

BLENDED INTENSIVE PROGRAM

SYNERGY IN SPORTS: FITNESS & HEALTH SCIENCES

**Faculty of Biomedical & Health Sciences
Universidad Alfonso X el Sabio
Madrid, Spain**

**Online: June 2025
On-site: 14-18 July 2025**

Apply here!



Deadline: April 25th



**Co-funded by
the European Union**



OVERVIEW



UAX Campus, Villanueva de la Cañada, Madrid (Spain)



Target audience: Bachelor & Master students + Staff Training Mobility



Language of instruction: English (B2 level recommended)



3 ECTS to be awarded



No attendance fee



Housing handled by the participant – UAX will provide recommendations

DESCRIPTION & OBJECTIVES

The program is designed to provide students with solid training in exercise and sport sciences, nutrition, and health promotion. It includes a blend of theoretical coursework and practical experiences, covering topics such as physiotherapy, nutrition, or management. The program aims to set a holistic approach to health and fitness, emphasizing the importance of physical activity, nutrition, and mental well-being in achieving optimal health outcomes, among others.

To equip with a comprehensive understanding of Sport Science

To promote overall Health, Fitness & Well-Being

To improve the analysis of health-related issues

To apply evidence-based practices in fitness & health settings

PRELIMINARY PROGRAM

VIRTUAL PART (June 2025)

The objective of the virtual component will be to get to know all the parties involved, present the program, the university, and its campus, as well as provide some practical and useful tips for the upcoming stay of the participants

PHYSICAL PART (14-18 July 2025)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sport & Soccer	Sport & Physiotherapy	Sport & Nutrition	Sport Management	Sport Experience
9:00 - 9:30	Welcome Coffee				Full Sport Experience in UAX Campus Sport Facilities
9:30 - 11:30	Crash Theory Sessions on each of the Daily Topics				
11:30 - 12:00	Coffee Break				
12:00 - 14:00	Training and Practical Part - Round Tables - Q&A Sessions				Wrap up & Farewell Lunch
14:00	Lunch Break				
Afternoon	Cultural & Social Activities				



**BE PART OF OUR BIP,
BE PART OF THE UAX MAKERS
COMMUNITY!**



APPLY HERE!

CONTACT US
INTERNATIONAL RELATIONS OFFICE
INTER@UAX.ES