

ESTUDIÁ

#SPORTS TRAINING SCIENCES

Name of the course: Bachelor's Degree in Training Sciences.

Title awarded: **Graduate in Training Sciences.**

Level: Bachelor.

Duration: 2 years (+final work).

Add science and technology to sport to achieve high levels of performance and health

Professional field of action

There is technology applied to everything we do. Sports practice and training also incorporates technological resources that allow performance goals to be achieved through functional tests, data interpretation and evaluation of results. These new methods require professionals who combine technical, social, technological and scientific elements to plan sports practices at different levels of competition, linked to the preservation of health and values such as teamwork and respect for diversity. This UNRaf Curriculum Complementation Cycle will allow you to acquire this innovative professional profile to enter the new world of current and future sports.

UNRaf graduates in this field of knowledge will be able to work as coaches, physical trainers, personalized trainers and sports and academic coordinators in sports at all levels. In addition, they will be able to design health and well-being maintenance plans, performance within gyms, sports centers and institutions, as well as develop innovative research and publish publications in the scientific field.

Program

FIRST YEAR	Techno Anatomy and Physiology I	Universe and Technological creation	Techno training for Health I	
	Technological Bases of Sports Training I	Biostatistics	Elective I	Workshop: My technological instrument I
SECOND YEAR	Techno Anatomy and Physiology II	Techno Training for Health II	Technological Bases of Sports Training II	Workshop: My Technological Instrument II
	Elective II	Neuromechanical Technology	Final Project	



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