

#SOUDESPORTO



ESCOLA SUPERIOR
DE DESPORTO
DE RIO MAIOR

 ESDRM.OFICIAL

 ESDRM.IPSANTAREM

 ESCOLA SUPERIOR DE DESPORTO
DE RIO MAIOR - ESDRM

 INCOMING@ESDRM.IPSANTAREM.PT

ESCOLA SUPERIOR DE DESPORTO DE RIO MAIOR



ERASMUS+

INCOMING STUDENTS



ESCOLA SUPERIOR
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DE RIO MAIOR



WINTER SEMESTER

Curricular Unit	ECTS
Exercise Testing and Prescription	5,0
Introduction of Sport Biomechanics	4,0
Motor Control and Learning	4,0
Mountain Sports (1S)	2,0
Portuguese Language and Culture (1S)	2,0
Project Management	4,0
Sports Fitness (1S)	2,0
Sports Football (1S)	2,0
Sports Pedagogy	5,0
Sports Surfing (1S)	2,0

SPRING SEMESTER

Curricular Unit	ECTS
Exercise and Nutrition across Lifespan	5,0
Exercise Physiology	4,0
Mountain Sports (2S)	4,0
Nutrition Intervention Plan	2,0
Physical Activity and Lifestyle	2,0
Portuguese Language and Culture (2S)	4,0
Sports Fitness (2S)	2,0
Sports Football (2S)	2,0
Sports Surfing (2S)	5,0

Candidates may submit applications for:

- **Winter Semester** [September to December] until **june 30th**
- **Spring Semester** [January to May] until **october 31st**

CITY OF
**RIO
MAIOR**

SANTARÉM
POLYTECHNIC
UNIVERSITY
ESCOLA SUPERIOR
DE DESPORTO
DE RIO MAIOR

- ▶ **PROXIMITY TO MAJOR CITIES:**
LOCATED NEAR LISBON, AND SOME OF THE BEST PORTUGUESE SURF SPOTS.
- ▶ **CULTURAL EXPERIENCE:**
RIO MAIOR IS A CHARMING TOWN, IN PORTUGAL, THAT OFFERS A RICH CULTURAL EXPERIENCE.
- ▶ **ACCESS TO FACILITIES:**
MODERN SPORTS FACILITIES AND RESOURCES. STUDENTS HAVE ACCESS TO LABORATORIES, SPORTS CENTRE COMPLEXES, AND VARIOUS CLUBS AND ORGANIZATIONS THAT ENHANCE THE EDUCATIONAL EXPERIENCE.
- ▶ **AFFORDABLE LIVING:**
THE CITY OFFERS AN AFFORDABLE COST OF LIVING. AN ATTRACTIVE DESTINATION FOR STUDENTS WHO WANT TO MANAGE THEIR EXPENSES WHILE ENJOYING A COMFORTABLE LIFESTYLE.



PENICHE



LISBOA



SPORT FACILITIES



ESDRM



- ▶ **SPECIALIZED SPORTS EDUCATION:**
A UNIQUE OPPORTUNITY TO LEARN FROM SPORT SCIENCES EXPERTS AND GAIN HANDS-ON EXPERIENCE IN VARIOUS SPORTS DISCIPLINES.
- ▶ **UNIVERSITY SPORTS TEAMS:**
WE OFFER A VARIETY OF SPORTS TEAMS THAT CATER TO DIFFERENT INTERESTS, INCLUDING TRADITIONAL SPORTS LIKE FOOTBALL (SOCCER), BASKETBALL, AND VOLLEYBALL, AS WELL AS SPECIALIZED SPORTS SUCH AS ATHLETICS, SWIMMING, AND HANDBALL. THIS VARIETY ALLOWS STUDENTS TO PARTICIPATE IN THE SPORT THEY ARE PASSIONATE ABOUT.
- ▶ **ESTABLISHED IN 1997, WE CURRENTLY HAVE NEARLY 1200 STUDENTS:**
STUDYING AT ESDRM THROUGH THE ERASMUS PROGRAM OFFERS A UNIQUE COMBINATION OF ACADEMIC, CULTURAL, AND PERSONAL GROWTH OPPORTUNITIES THAT CAN SIGNIFICANTLY ENRICH A STUDENT'S EDUCATIONAL JOURNEY AND FUTURE CAREER.
- ▶ **NETWORKING OPPORTUNITIES:**
THE ERASMUS PROGRAM ALLOWS STUDENTS TO BUILD A NETWORK WITH PEERS, FROM DIFFERENT COUNTRIES, FOSTERING INTERNATIONAL FRIENDSHIPS AND PROFESSIONAL CONNECTIONS. THIS CAN BE INVALUABLE FOR FUTURE CAREER OPPORTUNITIES AND COLLABORATIONS IN THE GLOBAL SPORTS INDUSTRY.