



**REPUBLIC OF ALBANIA
SPORTS UNIVERSITY OF TIRANA
FACULTY OF PHYSICAL ACTIVITY AND RECREATION**

**STUDY PROGRAM
BACHELOR IN PHYSICAL ACTIVITY, HEALTH AND RECREATION (180 ECTS)**

No.	FIRST YEAR	Credits
	Subjects	
1.	Human and Functional Anatomy	7
2.	Bio Sciences and Health Education	12
3.	Sports Disciplines I	9
4.	Foreign Language	4
5.	Social and Human Sciences and Sport	16
6.	Basics of Recreation and Technology	6
7.	Outdoor Sports	6

No.	SECOND YEAR	Credits
	Subjects	
1.	Exercise Physiology and Biomechanics	16
2.	Methodology of Research	8
3.	Sports Disciplines II	15
4.	Sports and Tourism Management	10
5.	Elective Subject	3
6.	Tourism	8

No	THIRD YEAR	Credits
	Subjects	
1.	Theory and Methodology of Sports Training	12
2.	Pedagogy and Didactics of Sport	6
3.	Movement Therapy	5
4.	Aerobic Training	7
5.	Motor Behaviour, Physical Activity and Ageing	10
6.	Sports Medicine	11
7.	Internship/Professional Practice	4
8.	Graduation Exit Exam	5