



BPT  
UGT Basic Professional Training  
University General Training

BPT  
UGT Basic Professional Training  
University General Training

## UNDERGRADUATE (U.D.E.S.)

### Objective

To Undergraduate Students in Exercise Science with a wide profile that enables them to perform the following professional activities:

- Sports coaches who contribute to the promotion and practice of different sports disciplines.
- Physical education teachers at all levels of the Mexican educational system
- Managers and organize events, sports companies and professional teams fulfilling the interests and needs of the entire population

### LABOR MARKET:

- Public and Private Institutions
- Schools
- Universities
- Sports clubs
- Sports departaments

### ENROLLMENT REQUIREMENTS

The enrollment requirements to the Undergraduate Degree in Exercise Science is based on the following:

To have interest for physical and sports activities, in the desire to know the physical education; to have necessary the physical skills to meet the physical effort.

- Physical fitness tests
- Approval of the EXANI-II exam.
- Clinical analysis

In addition to the above we consider important the profile of the graduated from high level students; where they:

- Are self determined and takes care of him/herself
- Express and communicates him/herself
- Think critically and reflexively
- Learn independently
- Work collaboratively
- Participates collaboratively in society

## GRADUATION PROFILE

When graduaing the U.D.E.S., students:

- Recognize responsibilities in the decision taking related with the building of the training course.
- Have a permanent motivation about learning.
- Get involved in the generation and application of knowledge according to the level of training.
- Develop reality analysis skills, generalization of knowledge extrapolated to other contexts, for reflection and criticism, imagination and reasoning.
- Learn to research and achieve alleged objectives through the organization of work and the use of tools and information and communication technologies.
- Participate in activities that strengthen the integral formation.
- Develop the ability to interact collaboratively in multi and transdisciplinary environments.
- Build an educational project.
- Develop the self-learning ability.

Educational  
Program

UNDERGRADUATE  
DEGREE IN  
EXERCISE SCIENCES



**UANL**

UNIVERSIDAD AUTÓNOMA DE NUEVO LEÓN

Alberca Universitaria A.P. 108  
Cd. Universitaria  
(52) 81 13.40.44.50 y 51, Ext.: 7637  
fod@uanl.mx  
www.fod.uanl.mx

