactive: enterprising and dynamic
- Extroverted
- Willing to work
- Disciplined
- Assertive and empathic
- Of constant self-improvement at personal and professional levels.
- To overcome challenges and break up with paradigms.
- Motivational towards goals.
- Reflexive and critic.
- Of team and cooperation spirit.
- Of loyal and honest competition.
- Of knowledge sharing.
- Of constant research.
- Goals and achievement oriented.

VALUES:

- Cooperation
- Honesty
- Loyalty
- Tolerance

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- Respect
- Solidarity

FIELD OF WORK:

The Phys Ed and Sports Graduate can exercise its career at:

- ✓ Public and private institutions.
- ✓ Public and private health institutions.
- ✓ Recreation, sports and Phys culture institutions.
- ✓ Sports initiation schools
- ✓ Sports service clubs and Gyms.
- ✓ Private, social and public companies.
- ✓ Public and government entities.

DURATION:

8 semesters

2016 PLAN

CAREER 40

CURRICULUM

First semester

	T P C	CENTER	DEPARTMENT.
Physical culture and sports fundamentals	3 0 6	CCS	PHYS.CULTURE & NUTR
Public health fundamentals	3 0 6	CCS	PUBLIC HEALTH
Nutrition fundamentals	2 1 5	CCS	PHYS.CULTURE AND NUTR
Biochemistry	2 2 6	CCB	CHEMISTRY
Phys Ed development basics	2 4 8	CCS	PHYS.CULTURE &NUTR
Sports evolution	4 0 8	CCS	PHYS.CULTURE & NUTR
Athletics	1 4 6	CCS	PHYS.CULTURE & NUTR.

Institutional Humanistic program

Institutional foreign language plan

Second semester

Morphology of musculoskeletal system	2 2 6	CCB	MORPHOLOGY
Nutrition and sports	2 1 5	CCS	PHYS.CULTURE &NUTR
Pedagogy and Didactics	2 3 7	CCS & H	EDUCATION
Sports Logic	2 1 5	CCS	PHYS.CULTURE &NUTR
Phys Ed. In Junior education level	1 2 4	CCS	PHYS.CULTURE &NUTR
Phys culture and sports in high ed. level	1 2 4	CCS	PHYS.CULTURE &NUTR
Fitness	1 4 6	CCS	PHYS.CULTURE &NUTR
Tae Kwon Do	1 4 6	CCS	PHYS.CULTURE &NUTR

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Third Semester

General Physiology	3 0 6	CCB	PHYSIOLOGY & PHARMA
Design, development and evaluation of programs	2 3 7	CCS & H	EDUCATION
Sports biomechanics	3 0 6	CCS	SURGERY
Growing and development fundamentals	3 0 6	CCS	GINECO-OBSTPED
Health promotion	3 0 6	CCS	PUBLIC HEALTH
Recreation	2 3 7	CCS	PHYS.CULTURE &NUTR
Fitness	1 4 6	CCS	PHYS.CULTURE &NUTR
Artistic Gymnastics	1 4 6	CCS	PHYS.CULTURE &NUTR

Institutional Humanistic program

Institutional foreign language plan

Fourth Semester

Managerial function introduction	3 2 8	CCE & A	ADMINISTRATION
Exercise Physiology	3 2 8	CCB	PHYSIOLOGY & PHARMA
Sports medical emergencies	3 2 6	CCS	SURGERY
Sports medical prescription	3 0 6	CCS	MEDICINE
Gerontology	3 0 6	CCS	INFIRMARY
Sports Training Basics	2 3 7	CCS	PHYS.CULTURE &NUTR
Tennis	1 4 6	CCS	PHYS.CULTURE &NUTR
Ping pong and Badminton	1 4 6	CCS	PHYS.CULTURE &NUTR

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Fifth Semester

Administration	3 2 8	CCE & A	ADMINISTRATION
Basic computer literacy	1 4 6	CCS	IT SYSTEMS
Sports Trauma	3 0 6	CCS	SURGERY
Phys activity on life stages	2 2 6	CCS	PHYS.CULTURE &NUTR
Sports training methodology	2 3 7	CCS	PHYS.CULTURE &NUTR
Judo	1 4 6	CCS	PHYS.CULTURE &NUTR
Swimming	1 4 6	CCS	PHYS.CULTURE &NUTR

Social Service Institutional Plan (inductive course)

Sixth Semester

Biostatistics I	2 3 7	CCB	STATISTICS
IT on Sports	0 5 5	CCB	IT SYSTEMS
Control and evaluation of sports training	3 0 6	CCS	PHYS.CULTURE &NUTR
Phys activity in special conditions	2 2 6	CCS	PHYS.CULTURE &NUTR
Basic level practice	2 4 8	CCS	PHYS.CULTURE &NUTR
Soccer	1 4 6	CCS	PHYS.CULTURE &NUTR
Basket Ball	1 4 6	CCS	PHYS.CULTURE &NUTR

Social Service Institutional Plan

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Seventh Semester

Sports psychology and physical activity	3 2 8	CCS & H	PSYCHOLOGY
Sports physiotherapy	2 2 6	CCS	SURGERY
Methodology for sports research	3 0 6	CCS	PHYS.CULTURE &NUTR
Disability and sports	3 2 8	CCS	PHYS.CULTURE &NUTR
Junior and high ed. Level practices	2 4 8	CCS	PHYS.CULTURE &NUTR
Baseball	1 4 6	CCS	PHYS.CULTURE &NUTR
Volleyball	1 4 6	CCS	PHYS.CULTURE &NUTR

Optional professionalizing subject I

Social Service Institutional Plan

Professional internship institutional program (induction course)

Eighth Semester

Work ethics	2 2 6	CCS & H	PHYLOSOPHY
Sports legislation	3 0 6	CCS & H	LAW
Seminar of Research in phys activity	2 2 6	CCS	PHYS.CULTURE &NUTR
Phys ed. And sports practices	0 20 20	CCS	PHYS.CULTURE &NUTR

Optional professionalizing subject II

Social Service Institutional Plan

Professional internship institutional program

OPTIONAL PROFESSIONALIZING SUBJECTS

Optional professionalizing subject I and II

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- (1) This class will cover 130 hours of social service of a total of 500 hrs. –Refer to requirement table-
 - (2) This class will cover 130 hours of social service of a total of 500 hrs. –Refer to requirement table-
 - (3) This class will completely cover the Professional Practice Institutional program.

INSTITUTIONAL PROGRAMS

- Humanist formation Institutional Program
- Promoting of Foreign Languages Institutional Program
- Social Service Institutional Program
- Professional internship Institutional Program
- Guidance
- Academic exchange and mobility

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REQUIREMENTS FOR PROFESSIONAL CERTIFICATE

Graduates must stick to regulations of chapter XIV for professional certificate on tech level, superior technician and bachelor's degree, art. 156 of General Educational Regulation (NI-20300-19) which addresses the next:

Once every single subject included in the curriculum has been covered and passed, whether it is tech level, superior technician or bachelor, the graduate can file for a professional certificate request at the department of school administration control, after fulfilling the next set of requirements:

I.-Have complied with requirements of Social Service, Humanist Formation, Professional internship, and Foreign Language established in the Institutional Programs.

II.-Be free of pending payments to Universidad Autonoma de Aguascalientes

III.-To have covered the established fee for professional certificate arbitrage; and

IV.-Have applied for the Graduation test.