

# #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  
DE DESPORTO  
DE RIO MAIOR



## WINTER SEMESTER

Curricular Unit	ECTS
Motor Control and Learning	4,0
Introduction to Sports Biomechanics	4,0
Sports Pedagogy	5,0
Project Management	4,0
Exercise Testing and Prescription	5,0
Portuguese Language and Culture	3,0
Sports Fitness	3,0
Sports Football	3,0
Sports Surfing	3,0
Mountain Sports	3,0

## SPRING SEMESTER

Curricular Unit	ECTS
Exercise and Nutrition across Lifespan	5,0
Exercise Physiology	3,0
Nutrition Intervention Plan	8,0
Physical Activity and Lifestyle	3,0
Portuguese Language and Culture	3,0
Sports Fitness	3,0
Sports Football	3,0
Sports Surfing	3,0
Mountain Sports	3,0
Physical Activity for Children and Youth	3,0

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:**  
IDEALLY LOCATED CLOSE TO LISBON, PORTUGAL'S VIBRANT CAPITAL, WHILE ALSO PROVIDING EASY ACCESS TO SOME OF THE COUNTRY'S BEST SURF SPOTS ALONG THE ATLANTIC COAST. THIS UNIQUE LOCATION ALLOWS STUDENTS TO ENJOY BOTH URBAN LIFE AND OUTSTANDING NATURAL ENVIRONMENTS.



- ▶ **CULTURAL EXPERIENCE:**  
RIO MAIOR IS A WELCOMING AND CHARMING PORTUGUESE TOWN, OFFERING AN AUTHENTIC CULTURAL EXPERIENCE. STUDENTS CAN IMMERSE THEMSELVES IN LOCAL TRADITIONS, CUISINE, AND LIFESTYLE WHILE ENJOYING A RICH CULTURAL EXPERIENCE.
- ▶ **EXCELLENT FACILITIES:**  
STUDENTS BENEFIT FROM MODERN SPORTS INFRASTRUCTURE AND ACADEMIC RESOURCES, INCLUDING FULLY EQUIPPED LABORATORIES, SPORT SCIENCE AND PERFORMANCE FACILITIES, SPORTS CENTRE COMPLEXES, OPPORTUNITIES TO ENGAGE WITH LOCAL CLUBS AND ORGANISATIONS. THESE RESOURCES SIGNIFICANTLY ENHANCE BOTH ACADEMIC LEARNING AND PRACTICAL EXPERIENCE.
- ▶ **AFFORDABLE LIVING:**  
RIO MAIOR OFFERS A COST-EFFECTIVE LIFESTYLE, MAKING IT AN ATTRACTIVE DESTINATION FOR ERASMUS STUDENTS. WITH AFFORDABLE ACCOMMODATION, FOOD, AND DAILY EXPENSES, IN ADDITION, ESDRM PROVIDES TWO STUDENT RESIDENCES: ONE LOCATED ON CAMPUS AND ANOTHER IN THE CITY CENTRE, ENSURING CONVENIENT AND ACCESSIBLE HOUSING OPTIONS FOR INTERNATIONAL STUDENTS.



- ▶ **LEARN FROM EXPERTS. EXPERIENCE SPORT FIRST-HAND.**  
A UNIQUE OPPORTUNITY TO LEARN FROM LEADING EXPERTS IN SPORT SCIENCES WHILE GAINING PRACTICAL, HANDS-ON EXPERIENCE ACROSS MULTIPLE SPORTS DISCIPLINES. OUR APPROACH COMBINES ACADEMIC EXCELLENCE WITH REAL-WORLD APPLICATION, PREPARING STUDENTS FOR BOTH PROFESSIONAL AND RESEARCH-ORIENTED PATHWAYS.
- ▶ **A VIBRANT SPORTING ENVIRONMENT:**  
OUR SCHOOL OFFERS A DIVERSE RANGE OF SPORTS TO SUIT DIFFERENT INTERESTS AND PERFORMANCE LEVELS, INCLUDING: FOOTBALL (SOCCER), BASKETBALL, VOLLEYBALL, SURF, ATHLETICS, SWIMMING, HANDBALL AND MANY MORE. THIS DIVERSITY ALLOWS STUDENTS TO ENGAGE IN THE SPORTS THEY ARE PASSIONATE ABOUT, WHETHER FOR RECREATION, COMPETITION, OR PERFORMANCE DEVELOPMENT.
- ▶ **WHY CHOOSE ESDRM THROUGH ERASMUS?**  
STUDYING AT ESDRM WITHIN THE ERASMUS PROGRAMME OFFERS A UNIQUE COMBINATION OF ACADEMIC, CULTURAL, AND PERSONAL DEVELOPMENT OPPORTUNITIES, ENRICHING YOUR EDUCATIONAL JOURNEY AND ENHANCING YOUR FUTURE CAREER PROSPECTS IN THE GLOBAL SPORTS SECTOR.
- ▶ **A DYNAMIC ACADEMIC COMMUNITY:**  
ESTABLISHED IN 1997, ESDRM IS HOME TO APPROXIMATELY 1,200 STUDENTS, CREATING A CLOSE-KNIT YET DYNAMIC ACADEMIC ENVIRONMENT. STUDENTS BENEFIT FROM A SUPPORTIVE LEARNING ATMOSPHERE COMBINED WITH STRONG INSTITUTIONAL EXPERIENCE IN SPORT SCIENCES EDUCATION.