

Sports Summer School



**We offer you 3 training courses based on Excellency in summer !
These are the guarantees...**

A RECOGNIZED SPORT SCIENCES SCHOOL IN RIO MAIOR

The Sport Sciences School of Rio Maior (ESDRM) is one of the major institutions in the country in Sport's area. We have graduated courses in several sectors of the sport industry, from management to fitness, psychology, training and outdoors.



**Sport Science
School of Rio Maior
Portugal**

**International
Mobility Office**

**GABINETE
DE FORMAÇÃO
CONTÍNUA**



MAGNIFICENT SPORT FACILITIES AND NATURAL ENVIRONMENT FOR LEARNING

With a recently inaugurated school facility and in partnership with DESMOR, we offer some of the most recognized sport facilities in the world, from swimming pools to soccer fields. In addition, you will surf on world known beaches, and climb in outstanding mountain ranges in one of the most amazing European countries, elected by Global Spots as world's best travel destination for 2013. Portugal!

Course I: Soccer Training



LEARN HOW TO COACH SOCCER

In Soccer Training course, you will learn:

- The main factors of the sport and its historical evolution;
- The soccer game, through systematic analysis, understanding the different structural components of the game - Technical and tactical elements; Different stages of the game and their fundamental forms; game principles; Laws of the Game.

The Soccer Training course, has a length of 25 hours, composed by lectures and practical classes with teachers from our Institution.



Theoretical classes will be taught on ESDRM new facilities inaugurated in 2013, offering the best conditions for learning.

Practical classes will be taught on one of the world's best-recognized facilities.

Know more about ESDRM:
www.esdrm.pt

Know more about DESMOR:
www.desmor.pt

Know more about Rio Maior city:
www.cm-riomaior.pt



Training Course Information:

Length: 25 Hours | 1 ECTS

Learning sites: Rio Maior city | ESDRM

Date: 21 to 25 July

Course 2: Learning to Surf & Climb



LEARN TO SURF AND CLIMB

In the Surf & Climb training course you will learn:

- The main historical factors and developments.
- The main equipment's and techniques for developing these activities and safety standards;

The natural environment specific elements and its influence on the development of these activities;

The economic / commercial potential of sports activities in the field of tourism and recreation in a sustainable way.

The Surf & Climb training course, has a length of 25 hours, composed of theoretical and practical classes with teachers from our Institution. ESDRM 10 years of expertise helped our country in the development of nature-based sport activities. Theoretical classes will be taught on ESDRM.



Surfing practical classes will be taught in the world class beaches of Peniche, home of the Surf World Champions Tour (WCT) and nationally nicknamed as the “The Wave Capital”.

Climbing practical classes will be taught in Reguengo do Fétal climbing sector, in the middle of the Natural Park of Serras de Aire e Candeeiros and the historic city of Batalha.

Course Information:

Length: 25 Hours | 1 ECTS/Credit

Learning sites: Rio Maior city | ESDRM| Peniche (Surf) | Reguengo do Fétal (Climbing)

Date: 21 to 25 July

Course 3: Learning to Climb & Canyoning

LEARN TO CLIMB AND CANYONING

In the Climb & Canyoning Training course you will learn:

- The main historical factors and developments;
- Know the main equipment and techniques for developing these activities; Safety rules and Auto Rescue based procedures; The natural environment specific elements and its influence on the development of these activities; The potential economic / commercial of sports activities in the field of tourism and recreation in a sustainable way.



The Climb & Canyoning training course, has a length of 27 hours, composed of theoretical and practical classes with teachers from our Institution. Theoretical classes will be taught on ESDRM.

Canyoning is one of the most emerging mountain activities, having in Portugal (mainland and in the islands) dozens of equipped river routes.

Canyoning practical classes will be taught in dry walls (the basics) and in the beautiful river of “Ribeira das Quelhas”, in Lousã Mountains, home to some small historical villages of Portugal



Climbing practical classes will be taught in Reguengo do Fétal climbing sector, in the middle of the Natural Park of Serras de Aire e Candeeiros and the historic city of Batalha.

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Know more about DESMOR:
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Know more about Rio Maior city:
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Course Information:

Length: 25 Hours | 1 ECTS/Credit

Learning sites: Rio Maior City | ESDRM| Lousã (Canyoning) | Reguengo do Fétal (Climbing)

Date: 21 to 25 July

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STILL THINKING?

1. THREE TRAINING COURSES:

- Soccer Training
- Surf & Climbing
- Climb & Canyoning

2. MULTICULTURAL LEARNING

3. OUTSTANDING CONDITIONS FOR LEARNING ON ESDRM

4. AND...PORTUGAL!

Escola Superior
de Desporto de
Rio Maior

[IPSantarém]



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