

**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**

|  | <b>T P C</b> | <b>CENTER</b> | <b>DEPARTMENT.</b>    |
|--|--------------|---------------|-----------------------|
| 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

- 
- (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.