



**REPUBLIC OF ALBANIA  
SPORTS UNIVERSITY OF TIRANA  
FACULTY OF MOVEMENT SCIENCES**

**STUDY PROGRAM: MASTER OF SCIENCE IN “SPORTS SCIENCES”  
(120 ECTS)**

No.	FIRST YEAR	Credits
	Subjects	
1.	Advanced Biomedical Knowledge in Sport	9 ECTS
2.	Sports Kinesiology	11 ECTS
3.	Scientific Research	10 ECTS
<b>TOTAL FIRST SEMESTER</b>		
4.	Preventive medicine, nutrition in Sport	8 ECTS
5.	Socio-Human aspects of Sport	4 ECTS
6.	Physical activity and Health	7 ECTS
7.	Sports medicine	11 ECTS
<b>TOTAL SECOND SEMESTER (OF FIRST YEAR)</b>		

No.	SECOND YEAR	Credits
	Subjects	
1.	Sports physiology, Functional assessment	13 ECTS
2.	Sports Training	8 ECTS
3.	Advanced psycho-social knowledge in Sports	9 ECTS
<b>TOTAL FIRST SEMESTER</b>		
4.	Technology and assessment in Sport	5 ECTS
5.	Organization and Management in Sport	6 ECTS
6.	Contemporary Applications in Sports/ Optional subject	7 ECTS
7.	<b>Diploma</b>	12 ECTS
<b>TOTAL SECOND SEMESTER (OF SECOND YEAR)</b>		

**STUDY PROGRAM: MASTER OF SCIENCE IN  
“TEACHING OF PHYSICAL AND HEALTH EDUCATION”  
(120 ECTS)**

No.	FIRST YEAR	Credits
	Subjects	
1.	Developmental Psychology	5 ECTS
2.	Applied Physiology in Physical Education and Health	11 ECTS
3.	Health and Critical Issues at school age children	5 ECTS
4.	Research Methods in Education	4 ECTS
5.	Learning evaluation	5 ECTS
6.	Methodology of teaching and learning	6 ECTS
7.	Methodology of Sports Games	9 ECTS
8.	Organization of Physical Education and Sports	2 ECTS
9.	Methodology of Track and Field	5 ECTS
10.	Elective subject	3 ECTS
11.	Teaching Practice	5 ECTS

No.	SECOND YEAR	Credits
	Subjects	
1.	Methodology of Artistic Sports	7 ECTS
2.	Concepts of Physical Wellbeing and Health Education	6 ECTS
3.	Kinesiology	8 ECTS
4.	Applied Research in PE and Health	6 ECTS
5.	New Technology in Physical and Health Education	3 ECTS
6.	Curricula and Comprehensive Education	6 ECTS
7.	Class management	4 ECTS
8.	Training	4 ECTS
9.	Teaching Practice	4 ECTS
10.	Diploma Thesis	12 ECTS

**STUDY PROGRAM: PROFESSIONAL MASTER  
"PHYSICAL PREPARATION TRAINER"  
(60 ECTS)**

<b>No.</b>	<b>FIRST YEAR</b>	<b>Credits</b>
	<b>Subjects</b>	
<b>1.</b>	<b>Sports Organization</b>	<b>6 ECTS</b>
<b>2.</b>	<b>Advanced Anatomy, Physiology and Biomechanics</b>	<b>8 ECTS</b>
<b>3.</b>	<b>Advanced Sports Training Methodology</b>	<b>16 ECTS</b>
	<b>TOTAL OF THE FIRST SEMESTER</b>	<b>30 ECTS</b>
<b>4.</b>	<b>Scientific Research in Sports Training</b>	<b>4 ECTS</b>
<b>5.</b>	<b>Sports Medicine</b>	<b>6 ECTS</b>
<b>6.</b>	<b>Advanced Sports Training / Football-Volleyball-Basketball</b>	<b>8 ECTS</b>
<b>7.</b>	<b>Training Practice / Football-Volleyball-Basketball</b>	<b>6 ECTS</b>
<b>8.</b>	<b>Final Exam</b>	<b>6 ECTS</b>
	<b>TOTAL OF THE SECOND SEMESTER</b>	<b>30 ECTS</b>
	<b>TOTAL I+II</b>	<b>60 ECTS</b>