

1. BASIC INFORMATION

Course	Module 7: Professional Practices. Practicum
Degree program	Master's Degree in Sports Training and Nutrition
School	Escuela Universitaria Real Madrid – Universidad Europea / Faculty of Medicine, Health and Sports
Year	First
ECTS	12
Credit type	Compulsory
Language(s)	English
Delivery mode	Face
Semester	Anual
Academic year	2025-2026
Coordinating professor	Mr. Guillermo Muñoz Andradas /Mrs. Krizia Radesca Fabiano / Mrs Rebeca Benítez Valero / Mr. Martín Alejandro Festino

2. PRESENTATION

"Practicum" is module 7 of the program, with a value of 12 ECTS. This module tries to include the largest process of learning experiences of the entire training process of the Master's Degree in Training and Nutrition in an integrative and global way in the Project (Module 7: Professional Practices), aimed at the individual realization of practices in a specific place of learning with a high value of real and significant experiences.

Thus, the practices are developed in different clubs, entities, clinics, gyms ... according to individual and specific interests.

The allocation of the place will depend on the availability of the receiving entity and the approval of the director of the master's degree. The head of the center or director of the program, may require the student to carry out a previous interview to be accepted or not in the place.

The duration of the internship is 300 face-to-face hours, autonomous work and work. The internships can be developed from November to mid-September of the duration of the master's degree.

The internship module that takes place in the master's degree is 12 ECTS, so the student will carry out a minimum of 220 face-to-face hours in the practice center. The rest of the hours (up to 300) must be contemplated through autonomous work and tutorials.

All this will be supervised by a tutor in the receiving entity and an internship coordinator at the School, who will monitor the student's performance during their stay, offering feedback to the student on their performance and focusing on areas of improvement and positive aspects in which the student stands out.

The internship period will conclude with the individual preparation by the student of a report of practices. This document will consist of a report on the programming of the activities and responsibilities assumed in the center during the internship period, together with an in-depth reflection on their experience.

The qualification of this Module will be in accordance with what is established by the tutor of the entity and the obligation to deliver the practice report in time and form.

It is important to consult the teaching guide and the specific guide for the preparation of practice report.

3. COMPETENCIES AND LEARNING OUTCOMES

Core competencies:

- CB2. That students know how to apply the knowledge acquired and their ability to solve problems in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their area of study.
- CB3. That students can integrate knowledge and face the complexity of making judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments.
- CB5. That students possess the learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous.

Cross-curricular competencies:

- CT5. Teamwork. Cooperate with others in achieving a shared goal, participating actively, empathically and exercising active listening and respect for all members.
- CT7. Resilience. Adapt to adverse, unexpected situations that cause stress, whether personal or professional, overcoming them and even turning them into opportunities for positive change.
- CT8. Ethical-social competence. Show ethical behaviors and social commitment in the performance of the activities of a profession, as well as sensitivity to inequality and diversity.
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Specific competencies:

- CE1. Analyze, describe and evaluate the adaptations of the human organism exposed to different loads of physical activity in subjects of different ages, levels of performance or belonging to special population groups.
- CE2. Analyze and apply physiological, biomechanical, psychological, and social principles to the different fields of sport and nutrition, identifying inappropriate practices that pose a risk to health, in order to avoid and correct them in different types of population.
- CE8. Plan, program, apply, control, and evaluate the training and competition processes at different levels of performance, ages and population groups.
- CE9. Design training programs and nutritional advice applicable to different sports specialties and performance levels, diagnosing the level of physical condition, motor ability and nutritional status.
- CE10. Select and use the spaces, material, and sports equipment suitable for each type of activity.
- CE13. Apply in a practical and integrative way the knowledge, skills and competences acquired in professional environments related to training and sports nutrition.

Learning outcomes:

- RA1: Experience the events that may occur during the development of the profession.
- RA2: Solve problems or events that may arise during the development of professional activities that occur in each specific field of action.
- RA3: Analyze and reflect on the experiences lived during the exercise of compulsory practices.
- RA4: Write a report or report of the work developed during the compulsory practices.
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The following table shows the relationship between the competencies developed during the course and the learning outcomes pursued:

Competencies	Learning outcomes
CB2, CB3, CB5, CT5, CT7, CT8, EC1, EC2, EC8, EC9, EC10, EC13	RA1
CB2, CB3, CB5, CT5, CT7, CT8, EC1, EC2, EC8, EC9, EC10, EC13	RA2
CB2, CB3, CB5, CT5, CT7, CT8, EC1, EC2, EC8, EC9, EC10, EC13	RA3
CB2, CB3, CB5, CT5, CT7, CT8, EC1, EC2, EC8, EC9, EC10, EC13	RA4

4. CONTENT

It will go according to the demands and the profile of the students.

1. Completion of the traineeship and the report

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Case method.
- Cooperative learning.
- Problem-based learning.

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Compulsory internships in subsidised schools	220 h face-to-face minimum
Preparation of reports and writings	60 h
Guardianship	8 pm
TOTAL	150

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
Academic tutor report	20-30%
Internship tutor report	30-50%
Memory of student practices	20-50%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you must complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10 (weighted average).

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Assistance to the context of practices. Commitment to learning. Incorporation and transfer of learning	Annual
Tutorials, follow-up and Tutor Approval	Annual
Realization of the Practices Report Project according to the criteria of the preparation script	Until June 30 (ordinary) Until September 30 (extraordinary)

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

9. BIBLIOGRAPHY

The bibliographic search is part of the autonomous work of the student on the theme of the seminar. The teacher will be able to guide the student in this search.

10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students' inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by mean of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunity for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.