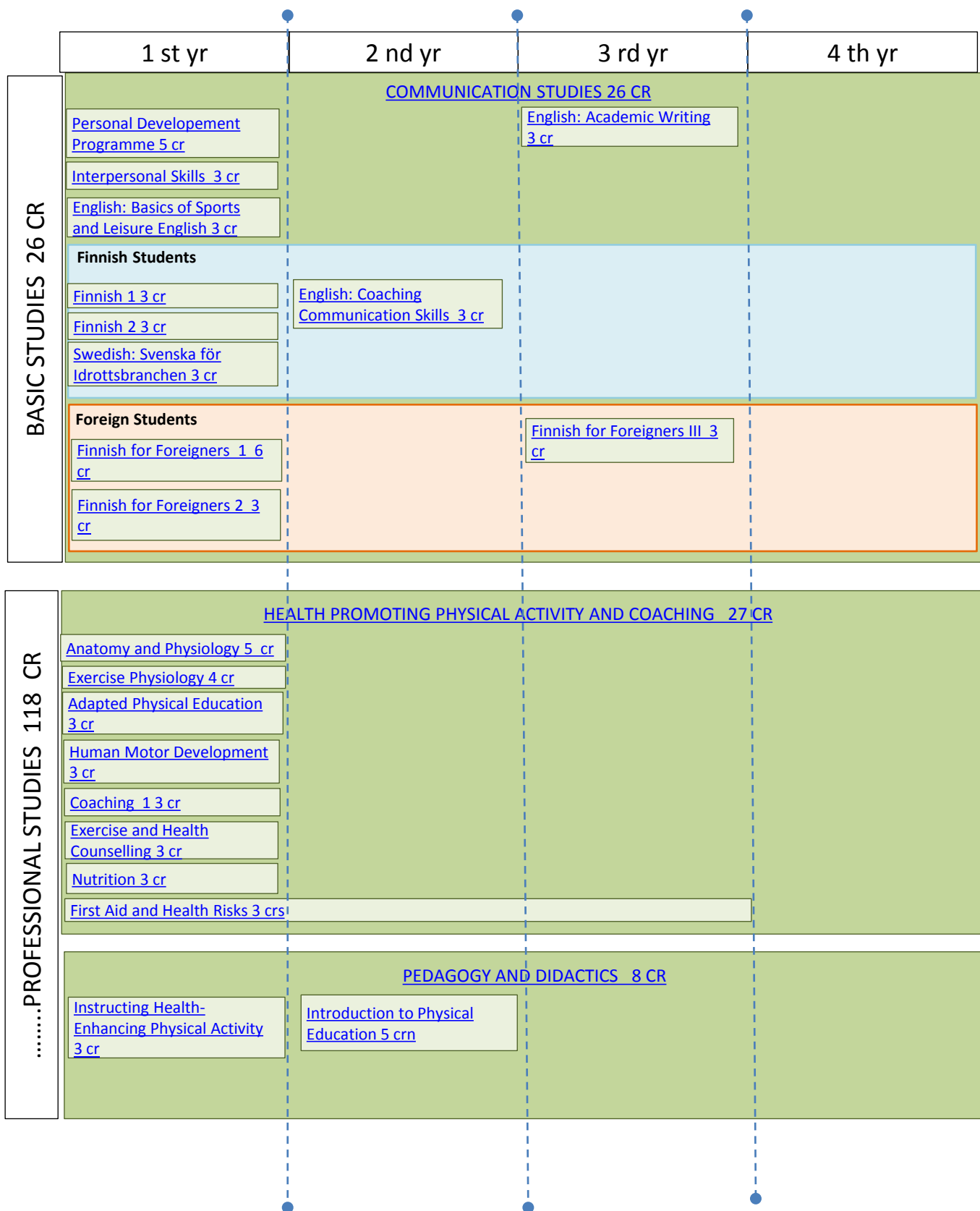
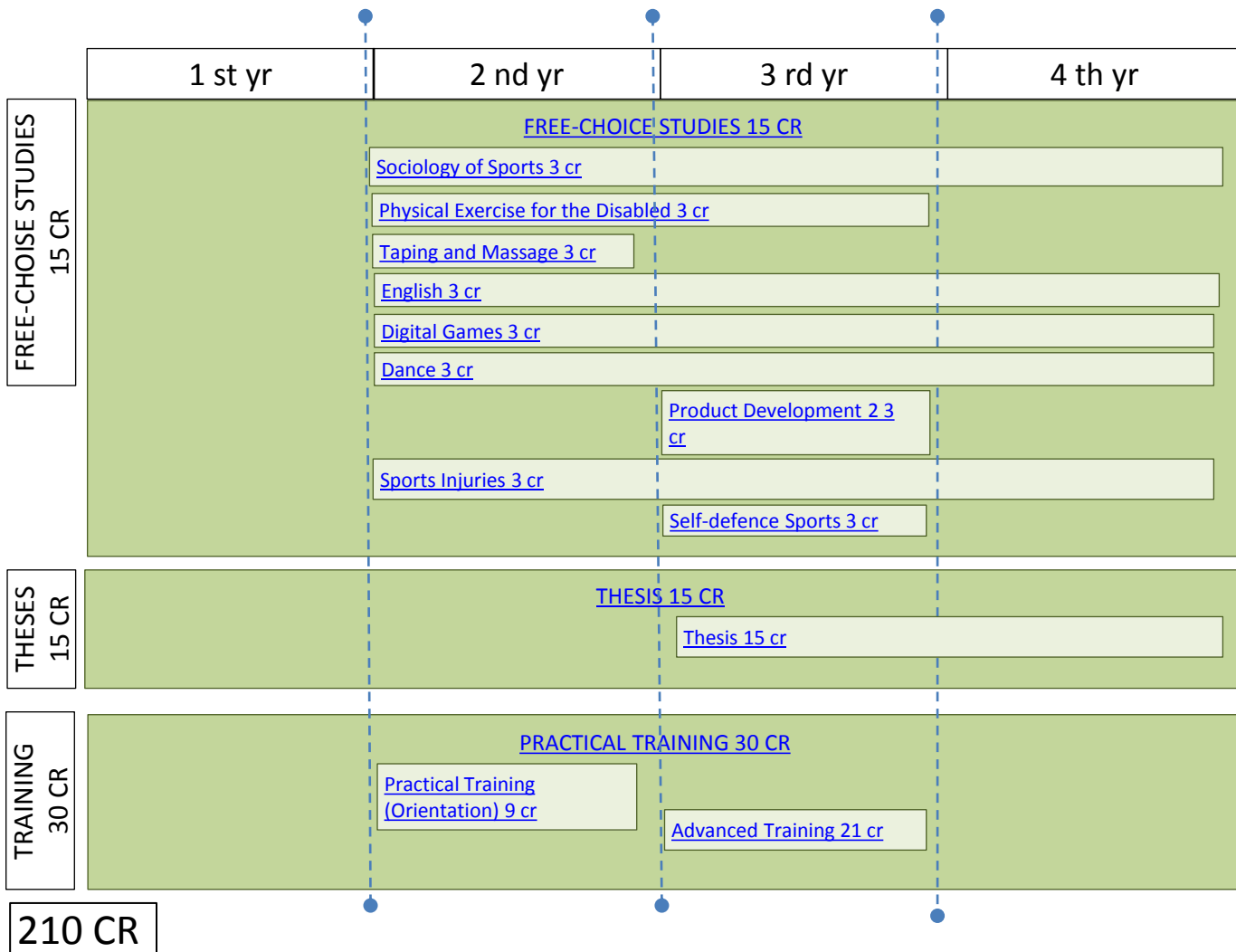


