



MINISTÉRIO DA EDUCAÇÃO
UNIVERSIDADE FEDERAL DE OURO PRETO
PRÓ-REITORIA DE GRADUAÇÃO



COURSE OF PHYSICAL EDUCATION - 2026/1(curriculum 4)

OURO PRETO'S CAMPUS

CODE	MANDATORY DISCIPLINES	PREREQUISITE	SWL/EWL	CWL	CLASSES		SEM
					T	P	
ABI001	INDIGENOUS HISTORIES AND CULTURES IN THE AMERICAS		60/0	72	4	0	1
CBI114	HUMAN ANATOMY		60/0	72	2	2	1
EFD006	RHYTHMIC MOVEMENT FORMATION		30/0	36	1	1	1
EFD338	HISTORY AND PHYSICAL EDUCATION		30/0	36	2	0	1
EFD410	SCIENTIFIC METHODOLOGY, LABORATORY PRACTICES		30/0	36	1	1	1
EFD411	HUMAN DEVELOPMENT		60/0	72	4	0	1
EFD412	GAMES AND PLAY IN PHYSICAL EDUCATION		30/0	36	1	1	1
EFD413	EXTENSION AND PROFESSIONAL REALITY SEMINAR I		30/0	36	2	0	1
EFD433	PEDAGOGICAL PRACTICES IN PHYSICAL EDUCATION		30/0	36	1	1	1
CBI614	BIOCHEMISTRY		60/0	72	2	2	2
EFD005	SPORTS TEACHING METHODOLOGY		60/0	72	2	2	2
EFD415	KINESIOLOGY I		30/0	36	1	1	2
EFD416	MOTOR BEHAVIOR		60/0	72	4	0	2
EFD417	METHODOLOGY OF TEACHING GYMNASTICS		45/0	54	1	2	2
EFD418	SOCIAL MARKERS OF DIFFERENCE AND PHYSICAL EDUCATION		30/0	36	2	0	2
EFD419	PHYSICAL EDUCATION AND PUBLIC HEALTH		30/0	36	2	0	2
EFD434	DANCES		60/0	72	2	2	2
CBI017	PHYSIOLOGY		90/0	108	4	2	3
EFD126	LEISURE AND PHYSICAL EDUCATION		60/0	72	2	2	3
EFD160	EMERGENCY CARE		30/0	36	1	1	3
EFD344	HANDBALL		30/0	36	1	1	3
EFD421	KINESIOLOGY II	EFD415	60/0	72	2	2	3
EFD422	ADVENTURE PHYSICAL ACTIVITY AND ENVIRONMENT		45/0	54	1	2	3
EFD423	ATHLETICS		45/0	54	1	2	3
EFD424	DATA ANALYSIS IN PHYSICAL EDUCATION		30/0	36	2	0	3
EFD425	FUTSAL		30/0	36	1	1	3
EAD214	PSYCHOLOGY I		60/0	72	4	0	4
EFD011	SWIMMING		30/0	36	1	1	4
EFD127	PHYSICAL EDUCATION MEASURES AND ASSESSMENT	EFD415	60/0	72	2	2	4
EFD132	EXERCISE PHYSIOLOGY I		60/0	72	2	2	4
EFD353	MARTIAL ARTS		30/0	36	1	1	4
EFD427	EVENT PLANNING AND MANAGEMENT		30/0	36	1	1	4
EFD428	PHYSICAL EDUCATION FOR PEOPLE WITH DISABILITIES (PWD)		45/0	54	1	2	4
EFD429	PHYSICAL EDUCATION FOR PEOPLE WITH NEURODEVELOPMENTAL CONDITIONS		30/0	36	1	1	4
EFD134	EXERCISE PHYSIOLOGY II		60/0	72	2	2	5
EFD145	SPORTS TRAINING I	EFD132	60/0	72	2	2	5
EFD354	VOLLEYBALL		30/0	36	1	1	5
EFD431	RESEARCH PROJECT IN PHYSICAL EDUCATION	EFD410	30/0	36	2	0	5
EFD442	APPLIED BIOMECHANICS TO HUMAN PERFORMANCE	EFD421	60/0	72	2	2	5
EFD450	SUPERVISED INTERNSHIP IN PHYSICAL EDUCATION I: SPORT, LEISURE AND MANAGEMENT		225/0	270	2	13	5
EFD148	PHYSICAL EDUCATION FOR SPECIAL POPULATIONS	EFD132	60/0	72	2	2	6
EFD151	WEIGHT TRAINING		60/0	72	2	2	6
EFD152	SPORTS TRAINING II	EFD145	30/0	36	1	1	6
EFD436	INTRODUCTION TO POLITICS		30/0	36	2	0	6
EFD446	SUPERVISED INTERNSHIP IN PHYSICAL EDUCATION II: FITNESS AND HEALTH	EFD145	210/0	252	2	12	6
EFD010	BASKETBALL		30/0	36	1	1	7
EFD443	PSYCHOLOGY OF PHYSICAL ACTIVITY AND SPORTS		30/0	36	2	0	7



