

# D R A F T

## New Curricula model – DIPLOMA “Bachelor in Sports Science“

- Destination:** Expert in sports sciences
- In the field of physical education
  - Sports Training (coaching)
  - In the field of physical activity and health
- Standard occupation:**
- Physical Education
  - Training
  - Health & Fitness
- Objective:** Preparation of experts of a university undergraduate level able to organize and manage:
- The process of physical education at all levels of the Educational System.
  - The training process for young ages/children (Sports Games and Individual Sports)
  - Physical activity and health
  - Leading and organizing mass sport activities.

### Structure and number of hours regarding to the fields:

Fields	Hour	Credits
Practice	807	51
Pedagogy	368	32
Social.Sc.	286	22
Biomed. Sc.	530	54
Orientation	90	6
School Part.	100	5
Thesis		10

### Curricula Model for the 1<sup>st</sup> Academic Year

No.	Year – I	Hour	Credits
	Subject		
1	Human Functional Anatomy	75	8
2	Biology – Biochemistry	60	8
3	Psychology	60	6
4	Informatics	60	4
5	History of PE & Sport	30	3
6	Theory of PE	45	4
7	Foreign Language	60	4
8	Track & Field	90	6
9	Basketball	75	5
10	Dance – Folk - Aerobic	60	4
11	Volejball	75	5
12	Winter Sport - Ski	60	3
Total number of hours YEAR I – 750 hours		<b>750</b>	<b>60</b>

### Curricula Model for the 2<sup>nd</sup> Academic Year

No.	Year – II	Hour	Credits
	Subject		
1	Human Physiology	60	7
2	Biomechanics – Functional Anatomy	60	8
3	Pedagogy	60	6
4	Aging & Motor Activity	45	4
5	Human Movement – Theory & Practice	60	6
6	Foreign Language	45	3
7	Gymnastics	90	6
8	Football	75	5
9	Combative Sports – Weightlifting	90	6
10	Rhythmic Gymnastics	45	3
12	Elective Subjects	45	3
13	Swimming	60	3
Total number of hours YEAR II – 735 hours		<b>735</b>	<b>60</b>

### Curricula Model for the 3<sup>rd</sup> Academic Year

No.	Year – III	Hour	Credits
	Subject		
1	Physiology of Movement – Functional Check up	71	6
3	Sport Medicine – Trauma & First Aid	71	6
	Public Health - Epidemiology & Prevention	42	4
4	Message – Correcting Gymnastics	56	4
5	Sport Training Theory	42	3
6	Didactics	56	4
8	Organization of PE & Sport	42	3
9	Marketing of Sport	56	4
10	Elective Subject	42	2
11	Orientation : a. PA & Heath b. Sport Training	90	6
12	Truism & Recreation	25	2
13	School Partnership	100	5
14	Research	10	1
15	Thesis		10
	<b>Total number of hours YEAR III – 703 hours</b>	<b>703</b>	<b>60</b>

Tirana 25<sup>th</sup> July 2007