# SPO10S Structure of Studies



PROFESSIONAL STUDIES.....

1 st yr	2 nd yr	3 rd yr	4 th yr
<u>LEADERSHIP AND ENTREPRENEURSHIP IN THE FIELD OF PHYSICAL ACTIVITY 18 CR</u>			
	<ul style="list-style-type: none"> <li><a href="#">Introduction to Business Operations 3 cr</a></li> <li><a href="#">Introduction to Marketing 4 cr</a></li> <li><a href="#">Introduction to Management Accounting 3 cr</a></li> <li><a href="#">Project Management 5 cr</a></li> <li><a href="#">Product Development 3 cr</a></li> </ul>		
<u>COMPETENCE IN PHYSICAL ACTIVITY 35 CR</u>			
<ul style="list-style-type: none"> <li><a href="#">Downhill Skiing 3 cr</a></li> <li><a href="#">Gym Training 3 cr</a></li> <li><a href="#">Musical Exercise 3 cr</a></li> <li><a href="#">Ball Sports 6 cr</a></li> <li><a href="#">Aquatic 6 cr</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Ice Sports 3 cr</a></li> <li><a href="#">Athletics 3 cr</a></li> <li><a href="#">Skiing and Outdoor Activities 4 cr</a></li> <li><a href="#">Gymnastics 4 cr</a></li> </ul>		
<u>RESEARCH STUDIES 6 CR</u>			
	<ul style="list-style-type: none"> <li><a href="#">Introduction to Research 6 cr</a></li> </ul>		
<u>COACHING 35 CR</u>			
	<ul style="list-style-type: none"> <li><a href="#">Sports Psychology 3 cr</a></li> <li><a href="#">Sports Nutrition 3 cr</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Coaching 2 3 cr</a></li> <li><a href="#">Development of Physical Qualities 6 crs</a></li> <li><a href="#">Health Exercise Coaching 6 crg</a></li> <li><a href="#">Applications of Exercises 6 cr</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Managing a Training Proces 3 cr</a></li> </ul>



## Annual Themes – Study Progress Description

### 1<sup>st</sup> year – Orientation

Students will gain an overall understanding of physical education and their own attitude towards their selected professional field as well as of the demands of physical exercise and coaching.

### 2<sup>nd</sup> year –Action

Students will plan, implement and assess supervised exercise for different target groups taking into account the skills based, knowledge based and educational goals of exercise.

### 3<sup>rd</sup> year –Coaching and Depth

Students will be able to plan goal and customer oriented coaching and exercise programs, with the ability to justify their actions in their capacity of sports instructors and coaches.

### 4<sup>th</sup> year -Competent and Capable of Development

Students will develop the field of physical exercise independently by networking with different operators in the field and other cooperation bodies.