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					T	P	
EFD444	PHYSICAL EDUCATION FOR ELDERLY PEOPLE		60/0	72	2	2	7
EFD441	SOCCER		30/0	36	1	1	8
EFD447	SUPERVISED INTERNSHIP III - IN-DEPTH STUDY	EFD152	210/0	252	2	12	8

CODE	ELECTIVE DISCIPLINES	PREREQUISITE	SWL/EWL	CWL	CLASSES		SEM
					T	P	
EFD144	SPORTS SKILLS FOR CHILDREN AND YOUTH		30/0	36	1	1	
EFD314	SCHOOL DANCE		30/0	36	1	1	
EFD317	SPECIAL TOPICS IN BASKETBALL		30/0	36	1	1	
EFD318	SPECIAL TOPICS IN VOLLEYBALL		30/0	36	1	1	
EFD319	SPECIAL TOPICS IN FUTSAL		30/0	36	1	1	
EFD320	SPECIAL TOPICS IN SOCCER		30/0	36	1	1	
EFD321	SPECIAL TOPICS IN ATHLETICS		30/0	36	1	1	
EFD322	SPECIAL TOPICS IN SWIMMING		30/0	36	1	1	
EFD323	SPECIAL TOPICS IN HANDBALL		30/0	36	1	1	
EFD324	SPECIAL TOPICS IN DANCE		30/0	36	1	1	
EFD325	PHYSICAL ACTIVITY AND HEALTH PROMOTION		30/0	36	1	1	
EFD327	ERGONOMICS AND LABOR GYMNASTICS		30/0	36	1	1	
EFD328	SPECIAL TOPICS IN EXERCISE PHYSIOLOGY		30/0	36	1	1	
EFD329	SPORTS ENTERPRISES MANAGEMENT		30/0	36	1	1	
EFD330	SPECIAL TOPICS IN WEIGHT TRAINING		30/0	36	1	1	
EFD333	GAMES AND PLAY IN SCHOOL		30/0	36	1	1	
EFD335	SPECIAL TOPICS IN FIELD TENNIS		30/0	36	1	1	
EFD336	RESEARCH PRATICE IN PHYSICAL EDUCATION: QUANTITATIVE DATA ANALYSIS		60/0	72	2	2	
EFD352	PHYSICAL EDUCATION AND NUTRITIONAL CONCEPTS		30/0	36	1	1	
EFD357	PHYSICAL EDUCATION I: CONTENTS, METHODOLOGIES, AND PRACTICES IN PRESCHOOL EDUCATION		60/0	72	2	2	
EFD358	PHYSICAL EDUCATION II: CONTENT, METHODOLOGIES, AND PRACTICES IN ELEMENTARY SCHOOL		60/0	72	2	2	
EFD359	FOOTBALL AND SOCIETY		30/0	36	1	1	
EFD360	TRENDS AND PEDAGOGICAL APPROACHES TO PHYSICAL EDUCATION		30/0	36	1	1	
EFD361	DANCE, BODY, CULTURE, AND MOVEMENT		30/0	36	1	1	
EFD362	FLEXIBILITY AND STRETCHING		30/0	36	1	1	
EFD401	GYMNASTICS FOR ALL		30/0	36	1	1	
EFD402	ADAPTED SPORTS		30/0	36	1	1	
EFD403	PERSONALIZED TRAINING		30/0	36	1	1	
EFD405	PSYCHOLOGY OF PHYSICAL ACTIVITY AT SCHOOL		30/0	36	2	0	
EFD408	PEDAGOGICAL PRACTICES IN PHYSICAL EDUCATION		30/0	36	1	1	
EFD409	PHYSICAL EDUCATION AND SPECIAL POPULATIONS AT SCHOOL		30/0	36	2	0	

Required Courses Load	Work Load
Mandatory Disciplines	2715
Elective Disciplines	60
Optative Disciplines	0
Facultative Disciplines	0
Activities	null
Extensions	320
Total	2775